



Comedogenic Ingredients in Cosmetics.... the hidden contributor to acne.

Have you ever purchased a product to have your skin breakout? How much money have you wasted on products? If you are anything like us it could be literally thousands of dollars.

What is tragic is that the skincare and cosmetic industry seems completely unaware that most vegetable oils are comedogenic. If it comes from a nut it is comedogenic. Shea Butter and Coconut Oil are also comedogenic. Argan Oil is another offender becoming intrudingly used which is a major contributor to acne.

The following ingredients are those that are known to contribute or exacerbate acne in those who are acne prone. Acne Cosmetica or cosmetic induced acne is becoming more prevalent. Women especially as we age face the dilemma of quite often having to choose between wrinkles or pimples.

A comedogenic rating of 1 signifies a slight chance that the ingredient will clog the pores.

A comedogenic rating of 2 tells you that the ingredient will not clog pores for MOST people, but some will notice clogged pores or a "purge" in some cases.

A comedogenic rating of 3 is where a lot of people will break out using this ingredient, but a lot of people may not break out depending on their skin sensitivity.

A comedogenic rating of 4 suggests that MOST people will break out using this ingredient unless they have a good tolerance for it. This largely depends on their skin sensitivity.

A comedogenic rating of 5 is basically a guaranteed chance of breaking out. Very few people can tolerate ingredients labeled as a 5, but they do exist!

Comedogenic Ingredient	Comedogenic / Irritant Rating	Ingredient Type
A & D Additive	2	vitamins & herbs
A13-00356	5	surfactants and detergents
Abyssinian Seed Oil	0	high in erucic acid and moderate in oleic acid
Acai Berry Oil	4 to 5	high in erucic acid and moderate in oleic acid
Acetol	3 to 5	
Acetulan	4 to 5	
Acetylated Lanolin	4	lanolins
Acetylated Lanolin Alcohol	4	lanolins
Active Soil	4	questionable minerals
Ahnfeltia Concinna	3	seaweed
Akyposal SDS	5	surfactants and detergents
Alaria Esculenta	3	seaweed
Algae	3	seaweed
Algae Extract	3	seaweed
Algin (Algae)	3	seaweed
Almond Oil/Sweet Almond Oil	2	high in oleic acid
Aloe Butter		butter
Amaranth Oil	3 to 5	oils
Amberlate P	3 to 5	
Amerchol	2 to 5	
Andiroba Seed Oil	2	high in oleic acid, moderate in linoleic acid
Anhydrous lanolin	1 to 5	lanolins
Anise Butter		butter
Apricot Kernel Oil	4 to 5	high in oleic acid
Apricot Oil	2	high in oleic acid
Apricot Seed Oil	2	high in oleic acid
Aquarex ME	5	surfactants and detergents
Aquarex Methyl	5	surfactants and detergents
Archidic Acid	1	fatty acids
Archidic Acid in Sunflower Oil	2	fatty acids

Comedogenic Ingredient	Comedogenic / Irritant Rating	Ingredient Type
Argan Oil	3 to 5	high in oleic acid, linoleic acid
Argania Spinosa	3	oils
Argania Spinosa Kernel Oil	3	oils
Argania Spinosa Oil	3	oils
Ascophyllum Nodosum	3	seaweed
Ascorbyl Palmitate	2 to 5	fatty acids and their derivatives
Avocado Butter		butter
Avocado Oil	3 to 5	high in oleic acid

Babassu Butter		butter
Babassu Oil	1	high in lauric, myristic and oleic acid
Baobab Oil	4 to 5	high in oleic acid, moderate linoleic
Beeswax	0 to 2	waxes
Behenic Acid	0 to 2	fatty acids and their derivatives
Blackberry Seed Oil	1	high in linoleic, moderate linolenic acid
Black Cumin Seed oil	4	high in linoleic acid, moderate oleic
Black Current Seed Oil	1	high in linoleic acid + gla and ala
Black Kelp	3	seaweed
Black Raspberry Seed Oil	1 to 2	high in linoleic acid, moderate linolenic
Bladderwrack	3	seaweed
Blue Algae	3	seaweed
Blueberry Seed Oil	1	high in linoleic acid, moderate linolenic & oleic
Blue Green Algae	3	seaweed
Borage Oil	3	high in linoleic acid and gla
Brazil Nut Oil	2	high in oleic acid, moderate linoleic
Broccoli Butter		butter

<u>Comedogenic Ingredient</u>	<u>Comedogenic / Irritant Rating</u>	<u>Ingredient Type</u>
Broccoli Seed Oil	1	high in erucic acid and oleic acid
Brown Algae	3	seaweed
Buriti Oil	2	high in oleic acid
Butyl Stearate	3 to 4	fatty acids and their derivatives
Butylene Glycol	1	alcohols, sugars and their derivatives

C13-14 Isoparaffin		waxes
Camellia oil	4 to 5	high in oleic acid
Candelilla Wax	1	waxes
Canola Oil	3	oils
Capric Acid	2/2 irritant	fatty acids and their derivatives
Capric Acid in Sunflower Oil	3	other lipids
Caprylic Acid	1/3 irritant	fatty acids and their derivatives
Capsicum Butter		butters
Carageenan Moss	3	seaweed
Carbomer 940 or Carbomer	1	thickeners
Carboxypropylcellulose	1	thickeners
Carnuba Wax	1	waxes
Carrot Butter		butters
Carrot Seed Oil	4	high in oleic acid
Castor Oil	1	high in ricinoleic acid
Ceteareth 6 Oliviate		waxes
Ceteareth 20	2/3 irritant	alcohols, sugars and their derivatives
Cetearyl Alcohol	2/1 irritant	alcohols, sugars and their derivatives
Cetearyl Alcohol + Ceteareth 20	4/1 irritant	alcohols, sugars and their derivatives
Cetearyl Oliviate		waxes
Cetyl Acetate	4/2 irritant	fatty acids and their derivatives

Comedogenic Ingredient	Comedogenic / Irritant Rating	Ingredient Type
Cetyl Alcohol	2/4 irritant	alcohols, sugars and their derivatives
Cetyl Ester NF	1/1 irritant	fatty acids and their derivatives
Chamomile Butter		butters
Chaulmoogra Oil	1	oils
Chamomile Butter		butters
Cherry Kernel Oil	2	high in oleic and linoleic acid
Cheru Seed Oil		oils
Chia Seed Oil	3	high in linolenic
Cloudberry Seed Oil	1	high in linoleic and linolenic acid
Chlorella	3	seaweed
Chlorella Botanicals	3	seaweed
Chondrus Crispus	3	seaweed
Chondrus Crispus Extract	3	seaweed
Chullu (Wild Apricot) Seed Oil		oils
Cinnamon Butter		butters
Coal Tar	5	
Cocoa Butter	4	high in oleic and stearic acid
Coconut Butter	4	high in oleic, stearic and palmitic acid
Coconut Oil	5	high in lauric acid
Coconut Oil, Fractionated	2 to 3	high in caprylic and capric acid
Cocos Nucifera (Coconut) Oil	5	oils
Coffee Butter		butters
Colloidal Sulfur		
Corallina Officinalis	3	seaweed
Corallina Officinalis Extract	3	seaweed
Corn Oil	3	oils
Cotton Seed Oil	3/2 irritant	high in linoleic acid
Cranberry Butter		butters

<u>Comedogenic Ingredient</u>	<u>Comedogenic / Irritant Rating</u>	<u>Ingredient Type</u>
Cranberry Oil	3	high in linoleic acid, moderate in oleic and linolenic acid
Cucumber Seed Oil	1	high in linoleic acid
Cypress Butter		butters

D&C red no. 1	3	D&C pigments
D&C red no. 2	3	D&C pigments
D&C red no. 3	3	D&C pigments
D&C red no. 4	2/1 irritant	D&C pigments
D&C red no. 6	1	D&C pigments
D&C red no. 7	1	D&C pigments
D&C red no. 9	1	D&C pigments
D&C red no. 17	3	D&C pigments
D&C red no. 19	2	D&C pigments
D&C red no. 21	2	D&C pigments
D&C red no. 27	2	D&C pigments
D&C Red No. 30	3	D&C pigments
D&C red no. 33	1/2 irritant	D&C pigments
D&C red no. 35 in pentaerythritol tetra capra/caprylate	2	D&C pigments
D&C red no. 36	3	D&C pigments
D&C red no. 36 in mineral oil	3	D&C pigments
D&C red no. 36 in propylene glycol	1	D&C pigments
D&C red no. 40	2/2 irritant	D&C pigments
Date Seed Oil	3	high in oleic acid
Decyl Oleate	3	fatty acids and their derivatives
Dhupa Seed Oil		oils
Di (2 ethylhexyl) Succinate	2	fatty acids and their derivatives
Dilsea Carnosa	3	seaweed
Diocetyl Malate	3/1 irritant	fatty acids and their derivatives

Comedogenic Ingredient	Comedogenic / Irritant Rating	Ingredient Type
Diocetyl Succinate	3/2 irritant	fatty acids and their derivatives
Disodium Monooleamido PEG 2-Sulfosuccinate		
Dulse	3	seaweed

Ecklonia (all 9 species of it)	3	seaweed
Eicosanoic Acid	2	fatty acids and their derivatives
Elderberry Seed Oil	1 to 2	high in linoelic and linolenic acid
Emu Oil	1	high in oleic acid, moderate in palmitic acid
Emulsifying Wax NF	0 to 2 irritant	waxes
Enteromorpha Compressa	3	seaweed
Ethoxylated Lanolin	3	lanolins
Ethylhexyl Palmitate	4	fatty acids and their derivatives
Ethylhexyl Pelargonate	2/3 irritant	fatty acids and their derivatives
Evening Primrose Oil	3/2 irritant	high in linoleic acid, moderate in gla

Flax Seed Oil (Linseed)	4	high in alpha linolenic acid
Fragrance	3	other
Fucus vesiculosus	3	seaweed

Gelidium Cartilagineum	3	seaweeds
Ginger Butter		butters
Glycerol Monostearate	1	lipids derived from stearic acid
Glyceryl Stearate NSE	1	alcohols, sugars and their derivatives
Glyceryl Stearate SE	3/2 irritant	alcohols, sugars and their derivatives

Comedogenic Ingredient	Comedogenic / Irritant Rating	Ingredient Type
Glyceryl Tricaprylo/Caprato	1	alcohols, sugars and their derivatives
Glyceryl-3-Diisostearate	4	alcohols, sugars and their derivatives
Glycine Soja Oil (soybean oil)	3	oils
Goji Berry Seed Oil	1	high in linoleic acid
Grapeseed Butter		butters
Grapeseed Oil	2	high in linoleic acid
Green Algae	3	seaweeds
Green Tea Butter		butters
Groundnut Oil		oils
Guava Seed Oil	1 to 2	high in linoleic acid

Haslea Ostrearia	3	seaweeds
Hazelnut Seed Oil	4 to 5	high in oleic acid
Hectorite	1	miscellaneous
Hemp Seed Butter		butters
Hemp Seed Oil	1	high in linoleic acid, moderate in linolenic acid
Hexadecyl Alcohol		
Hexylene Glycol	2/1 irritant	alcohols, sugars and their derivatives
Hexyl Laurate		
Himanthalia Elongate	3	seaweed
Hydrogenated Castor Oil	1	oils
Hydrogenated Polyisobutane	1/2 irritant	oils
Hydrogenated Vegetable Oil	3	oils
Hydrolyzed Lola Implexa	3	seaweed
Hydrolyzed Rhodophycea	3	seaweed
Hydroxypropylcellulose	1	thickeners
Hypnea Musciformis	3	seaweed

<u>Comedogenic Ingredient</u>	<u>Comedogenic / Irritant Rating</u>	<u>Ingredient Type</u>
Irish Moss	3	seaweeds
Isocetyl Alcohol	4/4 irritant	alcohols, sugars and their derivatives
Isocetyl Stearate		
Isodecyl Oleate	3/2 irritant	fatty acids and their derivatives
Isopropyl Isostearate	5	fatty acids and their derivatives
Isopropyl Linolate	4/2 irritant	fatty acids and their derivatives
Isopropyl Myristate	5/3 irritant	fatty acids and their derivatives
Isopropyl Palmitate	4/1 irritant	fatty acids and their derivatives
Isostearic Acid	5	other
Isostearyl Isostearate	4/1 irritant	fatty acids and their derivatives
Isostearyl Neopentanoate	3/3 irritant	fatty acids and their derivatives

Jasmine Butter		butters
Jojoba Butter		butters
Jojoba Oil	0 to 2	high in eicosenoic acid
Jojoba Wax		waxes

Kapok Oil		oils
Karanja Oil	2	high in oleic acid
Kasum Oil		oils
Kelp	3	seaweeds
Kiwi Seed Oil	1	high in linolenic acid
Knotted Kelp	3	seaweeds
Kokum Butter		
Kukui Nut Butter		butters
Kukui Nut Oil	3	high in linoleic acid, moderate in oleic and linolenic acid

<u>Comedogenic Ingredient</u>	<u>Comedogenic / Irritant Rating</u>	<u>Ingredient Type</u>
Lamimaria Ochroleuca Extract	3	seaweeds
Laminaria Digitata Extract	3	seaweeds
Laminaria Longicuris	3	seaweeds
Laminaria Saccharina	3	seaweeds
Laneth-10	2	lanolins
Lanolic Acid	5	other
Lanolin	1 to 2	oils
Lanolin Alcohol	2	lanolins
Lanolin Oil	1	oils
Lanolin Wax	1	waxes
Laureth-4	5/4 irritant	alcohols, sugars and their derivatives
Laureth-7		waxes
Laureth-23	3	alcohols, sugars and their derivatives
Lauric Acid	4/1 irritant	fatty acids and their derivatives
Lauric Acid in Sunflower Oil	4	other lipids
Lauryl Alcohol	1 to 2	other
Lauryl Olivatate		waxes
Lavender Butter		butters
Lemon Butter		butters
Lemongrass Butter		butters
Lime Butter		butters
Linseed Oil	5	oils
Lithium Stearate	1	miscellaneous
Lithothamnium Calcareum	3	seaweed
Lola Implexa	3	seaweed

Macadamia Nut Butter		butters
Macadamia Nut Oil	4 to 5	high in oleic acid, moderate in palmitoleic acid
Macrocystis Pyrifera	3	seaweeds
Macrocystis Pyrifera (sea kelp) Extract	3	seaweeds
Magnesium Stearate	1	miscellaneous
Mahua Seed Oil		oils

<u>Comedogenic Ingredient</u>	<u>Comedogenic / Irritant Rating</u>	<u>Ingredient Type</u>
Mandarin Butter		butters
Mango Butter	2	high in oleic acid, moderate in stearic acid
Mango Seed Oil	2	high in oleic and stearic acid
Marigold Butter		butters
Marine Algae	3	seaweeds
Marula Oil	3 to 4	high in oleic acid
Mastocarpus stellatus	3	seaweeds
Meadowfoam Butter		butters
Meadowfoam Seed Oil	1	high in eicosenoic acid
Milk Thistle Seed Oil	1	high in linoleic acid
Mink Oil	3/1 irritant	high in oleic acid
Monododecyl ester sodium salt sulfuric acid	5	surfactants and detergents
Moringa Oil	3 to 4	high in oleic acid
Mowrah Butter	3 to 4	high in oleic and palmitic acid
Myreth 3 Myristate	5	other lipids
Myristic Acid	3	fatty acids and their derivatives
Myristyl Alcohol	2/4 irritant	alcohols, sugars and their derivatives
Myristyl Lactate	4/2 irritant	fatty acids and their derivatives
Myristyl Myristate	5/2 irritant	fatty acids and their derivatives

Nahor Seed Oil		oils
Neem Butter		butters
Neem Oil		high in oleic acid
Neroli Butter		butters
Nori	3	seaweeds
Norwegian Kelp	3	seaweeds

Comedogenic Ingredient	Comedogenic / Irritant Rating	Ingredient Type
Octyl Palmitate		
Octyl Stearate		
Octyldodecanol	3 to 4	other
Oleic Acid	5	other
Oleth-3	5/2 irritant	alcohols, sugars and their derivatives
Oleth-3 Phosphate	2/2 irritant	alcohols, sugars and their derivatives
Oleth-5	3/2 irritant	alcohols, sugars and their derivatives
Oleth-10	2/1 irritant	alcohols, sugars and their derivatives
Oleth-20	1	alcohols, sugars and their derivatives
Oleyl Alcohol	4/2 irritant	alcohols, sugars and their derivatives
Olive Butter		butters
Olive Oil	4 to 5	high in oleic acid
Olive Oil Peg 7 Esters		waxes
Orange Peel Butter		butters

Padina Pavonica	3	seaweeds
Palash Oil		oils
Palmaria Palmate	3	seaweeds
Palmitic Acid	3	fatty acids and their derivatives
Palm Kernel Oil	4 to 5	oils
Palm Oil Butter		butters
Palm Oil	4 to 5	high in lauric acid
Palm Oil, Red	4	high in oleic acid, moderate in palmitic acid
Papaya Seed Oils	2 to 3	high in oleic acid
Passionfruit (Maracuja) Seed Oil	1 to 2	high in linoleic acid
Peach Kernel Oils	2	high in oleic acid

Comedogenic Ingredient	Comedogenic / Irritant Rating	Ingredient Type
Peanut Oil	2	high in oleic and palmitic acid
Pecan Oil	2	high in oleic acid, moderate in linoleic acid
PEG 8 Castor Oil	1/1 irritant	alcohols, sugars and their derivatives
PEG 8 Stearate	3/1 irritant	alcohols, sugars and their derivatives
PEG 10 Soya Sterol	1 irritant	sterols
PEG 16 Lanolin (solulan 16)	4	lanolins
PEG 20 Stearate	1	alcohols, sugars and their derivatives
PEG 100 Distearate	2	alcohols, sugars and their derivatives
PEG 150 Distearate	2	alcohols, sugars and their derivatives
PEG 200 Dilaurate	3/2 irritant	alcohols, sugars and their derivatives
PEG 78 Glyceryl Monococoate	1 irritant	alcohols, sugars and their derivatives
Pentaerythritol Tetraisostearate	2	alcohols, sugars and their derivatives
Perilla Oil	1 to 2	high in ala
PG Caprylate/Caprato		alcohols, sugars and their derivatives
PG Dicaprylate/Caprato	1	alcohols, sugars and their derivatives
PG Dipelargonate	2/2 irritant	
PG Laurate	3 irritant	alcohols, sugars and their derivatives
PG Monostearate	0 to 3/0 to 1 irritant	alcohols, sugars and their derivatives
Phosphate		
Phytantriol	2/2 irritant	sterols
Phytessence Wakame	3	seaweeds
Pilu Oil		oils
Pistachio Oil	3 to 4	high in oleic and palmitic acid

Comedogenic Ingredient	Comedogenic / Irritant Rating	Ingredient Type
Pisu Oil		oils
Plankton	3	seaweeds
Plum Kernel Oil	1 to 2	high in oleic acid, moderate in linoleic acid
Polyethylene Glycol	1	alcohols, sugars and their derivatives
Polyethylene glycol (PEG 400)	1	alcohols, sugars and their derivatives
Polyethylene glycol 300	1	miscellaneous
Polyglyceryl Diisostearate		waxes
Polyglyceryl 3-Diisostearate	4	alcohols, sugars and their derivatives
Polyglyceryl 4-Isostearate		
Pomegranate Seed Oil	1	high in puniic acid
Porphyra	3	seaweeds
Porphyridium Cruentum	3	seaweeds
Potassium Chloride		
PPG 10 Cetyl Ether	3/1 irritant	alcohols, sugars and their derivatives
PPG 12 PEG 65 Lanolin Oil	2	lanolins
PPG 2 Myristyl Propionate	3/2 irritant	alcohols, sugars and their derivatives
PPG 5 Ceteth 10 Phosphate	4/2 irritant	alcohols, sugars and their derivatives
PPG-2 Myristyl Propionate	5	surfactants and detergents
Pracaxi Oil		oils
Prickly Pear Seed Oil	1 to 2	high in linoleic acid
Propylene Glycol Monostearate	4	waxes
Prunus Armeniaca (Apricot) Kernel Oil	3 to 5	high in oleic acid
pPumpkin Seed Oil	3	high in linoleic acid, moderate in oleic acid

<u>Comedogenic Ingredient</u>	<u>Comedogenic / Irritant Rating</u>	<u>Ingredient Type</u>
Ratanjyat Oil		oils
Red Algae	3	seaweeds
Red Raspberry Seed Oil	1	high in linoleic acid, moderate in linolenic acid
Rice Bran Oil		high in oleic and linoleic acid
Rockweed	3	seaweed
Rose Butter		butters
Rosehip Butter		butters
Rosehip Seed Oil	2	high in linoleic acid, moderate in linolenic acid
Rosemary Butter		butters

Safflower Oil	1 to 3	high in linoleic acid
Sal Seed Butter	3 to 4	high in stearic and oleic acid
Sal Seed Oil		oils
Sandalwood Seed Oil	2	oils
Sargassum	3	seaweeds
Sea Buckthorn Oil	1	high in palmitic, palmitoleic and oleic acid
Sea Grass		seaweeds
Sea Whip Extract	3	seaweeds
Seaweed	3	seaweeds
Sesame Seed Oil	3 to 5	high in linoleic and oleic acid
Shark Liver Oil (squalene, not squalane)	3/2 irritant	oils
Shea Butter	3 to 5	high in oleic and stearic acid
Shea Nut Oil	4 to 5	high in oleic acid, moderate in stearic acid
Simmondsia Chinensis (Jojoba) Seed Oil	2	high in eicosenoic acid
Sodium Carbomer		
Sodium Cocoyl Isethionate (from coconut)		

Comedogenic Ingredient	Comedogenic / Irritant Rating	Ingredient Type
Sodium Dodecyl Sulfate	5	surfactants and detergents
Sodium Laureth Sulfate	3	surfactants and detergents
Sodium Lauryl Sulfate	5	surfactants and detergents
Sodium Salt Sulfuric Acid	5	surfactants and detergents
Solulan 16		
Sorbitan Isostearate	1 to 2	alcohols, sugars and their derivatives
Sorbitan Laurate	2/2 irritant	alcohols, sugars and their derivatives
Sorbitan Oleate	3	alcohols, sugars and their derivatives
Sorbitan Olivatate		
Sorbitan Sesquinoate	1	alcohols, sugars and their derivatives
Sorbitan Stearate	1 irritant	alcohols, sugars and their derivatives
Soybean Oil	4 to 5	high in linoleic acid
Spirulina	3	seaweeds
Squalane	1	high in omega-2
Steareth-2	2/2 irritant	alcohols, sugars and their derivatives
Steareth-10	4/3 irritant	alcohols, sugars and their derivatives
Steareth-20	2/1 irritant	alcohols, sugars and their derivatives
Stearic Acid	2 to 3	fatty acids and their derivatives
Stearic Acid: TEA	3/2 irritant	miscellaneous
Stearyl Alcohol	2/2 irritant	alcohols, sugars and their derivatives
Stearyl Heptanoate	4	fatty acids and their derivatives
Strawberry Seed Oil	1	high in linoleic and linolenic acid
Sucrose Distearate	2 irritant	alcohols, sugars and their derivatives
Sulfated Castor Oil	3	miscellaneous

<u>Comedogenic Ingredient</u>	<u>Comedogenic / Irritant Rating</u>	<u>Ingredient Type</u>
Sulfuric acid, monododecyl ester, sodium salt	5	surfactants and detergents
Sulfated Jojoba Oil	3/2 irritant	waxes
Sunflower Butter		butters
Sunflower Oil (GMO is pore-clogging)	1 to 5	high in linoleic acid
Sweet Almond Butter		butters
Sweet Almond oil	3 to 5	high in oleic acid

Talc	1	thickeners
Tallow	2	high in oleic acid
Tamanu Butter		butters
Tamanu Oil	3 to 5	high in oleic and linoleic acid
Theobroma Cacao (Cocoa) Seed Butter	4	butters
Tocopherol	0 to 3/0 to 3 irritant	vitamins & herbs
Tomato Seed Oil	0 to 2	high in linoleic acid, moderate in oleic acid
Tribehenin		wax
Tridecyl Neopentanoate	3 irritant	fatty acids and their derivatives
Triethanolamine	2	miscellaneous

Ulva Lactuca	3	seaweed
Undaria	3	seaweed

Vitamin A Palmitate	1 to 3/1 to 3 irritant	vitamins & herbs
Vitamin E Butter		butters

Comedogenic Ingredient	Comedogenic / Irritant Rating	Ingredient Type
-----------------------------------	--	----------------------------

Walnut Seed Oil	1 to 2	high in linoleic acid, moderate in oleic acid
Wakame	3	seaweed
Watermelon Seed Oil	0 to 1	high in linoleic acid
Water-Soluble Sulfur	3	preservatives & additives
Wheat Germ		
Wheat Germ Glyceride	3/2 irritant	alcohols, sugars and their derivatives
Wheat germ oil	3 to 5	high in linolenic acid

Xylene	4/3 irritant	miscellaneous
--------	---------------------	---------------

Zinc Oxide	1	miscellaneous
------------	----------	---------------