

READ YOUR LABELS! COMMON CHEMICALS USED IN COSMETICS

CHEMICAL NAME	RELATED INGREDIENTS	USES	EFFECTS
BUTYLATED HYDROXYANISOLE (BHA) BUTYLATED HYDROXYTOLUENE (BHT)		Synthetic antioxidant used as a preservative in cosmetics	<ul style="list-style-type: none"> Allergic reactions in skin Possible human carcinogen Interferes with hormone function High doses may mimic estrogen
COAL TAR DERIVED DYES	<ul style="list-style-type: none"> Five digit colour index numbers (CI) P-phenylenediamine 	Used to add colour, used in hair dyes. Derived from petroleum.	<ul style="list-style-type: none"> Human carcinogen May be contaminated with low levels of heavy metal and then are toxic to the brain
DITHANOLAMINE (DEA)	<ul style="list-style-type: none"> Cocamide DEA Lauramide DEA Monoethanolamide (MEA) Triethanolamine (TEA) 	Used to make cosmetics creamy or sudsy and used as a Ph adjuster.	<ul style="list-style-type: none"> Linked to liver cancer, pre-cancerous changes in skin and thyroid Skin and eye irritation Can react with nitrites in cosmetics to form nitrosamines (possible human carcinogen)
DIBUTYL PHTHALATE (DBT)	<ul style="list-style-type: none"> Parfum Fragrance 	Used as a solvent for dyes or as a plasticizer, commonly found in nail polish, fragrance.	<ul style="list-style-type: none"> Enhances the capacity of other chemicals to cause genetic mutations Developmental effects Interferes with hormone function Linked to infertility
FORMALDEHYDE RELEASING PRESERVATIVES	<ul style="list-style-type: none"> DMDM hydantoin Diazolidinyl urea Imidazolidinyl urea Methenamine Quarternium-15 Sodium hydroxymethylglycinate Tosylamide Formaldehyde resin 	Slow and continuous release of small amounts of formaldehyde, which acts as a preservative.	<ul style="list-style-type: none"> Human carcinogen Skin and eye irritant Allergen
PARABEN	<ul style="list-style-type: none"> Methylparaben Butylparaben Propylparaben 	Preservative	<ul style="list-style-type: none"> Easily penetrates the skin Can mimic estrogen Detected in breast cancer tissues

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PARFUM	<ul style="list-style-type: none"> • Fragrance 	Obvious ingredient in many products. Even when marked as fragrance free products may contain fragrance ingredients in the form of masking agents that prevent the brain from perceiving odour	<ul style="list-style-type: none"> • Allergen • Can trigger migraines and asthma symptoms • Associated with cancer and neurotoxicity •
POLYETHYLENE GLYCOLS (PEGs)	<ul style="list-style-type: none"> • Propylene glycol • Anything containing the letters “eth” 	Petroleum based used as thickeners, solvents, softeners and moisture-carriers. Also increase the permeability of the skin to allow greater absorption of the product.	<ul style="list-style-type: none"> • Depending on how they are manufactured, PEGs may be contaminated with amounts of 1, 4 dioxane which is a human carcinogen • Skin irritation and systemic toxicity • Increased permeability of the skin
SILOXANES	<ul style="list-style-type: none"> • Cyclotetrasiloxane (D4) • Cyclopentasiloxane (D5) • Cyclohexasiloxane (D6) • Cycloemethicone • Polydimethylsiloxane (PDMS) • Anything ending in “siloxane” or “cone” 	Used to soften, smooth and moisten. Helps hair products dry more quickly and deodorant creams slide on more easily	<ul style="list-style-type: none"> • D4 is an endocrine disruptor • D5 is linked to uterine tumours and reproductive harm
SODIUM LAURETH SULFATE (SLES)	<ul style="list-style-type: none"> • Sodium lauryl sulfate (SLS) • Anything containing the letters “eth” 	Used as a cleansing agent and also to make products bubble and foam.	<ul style="list-style-type: none"> • “ethoxylated” ingredient • Possible human carcinogen • Skin and eye irritant
TRICLOSAN		Used in antiperspirants, cleansers and hand sanitizers as a preservative and antibacterial agent.	<ul style="list-style-type: none"> • Interferes with hormone function • Skin and eye irritation • Contributes to antibiotic resistant bacteria