



INGREDIENTS TO AVOID

Alcohol denat. (denatured alcohol)

Petrochemical by product. Also usually contains benzyl alcohol making it undrinkable. Can cause systemic eczematous contact dermatitis and chemical sensitivities. Used in all commercial perfumes, used as solvent.

Aluminum ingredients

Skin irritants. Can cause Alzheimer's, lung disease.

Ammonium ingredients

Toxic, carcinogenic.

Aroma

Usually a mix of synthetic and natural fragrances. See fragrance below.

Benzoates

Implicated in a wide variety of health problems including testicular cancer, cell mutation, and other cancers.

Benzyl alcohol

Harmful if swallowed, inhaled or absorbed through the skin. Severe irritant for eyes, skin and respiratory system. Petrochemical.

BHA and BHT

Cancer, encourages the breakdown of vitamins such as vitamin D, can cause lipid and cholesterol levels to increase, endocrine disrupter.

Coal tar

Petrochemical. Look for cade tar or pine tar instead. Low-level exposure is linked to cancer.

Colorants (d & c and other coal tar dyes)

Carcinogens, topical irritants, may cause acne and skin irritations, may contain aluminums, some have caused tumors in rats, low-level exposure is linked to cancer.

Dimethicone

Cancer suspect. Caused tumors and mutation in lab animals.

Dea ingredients

All ingredients with DEA after the first word, such as cocamide-dea, cause cancer.

DMAE-Dimethylaminoethanol

Science has not yet reached a conclusive, supportable, position on the exact function(s) of DMAE. It is marketed as "face lift in a bottle," however, what it does is temporarily paralyze the small muscles of the face, making it seem like wrinkles are less visible. No known long-term results of application.

Formaldehyde

Is often hidden in other ingredients, banned in Sweden and Japan mainly because of its inability to inhibit the growth of acid-producing bacteria and its implication in cancer.

Fragrance

Highly allergenic. No one has to list the chemicals used in fragrances. Contains large quantities of toxins and chemicals not disclosed. "Fragrance-free" means that fragrance chemicals have been added to the product to mask the natural aromas of the ingredients.

Glycerin

Look for vegetable glycerin. Glycerin without the vegetable qualifier usually means petrochemical.

Hydroquinone

Toxic, irritant, banned in Europe, can cause hyper-pigmentation.

Idebenone

A synthetic analogue of coenzyme Q10.

Imidazolidol urea

Strong irritant may contain formaldehyde.

Laureth family

Sodium lauryl sulfate, any ingredient with laureth or lauryl in the name. Carcinogenic, skin irritants may be contaminated with large amounts of toxins in manufacturing process, contains ammonium salts, mutagen, acne producing.

Methylisothiazolinone

Antimicrobial agent found in some shampoos and hand creams and widely used in industrial settings, inhibits the development of particular neuron structures that are essential for transmitting signals between cells. Prolonged exposure to low levels of methylisothiazolinone (MIT) may have potentially damaging consequences to a developing nervous system.

Octyl stearate

Acne producing, contact dermatitis, allergic reactions.

Paba

May cause formation of nitrosamines, cause photosensitivity, being studied for carcinogenic implications.

Parabens-petro-chemicals

Methyl, propyl, etc. - paraben family. Implicated in a multitude of health problems, estrogenic, cancer causing, allergenic, found in breast tissue, replicates in DNA, stored in fat cells.

Peg ingredients

Carcinogens, acne promoters, contact dermatitis.

Petroleum

Petrolatum, mineral oils, Vaseline. Acne producing, may be carcinogenic, causes dry skin, respiratory toxin, may cause dizziness.

Phenoxyethanol

Synthetic ether alcohol preservative. Can cause contact dermatitis. Synthetic preservatives are considered by leading dermatological associations to be the number one cause of contact dermatitis.

Phenonip

Preservative blend of Phenoxyethanol, Methylparaben, Ethylparaben, Butylparaben, Propylparaben, & Isobutylparaben.

Phthalates

Look out for your plastics - squeeze bottles, shower curtains, and soft plastics. Carcinogens, mutation agents, stored in fat cells, they make perfume set and plastics bend. Found in most mainstream cosmetics, glues, nail polish, plastics, etc.

Propylene glycol

Easily absorbed solvent that causes contact dermatitis, skin irritations, acne and allergies.

Stearics

Acids and other types, carcinogenic.

Talc

Can contain asbestos, do not use on babies, linked to ovarian cancer, respiratory toxin.

TEA ingredients

Not tea, but rather ingredients with TEA in front such as Tea lauryl sulfate, severe irritants, can contain ammonium salts, eye irritant, sensitizer, may cause formation of carcinogens, mildly toxic.

Tocopherol acetate

Synthetic vitamin E. Contact dermatitis and cancer suspect, carcinogen.