




ENDOCRINE DISRUPTORS HALL OF SHAME

	WHAT IT IS	WHAT IT DOES	WHERE TO LOOK	WHAT TO AVOID
<p>PHTHALATES</p> 	<p>Industrial chemicals that make things pliable and plastic-y in the world; they also hold scent and color in lots of products, and make lotions more spreadable ^{2,5}.</p>	<p>Phthalates have been linked to “earlier breast development in and possible increased breast cancer risk in females, reduced sperm count in males, and increased genital abnormalities in boys born to mothers with high exposures to phthalates” ⁵.</p>	<p>Keep an eye out in detergents, lipstick, nail polish, deodorant, and hairspray, where they’re also a common ingredient ⁵.</p> <p><i>Check out our blog post here for more about how ubiquitous phthalates are; they’re not just in your shower, they’re might be all over your house ⁵.</i></p>	<p>Anything with “fragrance” listed as an ingredient ⁵.</p> <p>Phthalate, DEP, DBP (common in nail polishes, deodorants, perfumes, colognes, shampoos), DEHP (used in nail polish, body lotion, and deodorant) ^{1,5,7}. BzB in some nail polishes ⁷. DMP in insect repellents and soft plastics ⁵.</p>
<p>PARABENS</p>	<p>Parabens are used as preservatives, since they discourage microbe growth, (no one wants to refrigerate their shampoo or conditioner, especially not the store) ^{1,8}. But parabens also mimic estrogen and mess up your body’s own hormonal signals ^{2,8}.</p>	<p>Parabens have been linked to hormone disruption, cancer, and they can mess with your sperm count ⁸.</p> 	<p>Your stuff that has water as a significant ingredient: things like face wash, shampoo, conditioner, lotion, shower gel/scrub, foundation, even concealer and skin creams ^{1,8}.</p>	<p>Look for products labeled, “Paraben free” or avoid anything on the ingredient list that ends in “paraben” including things like ethylparaben, butylparaben, methylparaben, propylparaben, isobutylparaben and isopropylparaben ^{8,9}.</p>
<p>SLS, SLES, 1,4-DIOXANE</p>	<p>Sodium lauryl sulfate (SLS), and sodium laureth sulfate (aka sodium laurel ether sulfate & SLES) are cleansers but are added to make stuff bubbly².</p>	<p>1. SLS is a known endocrine disruptor ¹. 2. Both SLS and SLES are commonly contaminated with 1,4-dioxane, a known carcinogen that’s also suspected to cause cancer or birth defects, during manufacture ¹⁰. 1,4-dioxane is never on any ingredients lists.</p>	<p>Products that get sudsy like shampoos, relaxers, liquid soap, bubble bath (even for babies) and other bubbly fun things ^{10,11}.</p> 	<p>Sodium lauryl sulfate, sodium laureth sulfate, sodium lauryl ether sulfate, SLS, SLES, <i>and</i> PEG compounds, polyethylene, polyethylene glycol, polyoxyethylene, polysorbate, chemicals that include the clauses eth, oxynol, xynol, cetareth and oleth ^{1,10}.</p>

All sources are listed [here](#).

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ETHANOLAMINES	<p>They help suspend one liquid in another liquid (emulsify) and help stuff get foamy ^{1,12,13}.</p>	<p>Sometimes, when ingredients are mixed together, diethanolamine (DEA) can react to form nitrosodiethanolamine (NDEA), which is a known carcinogen ¹². DEA and triethanolamine (TEA) are probable carcinogens ¹².</p> <p>Our bodies might also hang onto this stuff: 52-68% of DEA in “hair dyes, body lotions, and shampoos remain on the upper layers of the skin after exposure,” it’s called bioaccumulation ¹².</p> <p>DEA also messes with sperm’s ability to swim ¹². It can accumulate in the liver and misbehave there too ¹².</p>	<p>Allover: “soaps, shampoos, hair conditioners and dyes, lotions, shaving creams, paraffin and waxes, household cleaning products, pharmaceutical ointments, eyeliners, mascara, eye shadows, blush, make-up bases, foundations, fragrances, sunscreens” ¹².</p>	<p>Nitrosodiethanolamine (NDEA), “triethanolamine, diethanolamine, DEA, TEA, cocamide DEA, cocamide MEA, DEA-cetyl phosphate, DEA oleth-3 phosphate, lauramide DEA, linoleamide MEA, myristamide DEA, oleamide DEA, stearamide MEA, TEA-lauryl sulfate” ¹².</p> 
PETROLATUM OR PETROLEUM JELLY	<p>You know this stuff: it’s used in lotions and lip stuff because it’s a darn good moisturizer ¹.</p> 	<p>These guys are known endocrine disruptors ¹. What’s worse, is that if they haven’t been fully refined in to “white petrolatum,” during manufacture, they’re commonly contaminated with polycyclic aromatic hydrocarbons, or PAHs, which are carcinogens ^{1,14}. (<i>Learn more on the blog</i>)</p> <p>PAHs cause cancer, including breast cancer ¹⁴.</p>	<p>It’s used in lotions and cosmetics like lip stuff ^{1,14}.</p> 	<p>Avoid the whole lot: petrolatum, even white petrolatum, petroleum jelly, paraffin oil, and mineral oil ^{1,14}.</p>