

HARMFUL CHEMICALS TO AVOID

WHAT TO LOOK FOR ON THE LABEL:

1,4 – Dioxane	1,4-dioxane is generated through a process called ethoxylation, in which ethylene oxide, a known breast carcinogen, is added to other chemicals to make them less harsh.	Sodium laureth sulfate, PEG compounds, chemicals that include the clauses xynol, cetareth and oleth.
Acrylates	Acrylates are derived from acrylic acid and are commonly found in cosmetic nail preparations. Ethyl acrylate acts as an adhesive to apply artificial nails and eyelashes.	ethyl acrylate, ethyl methacrylate, methyl methacrylate
Benzophenone	Benzophenone is widely used in household products, such as sunglasses, food packaging, laundry and cleaning products to protect from UV light.	Benzophenone, benzophenone-2, BP# (for example BP2), oxybenzone, sulisobenzene, sulisobenzene sodium
Butylated Compounds	BHA is primarily used as an antioxidant and preservative in food, cosmetics, food packaging and animal feed.	BHA, BHT
Carbon black	Carbon black is the product of incomplete combustion of carbon-containing materials.	Carbon black, D & C Black No. 2, acetylene black, channel black, furnace black, lamp black, and thermal black.
Carcinogens	Carcinogens are a substance capable of causing cancer in living tissue.	formaldehyde, phenacetin, coal tar, benzene, untreated or mildly treated mineral oils, methylene glycol, ethylene oxide, chromium, cadmium and its compounds, arsenic, and crystalline silica or quartz.
Coal tar	Coal tar is a brown-black material and thick liquid generated during the incomplete combustion (burning) of coal.	Coal tar solution, tar, coal, carbo-cort, coal tar solution, coal tar solution USP, crude coal tar, estar, impervotar, KC 261, lavatar, picis carbonis, naphtha, high solvent naphtha, naphtha distillate, benzin B70, petroleum benzin
Ethanolamine Compounds (MEA, DEA, TEA And Others)	Diethanolamine (DEA) and triethanolamine (TEA) are key examples of ethanolamines—a chemical group comprised of amino acids (the building blocks of proteins) and alcohols.	Triethanolamine, diethanolamine, DEA, TEA, cocamide DEA, cocamide MEA, DEA-cetyl phosphate, DEA oleth-3 phosphate, lauramide DEA, linoleamide MEA, myristamide DEA, oleamide DEA, stearamide MEA, TEA-lauryl sulfate
Formaldehyde	In personal care products, formaldehyde can be added directly, or more often, it can be released from preservatives.	Formaldehyde, quaternium-15, DMDM hydantoin, imidazolidinyl urea, diazolidinyl urea, polyoxymethylene urea, sodium hydroxymethylglycinate, 2-bromo-2-nitropropane-1,3-diol (bromopol) and glyoxal.
Fragrance	Fragrance is defined by the FDA as a combination of chemicals that gives each perfume or cologne (including those used in other products) its distinct scent. Fragrance ingredients may be derived from petroleum or natural raw materials.	Fragrance, perfume, parfum, essential oil blend, aroma.
Homosalate	Homosalate is an organic compound that belongs to a class of chemicals called salicylates. Homosalate specifically absorbs short-wave UVB rays, which are associated with DNA damage and increased risk of skin cancer.	Homosalate, Homomenthyl salicylate, HMS, HS; 3,3,5-trimethyl-cyclohexyl-salicylate
Hydroquinone	Hydroquinone is marketed most aggressively to women of color for its whitening ability in skin creams. Although banned in the European Union, a UK news report found that products containing hydroquinone were relatively easy to procure.	Hydroquinone or tocopheryl acetate
Lead And Other Heavy Metals	When these metals accumulate they may have serious negative effects. Other metals, such as lead and mercury, do not have normal physical functions in the body	Lead acetate, chromium, thimerosal, hydrogenated cotton seed oil, sodium hexametaphosphate. Note: products that contain contaminant metals will not list them on ingredient labels
Methylisothiazolinone (MIT) and Methylchloroisothiazolinone (CMIT)	Widely used preservatives found in liquid cosmetic and personal care products. Both chemicals inhibit bacterial growth in cosmetic products on their own, but they are most commonly used as a mixture in products.	Methylisothiazolinone (MIT): 2-methyl-4-isothiazoline-3-one, Neolone 950 preservative, MI, OriStar MIT and Microcare MT. Methylchloroisothiazolinone (CMIT): 5-Chloro-2-methyl-4-isothiazolin-3-one and MCI
Nitrosamines	Nitrosamines form when certain compounds such as diethanolamine (DEA) or triethanolamine (TEA) are used in products along with preservatives that can break down into nitrates	DEA or TEA can indicate the possible presence of nitrosamines

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Octinoxate	Octinoxate filters UV-B rays from the sun. It does not protect against UV-A rays. Octinoxate dissolves in oil, which makes it a fat-seeking substance in the body.	Octinoxate, o methoxycinnamate (OMC), parsol, parsol MCX, parsol MOX, escalo, 2-ethylhexyl p-methoxycinnamate
PABA	PABA was introduced in the 1970s as a UVB filter. More recently, its use has declined due to allergic dermatitis, photosensitivity and a tendency to stain clothing.	PABA, OD-PABA, padimate O, 4-aminobenzoic acid, para-aminobenzoic acid, p-aminobenzoic acid, Et-PABA, 2-ethylhexyl ester, p-carboxyaniline
Petrolatum, petroleum jelly	Petrolatum is a byproduct of petroleum refining. With an incomplete refining history, petrolatum could potentially be contaminated with polycyclic aromatic hydrocarbons, or PAHs.	Petrolatum, Petroleum Jelly, Paraffin Oil, Mineral Oil and White Petrolatum (refined and safe for use).
Phenoxyethanol	Phenoxyethanol is used as a preservative in cosmetic products to limit bacterial growth.	Phenoxyethanol, 2-Phenoxyethanol, Euxyl K® 400 (mixture of Phenoxyethanol and 1,2-dibromo-2,4-dicyanobutane), PhE
Polyacrylamide	Polyacrylamide is used in cosmetics to stabilize products and bind ingredients. It also has foaming, anti-static and lubricating properties.	Polyacrylamide; acrylamide; polyacrylate, polyquaternium, acrylate
Polytetrafluoroethylene (PTFE, Aka Teflon®)	Fluorinated compounds are ingredients built around the element fluorine, a halogen element, with properties similar to chlorine and bromine, which are common in flame retardant chemicals.	Polytetrafluoroethylene (PTFE), Polyperfluoromethylisopropyl Ether, DEA-C8-18 Perfluoroalkylethyl Phosphate, Teflon
P-Phenylenediamine	Consumers are primarily exposed to p-phenylenediamine (PPD) through its use in permanent hair dyes that rely on chemical reactions (called oxidation) to fix the color.	p-phenylenediamine, para-phenylenediamine, 4-aminoaniline; 1,4-benzenediamine; p-diaminobenzene; 1,4-diaminobenzene; 1,4-phenylene diamine
Parabens	Parabens are actually several distinct chemicals with a similar molecular structure. Several are common in a wide array cosmetic and personal care products: ethylparaben, butylparaben, isobutylparaben, isopropylparaben, methylparaben and propylparaben	Ethylparaben, butylparaben, methylparaben, propylparaben, isobutylparaben, isopropylparaben, other ingredients ending in -paraben
Phthalates	Phthalates share a similar chemical structure and are widely used in consumer products	phthalate, DEP, DBP, DEHP and fragrance
Quaternium-15	Polyquaternium refers to any polymer that has been modified by a process called quaternization. This process results in changes to molecules that improve the performance of body care products.	Benzalkonium chloride, benzethonium chloride, quaternium-15, guar hydroxypropyltrimonium chloride, centrimonium bromide, polyquaternium – followed by a number (i.e. polyquaternium-7)
Resorcinol	Resorcinol is primarily used by the rubber industry, especially in the production of tires; it is also used in high quality wood bonding, dyes, chemical fertilizers and in the manufacturing of certain chemicals.	Resorcinol, 1,3-benzenediol, resorcin, 1,3-dihydroxybenzene[m-hydroxybenze, m-dihydroxyphenol]
Retinol & Retinol Compounds	Natural vitamin A and its derivatives have important roles in human reproduction and development and in maintaining good vision and healthy skin	Retinol, vitamin A, retinyl acetate, retinyl palmitate, all-trans retinoic acid, tretinoin.
Talc	When these metals accumulate they may have serious negative effects. Other metals, such as lead and mercury, do not have normal physical functions in the body	Talcum powder, cosmetic talc
Titanium Dioxide	Titanium dioxide is a fine white powder that occurs naturally. However, when titanium dioxide is inhalable, as it is in loose powders, it is considered a possible carcinogen by the International Agency for Research on Cancer.	Titanium dioxide, TiO2
Triclosan	Triclosan is an antimicrobial agent found in a wide variety of antibacterial liquids. Few regulations has led to concerns regarding their effects on humans and the environment, such as endocrine disruption, bioaccumulation, and the emergence of bacteria resistant to antibiotics.	Triclosan (TSC) and triclocarban (TCC)