

Chemicals to Avoid

CODE	NAME	COMMON USES
Xe ☒ ☹	Aluminium Research links to Alzheimer's and breast cancer.	Antiperspirants, spray types very dangerous as they are absorbed through the nasal passages and even worse when sprayed in confined spaces.
Xe ☘ ☒ ☹	BHA-Butylated hydroxyanisole Absorbed through the skin, is metabolised and stored in various body tissues.	Preservative in cosmetics, makeup, lip balm, lip gloss, lipstick.
Xe ☘	Coal Tar Dyes / D&C, FD&C colours A carcinogenic colouring. Also contains the hidden carcinogens arsenic and lead (genotoxic*).	Medicated shampoo, hand & body lotion, facial cosmetics, toothpaste, hair & eyelash dye, lipsticks, medicated creams for Psoriasis.
Xe ☘ ☒ ☹	DEA (Diethanolamine) Most common chemical in cosmetic and personal care business. In Nov 97 the National Toxicity Program (USA) reported that DEA was a carcinogen, readily absorbed, is an eye & skin irritant, can cause impaired vision, and accumulates in organs such as the brain where it induces chronic toxic effects.	Cosmetics, shampoo, hair conditioner, detergent, soap, liquid soap, baby products, bubble bath, moisturisers, shaving cream. Check out all those new cosmetics and skincare that claim to be safe! Most have DEA or TEA
Xe ☒	Flouride This is especially dangerous to children as they tend to swallow after brushing.	Toothpaste, cosmetics, dental treatments and some water supplies.
Xe ☘ ☹	Formaldehyde (Formalin) It also can be a hidden carcinogen in 7 other ingredients, released as they break down. Also a genotoxic* carcinogen. A preservative and anti-microbial.	Mascara, nail polish, nail hardener, soap, hair restorer, shampoo, anti-aging creams, bubble bath, deodorant, toothpaste, mouth wash.
Xe ☘ ☹	Isopropanol (isopropyl alcohol) Large amounts can cause renal failure. Stays on the hair long after it has been rinsed.	Solvent in hair products, spray type room deodorisers, nail enamel, hand lotion, aftershave.
Xe ☘ ☹	Lanolin An oil from the wool of sheep, highly contaminated with hidden carcinogens such as Dieldren, DDT, Endrin & other organochloride pesticides from sheep dips etc.	Moisturiser, skin and hair conditioner, soap, eye shadow, detergent, hand cream, lipstick, mascara.
Xe ☘	Mineral Oil Often a carrier of carcinogenic impurities. Blocks the pores and suffocates the skin.	Detergent and soap, liquid foundation, makeup, lip gloss, baby cream & lotion, suntan lotion, cleansing creams, hair conditioner, shaving and hand cream, mascara, rouge, compact powder.
Xe ☘ ☹	PEG (Poly-ethylene glycol) Can be contaminated with potent cancer causing agents 1,4-dioxane and ethylene oxide. Also contains arsenic and lead (genotoxic carcinogens).	Shampoo, hair tonic, baby products, antiperspirant, lipstick, ointments.
Xe ☘ ☒ !	Propylene Glycol Long term exposure may cause liver abnormalities and kidney damage.	In skin lotions, baby wipes, deodorants, foundation, shaving creams, conditioners, toothpastes, antifreeze, brake and hydraulic fluid, liquid laundry detergent, floor wax, paint & varnish.
Xe ☘ ☒ !	Sodium Laurel/Sodium Laureth Sulphate (SLS/SLES) Often 'coconut derived' but NOT natural. Strong sensitiser, skin irritant, can damage the eyes, harmful to the oral mucosa – studies show it increases the recurrence of mouth ulcers. SLS often contains the "hidden" potent carcinogen 1,4-Dioxane. (Agent Orange)	Toothpaste, hand & body wash, shampoo, bubble bath, hair conditioner, moisturiser, emollient cream, mascara, industrial cleaners, antibiotics. This detergent makes the skin more permeable to other dangerous toxins.
Xe ☘ ☹	Toluene Readily absorbed via inhalation, ingestion, and through the skin.	Solvent in spray cans, hair spray, hair gel, nail products, perfumes and fragrances.
Xe ☘ ☒	Triclosan A mutagen containing "hidden" carcinogenic dioxins.	Anti-bacterial and anti-microbial handwashes, acne lotions, some toothpastes and deodorants.
Xe ☘	TEA (Triethanolamine) Very similar properties and same potentially harmful effects as DEA.	Hand and body lotion, shaving cream, shampoo, conditioner, soap, foundation.

There are both "hidden" and "frank" carcinogens. Listed ingredients on labels are considered "frank". "Hidden" carcinogens do not appear on label lists as they are not "added" in production. They are, however, contained within the ingredients, sometimes as a result of manufacture or from contact with the containers. One seriously potent "hidden" carcinogen is 1,4-Dioxane. (Agent Orange)

***Genotoxic** means that they induce genetic damage – there is no way of determining their safety level.

DECODER:

☘ These ingredients have been linked to cancer in animals and / or humans. Or they are often contaminated with Carcinogens, or readily form carcinogenic nitrosamines when mixed with other ingredients.

☘ **Skin and Eye irritant** may cause allergic reactions. ☒ **Accumulates in body organs.**

☹ Can cause **asthma and allergic reactions.** ☹ Neurotoxin, **damages the central nervous system**, often also a teratogen (affects unborn embryos).

! These are the 2 most widely used ingredients and are usually listed first or second.

THESE ARE ONLY 15 OF THE THOUSANDS OF INGREDIENTS OUT THERE!