



**Quick Guide for Safer Personal Care Products
INGREDIENTS TO AVOID**

<p align="center">Parabens</p> <p><i>Avoid:</i></p> <ul style="list-style-type: none"> • Propylparaben • Isopropylparaben • Butylparaben • Isobutylparaben • Methylparaben • Ethylparaben <p><i>Danger:</i> Endocrine disruptors (mimic estrogen), linked to breast cancer, hormone imbalances & neurotoxicity</p>	<p align="center">Phthalates & Fragrance</p> <p><i>Avoid:</i></p> <ul style="list-style-type: none"> • Dibutyl phthalate (DBP) • Diethyl phthalate (DEP) • Di(2-ethylhexyl) phthalate (DEHP) • Fragrance • Perfume or Parfume <p><i>Danger:</i> Phthalates: endocrine disruptors, possible carcinogen; Fragrances: contain hundreds of undisclosed chemicals</p>
<p align="center">DEA, MEA, TEA</p> <p><i>Avoid:</i></p> <ul style="list-style-type: none"> • Diethanolamine • Monoethanolamine • Triethanolamine • Cocamide DEA • Lauramide DEA <p><i>Danger:</i> Hormone disruptors; possible carcinogens, may react & form cancer-causing nitrosamines; easily absorbed through skin to accumulate in body</p>	<p align="center">PEG and Cetareths</p> <p><i>Avoid:</i></p> <ul style="list-style-type: none"> • “PEG” (Polyethylene glycol) • PEG-100 Stearate & Cetyl PEG • Cetareth, Oleth, Myreth <p><i>Danger:</i> Known carcinogens; release toxic 1,4-dioxane as byproduct of manufacturing; cetareths also enhance penetration of other chemicals on skin</p>
<p align="center">Sulfates</p> <p><i>Avoid:</i></p> <ul style="list-style-type: none"> • Sodium Laurel Sulfate (SLS) • Sodium Laureth Sulfate • Sodium Dodecyl Sulfate <p><i>Danger:</i> Eye and skin irritant, can combine with other ingredients to form carcinogenic nitrosamines</p>	<p align="center">Triclosan</p> <p><i>Avoid:</i></p> <ul style="list-style-type: none"> • Triclosan/Tricarban • Microban <p><i>Danger:</i> Classified as a pesticide (restricted in Canada and Japan); associated with endocrine (hormonal) toxicity, cancer, and may encourage growth of drug-resistant bacteria</p>
<p align="center">Artificial Colors and Dyes</p> <p><i>Avoid:</i></p> <ul style="list-style-type: none"> • FD&C (color) • D&C (color) • Coal Tar • Aminophenol • Diaminobenzene • P-phenylenediamine <p><i>Danger:</i> Linked to cancer and contain heavy metal impurities (arsenic & lead)</p>	<p align="center">Formaldehyde & Urea</p> <p><i>Avoid:</i></p> <ul style="list-style-type: none"> • Formalin • Formic Aldehyde • Methanal • Methyl Aldehyde • DMDM hydantoin • Diazolidinyl & Imidazolidinyl Urea <p><i>Danger:</i> Known carcinogen also linked to asthma & neurotoxicity</p>
<p align="center">BHA & BHT</p> <p><i>Avoid:</i></p> <ul style="list-style-type: none"> • Butylated hydroxyanisole (BHA) • Butylated Hydroxytoluene (BHT) <p><i>Danger:</i> Probable carcinogen & endocrine disruptors. EU prohibits BHA in fragrances.</p>	<p align="center">Propylene and Butylene Glycol</p> <p><i>Avoid:</i></p> <ul style="list-style-type: none"> • Propylene glycol (PG) • Butylene glycol • Hexylene glycol <p><i>Danger:</i> Can cause contact dermatitis & irritation to eyes, skin and mucous membranes; EPA considers PG toxic and warns against skin contact</p>



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