



Top 12

Ingredients to Avoid in Personal Care Products

A buyers guide to healthier living for your entire family!

Parabens or anything ending in 'paraben'

Hormone disruptor has been found in breast cancer cells. Prevalent in lotion, shampoo, shaving cream, sunscreen, makeup and baby wash.

Mineral Oil

Byproduct of the petroleum industry, clogs pores, not beneficial for skin.

'PEG' and items ending in '-eth', TEA (triethanolamine) and 1,4 dioxane

Allergens, toxic contaminants, linked to cancer. Prevalent in shampoo, hair spray, skin crème, sunscreen, baby soap.

Sodium lauryl or laureth sulfate

Skin damage or reactions, toxic contaminants. Found in shampoo, hair detangler, body spray, lotion and liquid soap.

Triclosan & triclocarban

Damage to environment, thyroid disruptor, skin irritation and dryness. Prevalent in antibacterial soap and hand sanitizer.

Fragrances that are not specifically marked 'phthalate-free'

Many fragrances contain formaldehyde and phthalates; companies have a choice to use safer fragrances that do not contain these toxins.

Formaldehyde & ammonia; diaminobenzene

Toxic to humans! Often found in nail polish, nail polish remover, hair dye and some perfume.

Oxybenzone and cinnamates

Many damage cell protein and DNA and disrupt hormones. Found in a variety of sunscreen lotion and sunscreen spray, marketed especially for use in children.

Glycolic, AHA & BHA acids

Causes increased photosensitivity, irritation, redness and possible permanent damage. Prevalent in trendy anti-aging crème, serum and peels. Use in moderation or not at all.

Methylchloroisothiazolinone

Allergens, harmful to nervous system.

Retinyl palmitate & Retinol (Vitamin A)

Nutrient that may damage DNA and speed the growth of skin tumors when used topically. Often found in anti-aging skincare.

Hydroquinone

Skin-lightening chemical that inhibits the production of melanin. Linked to cancer, organ toxicity, irritations. Popular ingredient in skin-lightening creams.