

### INGREDIENTS TO AVOID

- **Fragrances** - irritants, asthma triggers, affect CNS\*, suspected carcinogens
- **Phthalates** - sometimes listed as DPB, DEP; often included in "fragrance" - toxicants
  - Ingredients that contain paraben or ingredients that end with **paraben** - toxicants
  - Ingredients that include "**xynol**" "**cetereath**" "**oleth**" or end with "**eth**" - toxicants
  - Ingredients that include "**toluene**" - neurotoxin, carcinogenic, developmental toxin
- **PEGs** [polyethylene glycol] - e.g. PEG-7; higher # = bit less problematic, e.g. PEG-200
- Methylchloroisothiazolinone/methylisothiazolinone - immune system/skin toxicant
  - **DMDM hydantoin** - immune system/skin toxicant
- **Cocamide MEA** - may contain nitrosamines=CNS/immune toxicant, potential carcinogen
  - **Lead** - never listed but found in some lipsticks, face paints etc., especially reds
    - **Ammonium/Sodium Lauryl Sulfate** - irritant
  - **Ammonium/Sodium Laureth Sulfate** - potentially contaminated with carcinogens
    - **Colourings/dyes** - unnecessary and harmful, especially Yellow #10
      - Silica, talc and other fine particulate ingredients

\* CNS = central nervous system

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### **SIMPLE ADVICE**

- Use any product as little as possible
- Avoid fragrances if possible (=avoids many other nasty ingredients also)
- Choose products where fragrance is further down on the list
- Choose products with the shortest ingredient lists
- Don't believe the advertisements blindly!

A pink ribbon logo on a deodorant does not mean that the product is healthy for you!



### **SOME USEFUL WEBSITES**

- [www.cosmeticsdatabase.com](http://www.cosmeticsdatabase.com) (check ratings for ingredients AND products)
- <http://www.hc-sc.gc.ca/cps-spc/person/cosmet/index-eng.php>
- [householdproducts.nlm.nih.gov/index.htm](http://householdproducts.nlm.nih.gov/index.htm)
- [toxnet.nlm.nih.gov](http://toxnet.nlm.nih.gov)
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