

Ingredients to Avoid

* Key Code

c = Contaminants

ed = Endocrine (hormone) disruptors

fr = Formaldehyde releasers

np = Nitrosamine precursors

oc = Overt carcinogens

Ingredients to Avoid	*	Notes
AHA		May cause irritation, photosensitivity, redness, permanent damage
Alkylphenol Ethoxylate	ed	
Ammonia		
Amorphous silicates	c	Toxic; found in nail polish, hair dyes, and perfumes
Arsenic	c	
BHA – Butylate Hydroxynisole	cd	May cause irritation, photosensitivity, redness, permanent damage
BHT		13% absorbed through the skin
Blue 1	oc/c	Artificial color
B-MDM Butyl-methoxydibenzoylmethane	ed	
Bp-3 Benzophenone-3	ed	
Bronopol	fr/np	Found in Chanel, Body Shop, and baby products
Butyl		Found in hair products
Butyl Benzyl Phthalate	ed	
Cetareths		Found in hair products
Cinnamates	ed	Damages cell protein/DNA; found in sunscreens
Coal tar dyes	oc/c	
Crystalline Silica	oc/c	
D&C Red 33		Artificial color
DDT		49% absorbed through the skin
DEA	oc/np	Combined with nitrates during manufacturing process = nitrosamines
Diaminobenzene		Toxic, found in nail polish, hair dyes, and perfume
Diazolidinyl urea	fr	
Dibutyl Phthalate	ed	Found in nail polish
Dieldrin		
Diethyl Phthalate	ed	

Dioxane (1,4)	c	In surfactants; ethoxylated alcohols, polysorbates, laureths (SLS, SLES)
DMDM Hydantoin	fr	Found in hair products
ETH	c	Avoid any product ending in "eth"
Ethoxylated alcohols	c	
FD&C Yellow, 5, 6		Artificial color
Fluoride	oc	Thyroid irritant
Formaldehyde		Toxic; found in nail polish, hair dyes, and perfumes
Formalin		Found in nail polish
Fragrances not phthalate-free		May contain formaldehyde or phthalates
Glycolic acid		May cause irritation, photosensitivity, redness, permanent damage
Green 3	oc/c	Artificial color
HMS Homosalate	ed	
Imidazolidinyl urea	fr	
Isobutyl		Found in hair products
Isopropyl		Found in hair products
Lanolin	c	Cosmetic-grade lanolin can be contaminated with DDT, dieldrin, or lindane
Laureths, SLS, SLES	c	Can cause skin damage or reactions
Lead	c	
Lindane		
Methyl-benzylidene Camphor 4-MBC	ed	
Methylchloroisothiazolinone		Harmful to nervous system; allergen
Mineral oil		By-product of petroleum; clogs pores
Monosodium glutamate (MSG)		http://www.msgmyth.com
Nitro musks	ed	
OD-PABA Octyl-dimethyl PABA	ed	
OMC Octyl-methoxycinnamate	ed	
Oxybenzone	ed	Damages cell protein/DNA; found in sunscreens
Padimate o	np	
Parabens	ed	Found in breast cancer cells
Para-phenylenediamine	oc	
PEG	c	Allergen; linked to cancer; found in hair products
Petrolatum (Petroleum Jelly)		

Phthalates		
Polycyclic Musks	ed	
Polyethylene		Found in hair products
Polysorbate	c	
Propyl		Found in hair products
Propylene glycol		
Quarternium 15		
Resorcinol		
Retinyl Palmitate/Retinol		Found in moisturizers, lip products, sunscreens
Saccharin	oc	
Silica		
Talc	oc	
TEA	np	Combined with nitrates during manufacturing process = nitrosamines
Toluene		Found in nail polish
Triclosan/Triclocarban	ed	Damages environment, skin and thyroid irritant; found in hand sanitizers, soaps, toothpaste, anti-bacterial products

Source information from the following websites and books:

- Cancer Prevention Coalition, <http://www.preventcancer.com>
- Environmental Working Group, <http://www.EWG.org>
- Lemongrass Spa, <http://www.lemongrassspa.com>
- *Home Enlightenment: Create a Nurturing, Healthy, and Toxin-Free Home* by Annie Berthold-Bond, 2008.
- *The Safe Shopper's Bible: A Consumer's Guide to Nontoxic Household Products, Cosmetics, and Food* by David Steinman and Samuel S. Epstein, 1995.