







# Your Guide to the Dirty Dozen

Ingredients	What it's used for:	Health Issues
<b>BHA (BUTYLATED HYDROXYANISOLE) AND BHT (BUTYLATED HYDROXYTOLUEN</b>	Synthetic antioxidants found in lipsticks, moisturisers and other types of cosmetics.	Classified as possible carcinogens. Long-term exposure has been linked to liver, thyroid, and kidney problems and lung function.
<b>COAL TAR DYES</b>	A mixture of many different chemicals derived from petroleum used to add colour to pigmented cosmetics, lipsticks, hair dyes.  Look for "P-phenylenediamine" or "CI" followed by a 5 digit number.	Coal tar is recognised as a human carcinogen. Colours may also be contaminated with low levels of heavy metals and linked to brain damage.
<b>DEA (DIETHANOLAMINE)</b>	Helps make cosmetic products creamy or sudsy and can be found in facial cleansers, shampoos, soaps, moisturisers and sunscreens.	DEA can cause mild to moderate skin and eye irritation. Sustained exposure over the long term has been linked to liver cancer and pre-cancerous changes in skin and thyroid.
<b>DBP (DIBUTYL PHTHALATE)</b>	DBP is a plasticizer commonly used to prevent nail polish from becoming brittle and in PVC plastics to make them flexible  Phthalates are commonly used as "fragrance" ingredients but not listed on labels as they are considered 'trade secrets'.	Consistent use has been linked to developmental defects and harm to unborn foetus, fertility issues, hormone disruption as well as liver and kidney failure.
<b>FORMALDEHYDE-RELEASING PRESERVATIVES</b>	Used as a preservative in a wide range of cosmetics to increase the shelf life by continuously releasing small amounts of formaldehyde (also used in some nail polishes/hardeners and as resins in wood products, vinyl flooring, permanent press fabric)  Can be inhaled or absorbed through the skin.  Look for DMDM hydantoin, diazolidinyl urea, imidazolidinyl urea, methenamine, quaternium-15, and sodium hydroxymethylglycinate.	A known human carcinogen.
<b>PARABENS</b>	The most widely used preservative in makeup and skincare products. An estimated 75-90% of cosmetics contain parabens.  Look for Methylparaben, butylparaben, propylparaben, isobutylparaben, ethylparaben  It has been estimated that women are exposed to 50 mg per day of parabens from cosmetics.	Linked to breast cancer, hormonal disruptions, reproductive issues, increased skin aging, and DNA damage.

<p><b>PARFUM (OR FRAGRANCE)</b></p> 	<p>A complex mix of dozens of chemicals used in perfumes, colognes and deodorants and almost every type of personal care product. About 3,000 different ingredients are used in fragrances, most of which have never been tested for toxicity alone or in combination. Also used in laundry detergents and softeners and cleaning products</p> <p>Beware of “fragrance-free” or “unscented” as these can often contain a ‘masking agent’ that protects the brain from perceiving odour.</p>	<p>Many unlisted ingredients in fragrances have been linked to health problems like asthma, allergies, migraines and even cancer.</p> <p>Laboratory analysis of top-selling colognes and perfumes identified an average of 14 chemicals per product not listed on the label, including multiple chemicals that can trigger allergic reactions or interfere with hormone function.</p>
<p><b>PEG COMPOUNDS (Polyethylene glycols)</b></p> 	<p>Petroleum-based compounds used as thickeners, solvents, softeners and moisture-carriers in cream-based cosmetics. Act as ‘penetration enhancers’ which allow other harmful ingredients to more easily penetrate the skin.</p> <p>In a study of personal care products marketed as “natural” or “organic” (uncertified), U.S. researchers found 1,4-dioxane as a contaminant in 46 of 100 products analysed.</p>	<p>Depending on how they are manufactured, these ingredients can be contaminated with carcinogenic substances like ethylene oxide (a known human carcinogen) and 1,4-dioxane (possible human carcinogen). Also show some evidence of genotoxicity. Even when not contaminated, PEG compounds have been shown to cause skin irritation.</p>
<p><b>PETROLATUM/ MINERAL OIL</b></p> 	<p>Used as a barrier to lock moisture in the skin in moisturisers, lip balms, lipsticks and also in hair care products to make your hair shine.</p>	<p>Often contaminated with PAHs (polycyclic aromatic hydrocarbons), a known carcinogen, and can cause skin irritation and allergies in smaller doses.</p>
<p><b>SILOXANES</b></p> 	<p>Used in cosmetics to smooth and moisten. They make hair products dry more quickly and deodorant creams slide on more easily. Used extensively in moisturisers and facial treatments.</p> <p>Look for ingredients ending in “-siloxane” or “-methicone”, which are found most commonly in hair products and deodorants.</p>	<p>Many have been found to cause hormone disruptions and impair fertility. Some have been shown to cause uterine tumours, harm to reproductive, immune and nervous systems.</p>
<p><b>SLS (SODIUM LAURETH SULFATE)</b></p> 	<p>Used to make products bubble and foam. Common in most shower gels, body washes, soaps, facial cleansers, bubble bath and household detergents.</p>	<p>Many are contaminated with ethylene oxide and 1,4-dioxane which are known carcinogens. May also cause skin and eye irritations.</p>
<p><b>TRICLOSAN</b></p> 	<p>Used mainly in antiperspirants/ deodorants, handwashes, hand sanitisers, mouth washes and cleaning products as a preservative and anti-bacterial agent.</p> <p>U.S. Centers for Disease Control and Prevention scientists detected triclosan in the urine of nearly 75 per cent of those tested (2,517 people ages six years and older).</p>	<p>Causes skin and eye irritations, and with sustained use is linked to hormonal disruptions and antibiotic resistance.</p>