

FD&C Color Pigments are found in food, drinks, drugs and cosmetics. Most FD&C color pigments are made from coal tar and animal studies show that almost all of them are carcinogenic. Many of these pigments can cause skin sensitivity and irritation.



Propylene Glycol

- Found in: Antifreeze, hydraulic fluid, paints, shampoo, deodorant, toothpaste, lotion, cosmetics.
- The Risks: Propylene Glycol has been shown to provoke allergic reactions in patients with eczema and other skin allergies.
- Research has documented toxic effects after repeated small doses of propylene glycol were ingested or repeatedly applied to the skin.



Artificial Fragrance/Parfum

- “Fragrance” on a product label represents an *undisclosed* mixture of various scent chemicals. Artificial fragrance is associated with allergies, dermatitis, respiratory distress, endocrine disruption, and potential effects on the reproductive system. It is found widespread in shampoos, deodorants, soaps, fabric softener sheets, laundry detergents, perfume, cologne, air sprays, candles, etc.. It is everywhere.

Synthetic fragrances can accumulate in the body. Exposure to fragrances has been shown to affect the central nervous system, and often artificial fragrance contains carcinogenic agents.



PETROLATUM (Mineral Oils & Paraffin) is used as the base for creams, baby rash ointment, and many other personal care products. Petrolatum coats the skin like plastic, which can clog pores and create a build-up of toxins. Petroleum and petroleum derivatives can disrupt hormonal activity. The European Union considers it a carcinogen and restricts its use in cosmetics.





PHTHALATES work as softeners in personal care products such as cosmetics and shampoo, as well as flexible plastics like children's toys (that often end up in children's mouths). Phthalates are known as endocrine disruptors because they mimic the body's hormones and have, in laboratory animal tests, been shown to cause reproductive and neurological damage. Phthalates are also found in products with "Fragrance" as one of the ingredients.

TALC

- **Where it is found:** Body and baby powders, cosmetics and condoms.
- **The Risks:** In 1993 the National Toxicology Program linked talc to tumors in animals. The American Journal of Epidemiology found that women who use talcum powder in the genital areas had an increased ovarian cancer risk. The International Agency for Research on Cancer classifies the perineal (genital) use of talc-based body powder as "possibly carcinogenic to humans." Talc also poses a health risk when exposed to the lungs via inhalation.



Aluminum

- Where it's Found: processed foods, antiperspirants, antacids, cosmetics, paper products, beverage cans, medications, cooking foil and cookware.
- [?] The Risks: The World Health Organization suspects a link between Alzheimer's and aluminum toxicity. It has also been associated with decreased renal function, neurodegenerative effects, and free radical damage.



Triclosan

- Where's it's found: It is a synthetic antibacterial ingredient used in soaps, hand sanitizers, cleansers, toothpaste, and household products.
- The Risks: The EPA registers it as a pesticide, toxic to any living organism. It disrupts hormones, can affect sexual function and fertility, and may foster birth defects. It poses environmental concerns for wildlife as well.

PARABENS are commonly used as preservatives in cosmetics such as moisturizers, shampoos and conditioners, and makeup. Parabens are known to disrupt hormone function, and research studies have shown high concentrations of parabens in breast tumors.



SODIUM LAURETH SULFATE (SLS) is found in foaming products (toothpaste, hand soap, shampoo, laundry, household cleaning, etc.) and is a known skin irritant. Read that again: it is actually known to irritate the skin yet is in a vast majority of products made for the skin... SLS has been implicated in causing canker sores from use of toothpaste or mouthwashes that contain this ingredient.



DIETHANOLAMINE (DEA), MEA (Monoethanolamine), TEA (Triethanolamine) are used in personal care products, laundry detergent and cleaning products to make a foamy lather. DEA reacts in the cosmetic formula to form an extremely potent carcinogen called nitrosodiethanolamine (NDEA). NDEA is absorbed through the skin and has been linked with stomach, esophagus, liver and bladder cancers. 2006 study from UNC found miscarriage and fetal brain defects due to DEA.



Imidazolidinyl Urea & DMDM Hydantoin/ Formaldehyde Family

These chemicals release formaldehyde. Exposure to formaldehyde can cause irritation of the eyes, nose, throat, and skin. Formaldehyde is classified as a known human carcinogen (cancer-causing chemical) and has been shown to affect the immune system. Imidazolidinyl Urea, DMDM Hydantoin, and/or formaldehyde are used in skin, body and hair products, anti-perspirants, baby wipes, and nail polish.

