

LIST OF INGREDIENTS WE PREFER TO AVOID

INGREDIENT	CONCERNS	FIND IT IN	
		 Face & Nail Products	
		 Sunscreens	
		 Body & Hair Products	
<b>Parabens</b>	<p>Chemical preservatives that can mimic the female hormone oestrogen, excess of this hormone is said to stimulate cancer development. Parabens link to cancer has not been proven, although recent studies have found parabens in breast cancer tumours (Darbre, <i>Journal of Applied Toxicology</i>, 2004) and higher levels of n-propylparaben are been found in the underarm area, in which the highest proportion of breast tumors are found. Whilst their effects are still debateable we prefer to avoid them. Parabens are banned in Denmark in cosmetics products for children up to 3 years old.</p> <p><b>In labels look for:</b> methylparaben, ethylparaben, propylparaben, butylparaben and iso-butylparaben. Products containing synthetic fragrance or perfume often contain parabens.</p>		Skincare Make-up Toiletries
<b>Phthalates</b>	<p>Increased chances of premature birth have been linked to high levels of phthalates found in women (Journal of the American Medical Association). Have also been associated with DNA damage, birth defects and altered pregnancy outcomes (Barrett, <i>Environ Health Perspect</i>, 2005). Evidence from animal experiments suggests phthalates are endocrine disrupting chemicals that can harm male reproductive organs (Journal of Environmental Health Perspectives). DEHP (diethylhexyl phthalate) has been banned for use in cosmetics in the EU and the US; Australia has not banned these yet.</p> <p><b>In labels look for:</b> Phthalates are rarely listed; they are often included under the word ‘parfum’ or ‘fragrance’.</p>		Lipstick Nail polish Perfumes Lotions Hair Spray
<b>Dimethicone</b>	<p>Prevents the skin from breathing and interferes with the hydrating process by drying the skin. Does not easily biodegrade. Those prone to acne or with oily skin are more likely to see increased clogged pores, blackheads and breakouts when using products containing dimethicone. The US FDA and Cosmetic Ingredient Review have deemed it safe for cosmetic uses under 15% but some people may react to it with irritation to the eyes and skin rash; hives; itching; difficulty breathing; swelling of the face, mouth, lips or tongue. Its toxicological properties have not been thoroughly investigated, so we prefer to avoid it.</p> <p><b>In labels look for:</b> methicone, phenyl trimethicone, dimethicone, cyclomethicone, dimethiconol, dimethicone copolyo</p>		Skincare Make-up Nail polish Hair products
<b>Mineral oil, Petroleum-extracted ingredients.</b>	<p>Seals the skin like a film that prevents the skin from breathing or releasing toxins, this may result in clogged pores, acne, premature skin aging, contact dermatitis, dry skin and aggravation of skin disorders (eczema). May be contaminated with cancer-causing compounds and skin irritants (Benzene and polycyclic aromatic hydrocarbons (PAHs)). Mineral oil is a petroleum by-product produced in oil refineries at the same time as automobile fuel and heating oil.</p> <p><b>In labels look for:</b> Petroleum jelly, Mineral jelly, or Mineral oil.</p>		Skincare Make-up Mascara Baby Oil Bath/body Oils

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<p><b>Synthetic colours</b></p>	<p>Made from coal tar, containing metal salts that deposit toxins into the skin, causing skin sensitivity and irritation, animal studies have shown almost all of them to be carcinogenic. The US Food and Drug Authority has banned the use of Red No.3. <b>In labels look for:</b> D&amp;C color, FD&amp;C color.</p>	<p>Make-up Skincare</p>
<p><b>Perfume, 'Parfum', Fragrance (Synthetic fragrances)</b></p>	<p>Can contain as many as 200 chemical ingredients. Most common cause of skin irritations and allergic reactions. Fragrances can contain hormone disruptors; can cause sneezing, headaches, dizziness, coughing or skin irritations. In certified natural products the ingredients used for the scent are listed as 'Fragrance' because the composition is being kept proprietary. Products that contain synthetic fragrance or perfume often contain <u>parabens</u>. <b>In labels look for:</b> Fragrance, perfume or parfum. Where possible choose fragrance-free products or naturally occurring fragrances.</p>	<p>Skincare Make-up Lotions Shampoo Deodorants</p>
<p><b>Propylene Glycol &amp; Polyethylene Glycol (PEG)</b></p>	<p>Alters the skin structure to enhance the penetration of other harmful chemicals through the skin into the blood stream, can be contaminated with 1,4-dioxane which may cause cancer, can cause allergic reactions. PG is considered so toxic that workers in contact with it are required to wear protective gloves, clothing and eye protection. <b>In labels look for:</b> 1,2-Dihydroxypropane; 2-Hydroxypropanol; Methylethy Glycol; 1,2-Propanediol; Propane-1,2-Diol.</p>	<p>Make-up Lotions Hair products Deodorants</p>
<p><b>DMDM Hydantoin, Urea-Imidazolidinyl)</b></p>	<p><b>Formaldehyde-Releasing preservatives.</b> Can trigger skin reactions (dermatitis, irritation) (Mayo Clinic), considered a carcinogenic substance by the International Agency of Research on Cancer. Formaldehyde can be released by other chemicals and other common preservatives found in DMDM hydantoin, quaternium, and urea compounds. Some hair straighteners are based on formaldehyde's hair-stiffening action and release substantial amounts of the chemical. <b>In labels look for:</b> DMDM hydantoin, diazolidinyl urea, imidazolidinyl urea, methenamine, quaternium-15 &amp; sodium hydroxymethylglycinate.</p>	<p>Nail polish Moisturisers Mascaras Foundation Eyeshadows Hair products</p>
<p><b>Butylated Hydroxyanisole (BHA) and Butylated Hydroxytoluene (BHT)</b></p>	<p>Commonly used as preservatives in makeup and skincare products. BHA has been shown to cause liver damage and stomach cancers in animals and both substances are known endocrine disruptors that affect reproductive system development. Based on evidence of carcinogenicity in animal studies it is anticipated to be a human carcinogen. <b>In labels look for:</b> butylated hydroxyanisole and butylated hydroxytoluene.</p>	<p>Skincare Make-up Moisturisers</p>
<p><b>Sulphates (Sodium Lauryl Sulfate (SLS))</b></p>	<p>Skin drying, strips skin of protective oils and moisture, skin and eyes irritant. Organ, developmental and reproductive toxicity when used in concentrated amounts. <b>In labels look for:</b> Sodium Lauryl Sulfate (SLS). Other surfactants with similar names that vary in mildness are; Sodium Laureth sulfate, which is considered to be slightly less irritating than SLS. Ammonium Lauryl Sulfate and Ammonium Laureth Sulfate are considered milder and less likely to irritate the skin because their molecules are larger than those of SLS so they cannot be absorbed into the body as easily. Ammonium Lauryl Sulfate is the only one is permitted for use in certified organic toiletries and cosmetics by Ecocert (EU Organic regulator)</p>	<p>90% products that foam.</p>
<p><b>Cocoamide DEA / MEA</b></p>	<p>Hormone disrupting, can form cancer-causing agents when combined with certain ingredients, repeated application can result in increase in occurrence of liver and kidney cancer (Dr. Samuel Epstein (Professor of Environmental Health at the University of Illinois). Already restricted in Europe due to known carcinogenic effects. <b>In labels look for:</b> Cocoamide DEA or MEA, Lauramide DEA, (DEA or TEA (di- or tri-ethanolamine).</p>	<p>Products that foam.</p>

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<b>Methylisothiazolinone, Methylchloroisothiazolinone</b>	Commonly used together preservatives that are among the most common irritants and sensitizers and are under investigation for allergic reactions and dermatitis (The British Association of Dermatologists Press Release, 2013). Prolonged exposure to low levels of methylisothiazolinone (MIT) may have potentially damaging consequences to a developing nervous system <b>In labels look for:</b> Methylisothiazolinone and methylchloroisothiazolinone	Cleansers Shaving foam Shower gels Deodorants Tissue wipes
<b>Benzalkonium Chloride</b>	Preservative and surfactant especially dangerous for people with asthma or skin conditions like eczema, associated with severe skin, eye, and respiratory irritation and allergies. Regular use of products containing benzalkonium chloride could lead to development of resistant bacteria. Use in cosmetics is prohibited and restricted in Canada and restricted in Japan. <b>In labels look for:</b> Alkyl dimethyl benzyl ammonium chloride, benzalkonium chloride solution.	Moisturisers Cleansers Acne treatments Sunscreens
<b>Oxybenzone</b>	Filters and absorbs ultraviolet light, but research shows oxybenzone can be absorbed through the skin and its ineffective for its use as a sunscreen protector. Not recommended for pregnant women and children. Clog pores, linked to irritation, sensitization, hormone disruption and allergies, associated with photo-allergic reactions. (U.S. Centers for Disease control, 2008) <b>In labels look for:</b> benzophenone-3, (2-hydroxy-4-methoxyphenyl) phenyl- methanone; (2-hydroxy-4-methoxyphenyl) phenylmethanone; 2-benzoyl-5-methoxyphenol; 2-hydroxy-4-methoxybenzophenone.	Sunscreens
<b>Toluene</b>	Volatile petrochemical solvent and paint thinner and potent neurotoxicant that acts as an irritant impairs breathing and causes nausea. Exposure to toluene vapors during pregnancy may cause fetus developmental damage. <b>In labels look for:</b> Toluene.	Nail polish Hair dye
<b>Triclosan &amp; Triclocarban</b>	There is evidence that triclosan is an endocrine disruptor and impacts thyroid function (Zorrilla, L., et al, 2009, Toxicological Sciences). Overuse may promote the development of bacterial resistance. Triclosan has also been found in umbilical cord blood of infants (Greenpeace and WWF, 2005) raising concerns for the developing fetus during vulnerable periods of development. Triclosan also impacts the environment, ending up in lakes, rivers and other water sources, where it is toxic to aquatic life. Restricted in Japan and Canada. <b>In labels look for:</b> triclosan, triclocarban and products labeled as “antibacterial.”	Skincare Make-up Antibacterial soaps Deodorants Toothpastes
<b>Coal tar</b>	Banned or found unsafe for use in cosmetics in Canada. Known human carcinogen; skin and respiratory toxicant. <b>In labels look for:</b> Coal tar solution, Tar, Coal.	Make-up Shampoos Hair dyes and treatments.

Sources: Environmental Working Group's SKIN DEEP Cosmetic Safety Database, The Campaign For Safe Cosmetics, David Zuzuki Foundation, Safe Cosmetics Australia.