



INGREDIENTS TO AVOID IN PERSONAL CARE & BEAUTY PRODUCTS

INGREDIENT	FOUND IN	HEALTH EFFECTS
Triclosan	<ul style="list-style-type: none"> • Antibacterial products, including dish soap, some school supplies, and hand sanitizer 	<ul style="list-style-type: none"> • Endocrine Disruptor • Linked to increased allergies
DEA, MEA, & TEA	<ul style="list-style-type: none"> • Soaps, shampoos, conditioner, baby wash, hand soaps 	<ul style="list-style-type: none"> • Linked to liver tumors • Risk of contamination with nitrosamines (known cancer-causers)
Sodium Lauryl Sulfate	<ul style="list-style-type: none"> • Soaps, shampoos, bubble bath, body wash, face soap, toothpaste, shaving cream 	<ul style="list-style-type: none"> • Can be contaminated with different carcinogens • Linked to hair loss (in shampoo) • Highly irritating to the skin • May be a cause of canker sores (when in toothpaste)
Mineral Oil	<ul style="list-style-type: none"> • Eye shadow, blush, lip gloss, lotions, hair products, 	<ul style="list-style-type: none"> • Inhibits skin's oil production • Can prevent the release of toxins through the skin • Possibly contaminated with cancer-causing hydrocarbons
Phthalates	<ul style="list-style-type: none"> • Mascara, nail polish, and can hide under the term "fragrance" 	<ul style="list-style-type: none"> • Known as a probable human carcinogen • Act as endocrine disruptors • Linked to lower IQ with prenatal exposure
Fragrance	<ul style="list-style-type: none"> • Hair care, cosmetics, baby wipes, body wash, bubble bath, nail polish, perfumes, body wash, bubble bath, body spray, hand sanitizer, etc. 	<ul style="list-style-type: none"> • Can be made up of dozens to hundreds of chemicals, including some that act as endocrine disruptors, are linked to cancer, & lower IQ • Considered to be a "trade secret," so individual ingredients are not required to be disclosed
Parabens	<ul style="list-style-type: none"> • Shampoo, deodorant, shave gels, moisturizers, lotions, sunscreens • The most common are methylparaben, propylparaben, butylparaben, and ethylparaben 	<ul style="list-style-type: none"> • Act as endocrine disruptors • Have been found in biopsied breast cancer tumors
Methylisothiazolinone	<ul style="list-style-type: none"> • Shampoos, baby wipes, sunscreens, moisturizers 	<ul style="list-style-type: none"> • Strong allergen • May be toxic to the immune system • May be toxic to the brain & nervous system
*Formaldehyde Releasers (Quaternium-15, Diazolidinyl Urea, DMDM Hydantoin, Formalin)	<ul style="list-style-type: none"> • Nail polish, bubble bath, baby wipes, body wash, hair care 	<ul style="list-style-type: none"> • Formaldehyde is a known cancer-causer • Linked to organ damage
*1,4 Dioxane	<ul style="list-style-type: none"> • Bubble bath, baby wipes, body wash, hair care 	<ul style="list-style-type: none"> • Probable human carcinogen • Toxic to kidneys & nervous system

*These are hidden toxins and are not required to be listed on the label. Learn more about them at bit.ly/hiddentoxins.