Toxic Ingredients Found in Common Skin Care & Household Products.

## Aluminum

## Found in deodorant, feminine hygiene products, aluminum foil, body spray

## Alzheimer’s, dementia, breast cancer

## Artificial Dyes

* Found in foods, beverages, personal care products, pharmaceuticals
* Carcinogenic, neurotoxin and likely to cause skin sensitivity and irritation due to the heavy metals they deposit on your skin when you use them
* Hormone disruptors

You can identify them as:

* FD&C #\_\_\_
* D&C # \_\_\_

## Benzoyl Peroxide

* Found in pimple-zapping products
* Linked with the promotion of tumor growth
* Produces toxic effects in the body simply through inhalation, and is a known skin, eye and respiratory irritant

## Fragrance

## Found in personal care products, perfumes, air fresheners, household cleaners, candle, dryer sheets

## May consist of hundreds of chemicals

## Manufacturers aren’t required to list ingredients

## Linked to birth defects, breast cancer, infertility, diabetes, obesity, autoimmune disorders, autism, ADHD

## Hydroquinone

* Reduces the melanin in your skin to get rid of unsightly marks
* Permanently altering your pigment while also weakening the elastin and collagen
* Suspected carcinogen

## Methylisothiazolinone (MIT)

* Common antibacterial preservative in everything from baby shampoo to moisturizers
* Contains neurotoxic properties

## Oxybenzone

* An active ingredient in many sunscreen products
* Skin irritant and allergic reactions, hormone disruption and low birth weight in baby girls
* Study conducted by the U.S. Centers for Disease Control found that oxybenzone is present in the urine of 97% of Americans
* Parabens
* Parabens are unquestionably the most commonly used preservatives in the cosmetics industry
* According to research conducted at Cornell University, parabens mimic estrogen, which can cause an increase in the incidence of breast cancer

Parabens can appear in different forms, so here’s what you want to look for:

* benzylparaben
* butyiparaben
* propylparaben
* methylparaben
* ethylparaben
* isobutylparaben

## Petroleum

* It’s the same substance from which your motor oil is made
* it contains 1,4-Dioxane, is a kidney, respiratory, and neurotoxicant, which has been listed by the World Health Organization and the Environmental Protection Agency as a probable carcinogen

Petroleum based products are quite prevalent and can be identified by these names:

* Petrolatum
* Xylene
* Toluene
* Mineral oil
* Liquid paraffin
* Anything with **PEG** (polyethylene glycol)
* Anything ending in **eth**
* Anything with **DEA** or **MEA**
* Butanol and anything with **butyl**
* Ethanol and anything with **ethyl**
* Propylene glycol and anything with **propyl**
* Methanol or anything **methyl**
* Perfume or fragrance – 95% of chemicals used in fragrance are from petroleum

## Phthalates

* Are used in cosmetics and also in many plastic objects
* Have been found to act as a hormone disruptor linked to reproductive defects, cause insulin resistance and developmental problems in children

If you see any of the following on the ingredient list, it indicates the product has phthalates:

* DBP (dibutylphthalate)
* DMP (dimethylphthalate)
* DEP (diethylphthalate)
* DEHP (Di(2-ethylhexyl) phthalate
* BzBP (benzylbutyl phthalate)
* Fragrance

## Propylene glycol or Glycol ethers

## Found in cleaning products, cosmetics, personal care products, processed foods

## Contact dermatitis, kidney & liver damage, fatigue, central nervous system depression

## Resorcinol

* Found in many hair color products
* Is restricted in federal government buildings
* Known skin irritant that has been shown in studies to disrupt healthy thyroid function in animals

## Sodium Lauryl Sulfate

## Found in personal care products, cleaners

## Endocrine disruptor, skin irritant, respiratory irritant, eye impairment

## Talc

## Found in baby powder, cosmetics, feminine product

## Allergies, skin irritant, organ toxicity, ovarian cancer

## Triclosan

* Is a popular ingredient in most products claiming antibacterial properties
* Technically a pesticide
* Both a hormone and thyroid disruptor