



TEN INGREDIENTS TO AVOID IN YOUR SKIN AND BODY CARE PRODUCTS

1. **Parabens and Phenoxyethanol** - deemed to mimic estrogen in the body.
2. **Petroleum By-Products** - examples are petrolatum, parafin, glycol, butylene. Can clog pores and are highly likely to be contaminated with carcinogens such as 1,4-Dioxane.
3. **DEA (diethanolamine), MEA (monethanolamine), TEA (triethanolamine)** - these can react with other ingredients to form carcinogenic chemicals.
4. **Synthetic Colours & Fragrances** - suspected hormone disruptors and carcinogens, one of the top 5 known allergens.
5. **Propylene Glycol & Polyethylene Glycol (PEG)** - made from the same chemical that is used for anti-freeze and oven cleaner.

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Scan the QR code to find out more in depth information about the Ten Ingredients To Avoid

6. **Urea (Imidazolidinyl) & DMDM Hydantoin** - releases formaldehyde, a carcinogen that can cause headaches and depression.
7. **SLS (Sodium Laurel Sulphate) and SLES (Sodium Laureth Sulphate)** - linked to the disruption of hormones and infertility in both men and women.
8. **Carbomer** - a synthetic gelling agent made from acrylic acid, may contain possible carcinogens such as TEA and EDTA.
9. **Oxybenzone and Chemical UV Filters** - linked to skin irritations, allergies and hormone disruption.
10. **Methylisothiazolinone (MIT)** - potential neuro toxic properties and negative effects on neural development.

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