

## LIST OF COMMON TOXIC PERFUME INGREDIENTS

INGREDIENT NAME	PURPOSE	HEALTH CONCERNS
Alcohol/ Alcohol (SD)/ ethyl alcohol/ethanol	Solvent/carrier	May be derived from petroleum. Usually contains denaturing ingredients that are toxic (see below)
Diethyl phthalate (DEP)	Denaturing alcohol, plasticiser, makes perfume last longer	Endocrine (hormone) disruptor, depressed sperm motility and concentration, genital abnormality in baby boys, asthma, allergies, ADHD, diabetes, persistent in environment
Fragrance/parfum	Fragrance component	Usually made up of 90-100% synthetic ingredients, many of which are toxic (see more info on specific ingredients below)
Synthetic musks eg Galaxolide, Tonalide, musk ketone, musk xylene, muscone	Imparts musk odour, gives longevity to a scent	Detected in umbilical chord blood and breast milk, stored in fatty tissue, persistent in environment, endocrine toxin / xenoestrogens, immunotoxin
Benzophenone-2	Sunscreen	Interferes with thyroid function, estrogenic activity
Oxybenzone (benzophenone 3)	Sunscreen	Endocrine disruptor, androgenic cancers, increases cortisol (stress hormone), decreased birth weight in baby girls
Octyl methoxycinnamate (octinoxate)	Sunscreen	Estrogenic activity, suppresses thyroid hormone production, thyroid toxicant
Colour/FD&C Colour eg CI 42090 (Blue 1)	Colouring	Petroleum or animal-derived, bio accumulative and persistent, organ toxicity (non-reproductive)
Butylated hydroxytoluene (BHT) or Butylated hydroxyanisole (BHA)	Preservative, stabiliser	Effect on thyroid, endocrine disruption, organ toxicity, irritant

# ONE SEED

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Acetylaldehyde	Fragrance ingredient	Organic toxicity, reproductive toxin, respiratory issues, known or suspected carcinogen
Nitrosamines - look for TEA, MEA or DEA in combination with preservatives	biprodut of ingredient interactions	Cancer, endocrine disruption, organ system toxicity
Dichloromethane	Solvent, fragrance ingredient	Likely carcinogen
Styrene	Fragrance ingredient	Endocrine disruptor, irritant, organ toxicity, nervous system toxicant, suspected carcinogen

### SOURCES

**Environmental Working Group (EWG)**

[www.ewg.org/](http://www.ewg.org/)

**Agency for Toxic Substance & Disease Registry**

[www.atsdr.cdc.gov/phs/phs.asp?id=601&tid=112](http://www.atsdr.cdc.gov/phs/phs.asp?id=601&tid=112)

**The Campaign for Safe Cosmetics & EWG – Not So Sexy, 2010**

[https://www.ewg.org/sites/default/files/report/SafeCosmetics\\_FragranceRpt.pdf](https://www.ewg.org/sites/default/files/report/SafeCosmetics_FragranceRpt.pdf)

**Skin Deep (EWG)**

[www.ewg.org/skindeep](http://www.ewg.org/skindeep)

**Campaign for Safe Cosmetics**

<http://www.safecosmetics.org/>

**PubMed Environmental exposure to xenoestrogens and oestrogen related cancers: reproductive system, breast, lung, kidney, pancreas, and brain**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3388472/>

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<https://oneseedperfumes.com/blogs/news/the-problem-with-synthetic-musk>