

HOW MUCH DO YOU KNOW ABOUT YOUR PERSONAL CARE & COSMETIC PRODUCTS?

We absorb up to **60%** of what we put on our skin
Children's bodies absorb **40-50% more**
than adults... they are at higher risk
of diseases later life when exposed to toxins

It only takes
26 seconds for the products
we put onto our skin onto enter our
bloodstream



The Food & Drug Administration
**only ban 11 toxic
chemicals** from being used in
our products

On average people use
7-37 products a day. More than 125 ingredients
are suspected of causing cancer



In the **2017** the CDC updated their "Fourth National report on Human Exposure to Environmental Chemicals",
reporting that the **average person** in the United States **has** at least **212 chemicals** in their blood and urine.

Our skin is our **LARGEST** organ.

PEG compound

Used in many cosmetic cream bases. Can be contaminated with 1,4-dioxane, which may cause cancer.

SILOXANES

Look for ingredients ending in "-siloxane" or "-methicone." Used in a variety of cosmetics to soften, smooth and moisturize. Suspected endocrine disruptor and reproductive toxicant (cyclotetrasiloxane).

TRICLOSAN

Used in antibacterial cosmetics, such as toothpastes, cleansers and antiperspirants. Suspected endocrine disruptor and may contribute to antibiotic resistance in bacteria.

DIBUTYL

Used as a plasticizer in some nail care products. Suspected endocrine disruptor and reproductive toxicant.

Top 12 TOXINS in Personal Care Products

COAL TAR DYES

Look for p-phenylenediamine hair dyes and in other products colours listed as "CI" followed by five digits.¹ The U.S. colour name may also be listed (e.g. "FD&C Blue No. 1" or "Blue 1"). Potential to cause cancer and may be contaminated with heavy metals toxic to the brain.

PARABENS

Used in a variety of cosmetics as preservatives. Suspected endocrine disruptors and may interfere with male reproductive functions. Have been linked to Breast Cancer e.g. Methylparaben, Propylparaben, Ethylparaben

PETROLEUM

Used in some hair products for shine and as a moisture barrier in some lip balms, lip sticks and moisturizers. A petroleum product that can be contaminated with polycyclic aromatic hydrocarbons, which may cause cancer.

FORMALDEGYDE

Look for DMDM hydantoin, diazolidinyl urea, imidazolidinyl urea, methenamine and quarternium-15. Used in a variety of cosmetics. Slowly release small amounts of formaldehyde, which causes cancer.

BHA & BHT

Used mainly in moisturizers and makeup as preservatives. Suspected endocrine disruptors; may cause cancer (BHA).

PERFUME

Any mixture of fragrance ingredients used in a variety of cosmetics — even in some products marketed as "unscented." Some fragrance ingredients can trigger allergies and asthma. Some linked to cancer and neurotoxicity.

SODIUM LAURETH SULFATE

Used in foaming cosmetics, such as shampoos, cleansers and bubble bath. Can be contaminated with 1,4-dioxane, which may cause cancer, which may cause cancer.

DEA/MEA/TEA

Used in creamy and foaming products, such as moisturizers and shampoos. Can react to form nitrosamines, which may cause cancer.