



## DANGEROUS PERSONAL CARE TOXINS

SUBSTANCE	WHAT IT'S FOUND IN	HEALTH RISKS
Triclocarban	Antibacterial Bar Soaps	Triclocarban disrupts reproductive hormone activity.
Triclosan	Liquid Soap, Toothpaste, Antibacterial Products	Triclocarban has been strongly linked to the following effects : Cancer, Abnormalities with the endocrine - thyroid - hormone system, Weakening of the immune system, Birth Defects, weight loss, uncontrolled cell growth and a mother's prolonged use of antibacterial soaps containing the chemical triclocarban may harm nursing babies.
Retinyl Palmitate (Retinol) (A Form of Vitamin A)	Moisturizers, skin care items and SUNSCREEN	All skin care products with retinol, retinyl palmitate or retinoic acid has the warnings: stay out of the sun, avoid sun exposure, etc. These warnings are because these vitamin A products increase cell turnover and exfoliation, leaving skin more susceptible to damage from UV rays. Years of research that these products encourage the formation of malignant, potentially (often) cancer-causing cells in the skin.
Aluminum	Cosmetics, Deodorants, Antiperspirants, Talc, antacids (yes, not a personal care item but worth knowing!)	Numerous animal studies show that aluminum causes cancer and Alzheimers. Biopsies of breast tissue from women with breast cancer show high levels of aluminum close to their underarms. Alzheimer's patients have been biopsied and scientists have found abnormal levels of aluminum in the brain.
Parabens (methyl, ethyl, propyl, benzyl, and butyl)	Deodorants, Antiperspirants, Hair Care, Cosmetics	Studies show a connection to cancer as well as hormone disrupting qualities, mimicking estrogen, as well as interfering with the endocrine system
Propylene Glycol	Shaving Cream, Deodorants, Antiperspirants	Damages central nervous system, liver, and heart. Also shown to cause dermatitis, abnormalities in the kidney and liver, as well as inhibiting cell growth and causing skin irritation.
Diazolidinyl Urea	Found in facial moisturizers, lotions, sunscreens, anti-aging treatments, cleansers, styling gels, foundations, shampoos and conditioner, eye creams, deodorant and mouthwash (YUM!)	Diazolidinyl Urea is a preservative that prevents bacterial growth. It works by releasing small amounts of formaldehyde, a toxic and carcinogenic substance used to embalm dead bodies. Diazolidinyl urea can be derived both from animal or synthetic sources. In cosmetic products it is also made from the reaction of allantoin (a substance derived from the extracts of the comfrey plant) and formaldehyde.
Diethanolamine DEA	Diethanolamine is used in shampoos, shower gels, body washes, shaving creams, to produce lather, create creamy textures, adjust the ph of cosmetics and it helps form emulsions so that water and oils can blend together. It is also used as a solvent.	Mild eye and skin irritant, has been associated with cancer, higher concentrations produce internal changes to organs, inflammation and ulcers. Can inhibit brain development in pregnant mice. Diethanolamine should not be used if a product also contains N-nitrosating agents.
Triethanolamine TEA	Triethanolamine helps water-soluble and oil-soluble ingredients to blend together. It is also used as a ph balancer in many cosmetics and personal care products and shaving cream.	Triethanolamine shouldn't be used in products containing N-nitrosating agents. When mixed together, these ingredients can form carcinogenic nitrosamines, Good news is that the concentrations used in personal care products are small, and so there may be little serious risk to human health. TEA is a mild skin and eye irritant.
Fragrance	Hundreds of personal care products (even some products marked as "unscented")	Chemicals used to scent products can be clumped under the vague term "fragrance". The secret fragrance mixture can potentially contain hundreds of toxic compounds. Symptoms range from allergies and asthma to cancer and neurotoxicity.
Ceterareths	Hair Care	Not safe for use on injured or damaged skin (only for products for use on damaged skin)

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Fluoride	Toothpaste, Mouth Care, WATER!	Fluoride builds up in the body. Healthy kidneys excrete 50 to 60% of the fluoride ingested each day (Marier & Rose 1971). Any remaining fluoride accumulates in the bones and pineal gland (Luke 1997, 2001). <b>Babies and children excrete less fluoride from their kidneys and absorb up to 80% of ingested fluoride</b> into their bones! (Ekstrand 1994). "It is apparent that <b>fluorides have the ability to interfere with the functions of the brain.</b> " — the National Research Council (2006). Studies show damage to <b>reproductive systems and brings on earlier puberty.</b> There were 24 studies from China, Iran, India and Mexico that show an <b>association between fluoride exposure and reduced IQ, and in the mid-20th century, fluoride was prescribed by European doctors to reduce the activity of the thyroid gland! MORE ON FLUORIDE –STUDY!</b>
Retinyl Palmitate	Skin and hair conditioning agent	Retinyl Palmitate should be avoided by women who are pregnant, planning to become pregnant or breast-feeding.
Formaldehyde	Nail polishes, nail glues, eyelash glues, hair gels, hair-smoothing products, baby shampoo, baby soaps and body washes may contain formaldehyde even though it is not listed as an ingredient because these products may contain formaldehyde-releasing preservatives (FRPs).	This chemical is a known carcinogen. Canada and the European Union restrict the use of formaldehyde in personal care products. It is banned from use in cosmetics and toiletries in both Japan and Sweden. Formaldehyde in cosmetics is commonly known to cause allergic skin reactions and rashes in some people. Formaldehyde sensitivity may develop over time, due to repeated low-level exposures from an early age.
Toluene	Nail Care, Synthetic Fragrances	This chemical is made from petroleum or coal tar. Chronic exposure is linked to anemia, low blood cell count, liver and kidney damage, and it may affect a developing fetus.
DBP Dibutyl phthylate	Nail Care, Fragrances	A hormone disrupter linked to male genital abnormalities, liver and kidney lesions, and higher rates of childhood asthma and allergies.
2-Bromo-2 nitropropane-1, 3-diol	Baby Wipes	Harmful in contact with skin and if swallowed, irritant, dangerous for the environment, very toxic to aquatic organisms, <b>banned in EU cosmetics:</b> must not form part of the composition of cosmetic products.
Phenol carbonic acid	Lotions, Skin Creams	
Dioxane	Found in PEGs in many skin care products.	A carcinogen linked to cancer that is easily absorbable by the skin. The liver and nasal are most vulnerable to this toxin. <u><i>Dioxane is a synthetic derivative of coconut- watch for hidden language on labels such as "comes from coconut"</i></u>
1,4-dioxane (A contaminant. Not an intentional ingredient.)	Often in: "PEG," "polyethylene," "polyethylene glycol," "polyoxyethylene," "-eth-" (such as sodium laureth sulfate), "oxynol," "cetareth" or "oleth"	1,4-dioxane (in sulfates) is a known animal carcinogen and probable human carcinogen, as well as a skin and lung irritant. It is highly suspected to be toxic to kidneys and your nervous system. It is on California's Proposition 65 - the list of substances known to cause cancer or birth defects.
Nanoparticles	Lotions, Moisturizers, Make-Up, Sunscreen	These untested ingredients are so small many scientists are very concerned about their potential health risks as they can penetrate cell walls and they are highly reactive. Products with nanoparticles usually not labeled.
Lead	Lipstick	Potent neurotoxin.
Mercury	Mascara, Cosmetics, skin lighteners, anti -aging treatments	Neurotoxin that can severely damage human health.
Boric Acid	Diaper Creams, skin ointments, mouthwashes, processed foods, enamels, skin lotions, paints, medicated powders, photography chemicals, antiseptics and astringents	Babies chronically exposed to boric acid can experience diarrhea, weight loss, seizures, vomiting, rashes and even death due to poisoning. During pregnancy, may cause low birth weight and minor skeletal changes, decreases sperm count and motility in men. Hair loss, skin reactions. Poisoning symptoms: drowsiness, blisters, fever, low blood pressure, convulsions, coma
Artificial Preservatives (BHA/BHT), Artificial Dyes	Moisturizers, make up	Potential to cause cancer, may have heavy metals, endocrine disrupters
Mineral Oil	Petroleum by-product in many skin care products, baby oil	Clogs pores, decreases toxin elimination via skin, promotes skin irritations and acne.

Talc	Powders (baby, face, body)	Carcinogen (specifically ovarian), respiratory irritant
Sodium Lauryl Sulfate Or Sodium Laureth Sulfate	Shampoos and Body washes	May damage skin, increase cataracts, are known mutagens capable of changing the genetic code within cells. Chemicals including sodium lauryl sulfate (a close relative to what's used in spray-on oven cleaners) become even more carcinogenic when combined with other chemical ingredients such as T.E.A. found in personal care products.

**THESE ARE ONLY A FEW OF THE THOUSANDS OF CHEMICALS USED IN YOUR PRODUCTS – PLEASE DO YOUR RESEARCH!**