

C2 SIMPLY SUSTAINABLE

A Eco-Informative Newsletter -- Just for you!

DIRTY INGREDIENT#17: MERCURY

Introduction

This week's dirty ingredient is Mercury and its compounds. Mercury is a naturally occurring element in the environment that is found in many forms; it is a heavy metal that is also referred to as quicksilver or "liquid silver".

What Products contain Mercury?

Mercury and its compounds are often present as organic or inorganic mercury in many cosmetic products, such as:

- preservatives in eye cosmetic products
- skin lightening products and treatments for skin impurities like age spots, freckles and wrinkles
- skin-lightening products which inhibit the production of melanin

UPCOMING CONTENT

BENZOPHENONE

Regulations?

The use of Mercury in cosmetics is currently banned in the European Union. In the United States, the FDA does allow Mercury in regulated amounts for preservative purposes, most commonly listed as Thimerosal. With the current availability of other preservatives, this is a policy that needs to change.



Environmental Risks

It is widely known that Mercury is extremely toxic and exposure could come with high risks. Mercury in your body has the ability to accumulate and potentially cause kidney damage. But it also bioaccumulates, as it makes its way from our wastewater into the water shed it enters the food chain as methylmercury in fish. As we consume these fish we are exposing ourselves to mercury poisoning. Pregnant women are highly advised to avoid fish with high levels of mercury as it can cause severe developmental risks.

Tip - Look for Mercury listed as these names in your products!

Hg, mercuric iodide, mercurous chloride, ammoniated mercury, amide chloride of mercury, quicksilver, cinnabris, Thimerosal



ABOUT THE WRITER:

HELLO, MY NAME IS ALEXIS DULIN. I AM A C2 TEAM MEMBER WHO REALLY CONSIDERS HERSELF A SISTER OF THE SEA WITH MERMAID TENDENCIES. I LOVE ALL THINGS "OCEAN." I HAVE A BACKGROUND IN ENVIRONMENTAL STUDIES AND I AM EXCITED TO SHARE ALL MY KNOWLEDGE OF ECO-FRIENDLY INFORMATION AND SUSTAINABILITY ISSUES. THANKS FOR LISTENING AND SEND ME AN EMAIL IF YOU HAVE A QUESTION!

ALEXIS@C2CALICLEAN.COM