

Toxic Ingredient Dictionary

Go to your bathroom cupboard and discover just how "natural" your current skin and hair care is! Then make an informed decision about continuing to use them.

1,4-dioxane	A carcinogenic contaminant of cosmetic products. Almost 50% of cosmetics containing ethoxylated were found to contain dioxane.
2-bromo-2-nitropropane-1,3-diol(Bronopol)	Toxic, causes allergic contact dermatitis.
Alcohol, Isopropyl (SD-40)	A very drying and irritating solvent and dehydrator that strips your skin's natural acid mantle, making us more vulnerable to bacteria, moulds and viruses. It is made from propylene, a petroleum derivative. It may promote brown spots and premature aging of skin
Anionic Surfactants	<p>Anionic refers to the negative charge surfactants have. They may be contaminated with nitrosamines, which are carcinogenic. Surfactants can pose serious health threats. They are used in car washes, as garage floor cleaners and engine degreasers - and in 90% of personal-care products that foam.</p> <ul style="list-style-type: none">*Sodium Lauryl Sulfate (SLS)* Sodium Laureth Sulfate (SLES)* Ammonium Lauryl Sulfate (ALS)* Ammonium Laureth Sulfate (ALES)* Sodium Methyl Cocoyl Taurate* Sodium Lauroyl Sarcosinate* Sodium Cocoyl Sarcosinate* Potassium Coco Hydrolysed Collagen* TEA (Triethanolamine) Lauryl Sulfate* TEA (Triethanolamine) Laureth Sulfate* Lauryl or Cocoyl Sarcosine* Disodium Oleamide Sulfosuccinate* Disodium Laureth Sulfosuccinate* Disodium Dioctyl Sulfosuccinate etc
(BHA)Benzalkonium Chloride	Highly toxic, primary skin irritant. See Cationic surfactants From Material Safety Data Sheet (MSDS): MATERIAL IS HIGHLY TOXIC VIA ORAL ROUTE. EFFECTS OF OVEREXPOSURE: MISTS CAN CAUSE IRRITATION TO THE SKIN, EYES, NOSE, THROAT AND MUCOUS AVOID DIRECT CONTACT
Butylated hydroxyanisole	Causes allergic contact dermatitis.
Butylated Hydroxytoluene (BHT)	Causes allergic contact dermatitis. Contains toluene
Cationic surfactants	These chemicals have a positive electrical charge. They contain a quaternary ammonium group and are often called "quats". These are used in hair conditioners, but originated from the paper and fabric industries as softeners and anti-static agents. In the long run they cause the hair to become dry and brittle. They are synthetic, irritating, allergenic and toxic, and oral intake of them can be lethal.

- *Stearalkonium chloride
- *Benzalkonium chloride
- *Cetrimonium chloride
- *Cetalkonium chloride
- *Lauryl dimonium hydrolysed collagen

Chloromethylisothiazolinone and Isothiazolinone	Causes contact dermatitis From Material Safety Data Sheet (MSDS): EYE CONTACT: CORROSIVE TO THE EYES WITH POSSIBLE PERMANENT AMAGE. SKIN CONTACT: CORROSIVE TO THE SKIN, POSSIBLY RESULTING IN THIRD DEGREE BURNS. CAN BE HARMFUL IF A ABSORBED. CAN CAUSE ALLERGIC CONTACT DERMATITIS IN SUSCEPTIBLE INDIVIDUALS. INGESTION: CAN BE FATAL. INHALATION: CAN BE CORROSIVE TO THE MUCOUS MEMBRANES AND THE LUNGS. CAN CAUSE AN ALLERGIC REACTION IN SUSCEPTIBLE INDIVIDUALS.
Cocoamidopropyl Betaine	From Material Safety Data Sheet (MSDS): CAN CAUSE EYE AND SKIN
DEA (diethanolamine), MEA (Monoethanolamine), & TEA (triethanolamine)	Often used in cosmetics to adjust the pH, and used with many fatty acids to convert acid to salt (stearate), which then becomes the base for a cleanser. TEA causes allergic reactions including eye problems dryness of hair and skin, and could be toxic if absorbed into the body over a long period of time. These chemicals are already restricted in Europe due to known carcinogenic effects. Dr. Samuel Epstein (Professor of Environmental Health at the University of Illinois) says that repeated skin applications . . . of DEA-based detergents resulted in a major increase in the incidence of liver and kidney cancer. See Nitrosating agents From Material Safety Data Sheet (MSDS): Health Hazard Acute And Chronic: Product is severely irritating to body tissues and possibly corrosive to the eyes. Explanation Carcinogenicity: Amines react with nitrosating agents to form nitrosamines, which are carcinogenic.
Diazolidinyl urea	Established as a primary cause of contact dermatitis (American Academy Dermatology). Contains formaldehyde, a carcinogenic chemical, is toxic by inhalation, strong irritant, and causes contact dermatitis. See Formaldehyde From Material Safety Data Sheet (MSDS) CAUSES SEVERE EYE IRRITATION. MAY CAUSE SKIN IRRITATION.
DMDM Hydantoin	Contains formaldehyde.
Ethoxylated surfactants	Ethoxylated surfactants are widely used in cosmetics as foaming agents, emulsifiers and humectants. As part of the manufacturing process the toxic chemical 1,4-dioxane, a potent carcinogen, is generated. On the label, they are identified by the prefix "PEG", "polyethylene", "polyethylene glycol", "polyoxyethylene", "-eth", or "oxynol-"
FD&C Colour Pigments	Synthetic colours made from coal tar. Contain heavy metal salts that deposit toxins onto the skin, causing skin sensitivity and irritation. Animal studies have shown almost all of them to be carcinogenic.
Formaldehyde	Formaldehyde is a known carcinogen (causes cancer). Causes allergic, irritant and contact dermatitis, headaches and chronic

fatigue. The vapour is extremely irritating to the eyes, nose and throat (mucous membranes).

Fragrance

Fragrance on a label can indicate the presence of up to four thousand separate ingredients, many toxic or carcinogenic. Symptoms reported to the USA FDA include headaches, dizziness, allergic rashes, skin discoloration, violent coughing and vomiting, and skin irritation. Clinical observation proves fragrances can affect the central nervous system, causing depression, hyperactivity, and irritability.

Imidazolidinyl urea

The trade name for this chemical is Germall 115. Releases formaldehyde, a carcinogenic chemical, into cosmetics at over 10°C. Toxic.

Lanolin

Any chemicals used on sheep will contaminate the lanolin obtained from the wool. The majority of lanolin used in cosmetics is highly contaminated with chlorinated organo pesticides like DDT.

Methylisothiazolinone and Methylchlorisothiazolinone

Both cause cosmetic allergies

Mineral Oil

Petroleum by-product that coats the skin like plastic, clogging the pores. Interferes with skin's ability to eliminate toxins, promoting acne and other disorders. Slows down skin function and cell development, resulting in premature aging. Used in many products (baby oil is 100% mineral oil!)

Any mineral oil derivative can be contaminated with cancer causing PAH's (Polycyclic Aromatic Hydrocarbons).

Manufacturers use petrolatum because it is unbelievably cheap.

- * Mineral oil
- * Liquidum paraffinum (also known as *posh* mineral oil!)
- * Paraffin oil
- * Paraffin wax
- * Petrolatum

Nitrosating Agents

The following chemicals can cause nitrosamine contamination, which have been determined to form cancer in laboratory animals. There are wide and repeated concerns in the USA and Europe about the contamination of cosmetics products with nitrosamines.

- *2-bromo-2-nitropropane-1,3-diol
- *Cocoyl Sarcosine
- *DEA compounds
- *Imidazolidinyl Urea
- *Formaldehyde
- *Hydrolysed Animal Protein
- *Lauryl MEA compounds Sarcosine
- *Quaternium-7, 15, 31, 60, etc
- *Sodium Lauryl Sulfate
- *Ammonium Lauryl Sulfate
- *Sodium Laureth Sulfate
- *Ammonium Laureth Sulfate
- *Sodium Methyl Cocoyl Taurate
- *TEA compounds

Paraben preservatives (methyl, propyl, butyl, and ethyl)

Used as inhibitors of microbial growth and to extend shelf life of products. Widely used even though they are known to be toxic. Have caused many allergic reactions and skin rashes. Highly toxic

From Material Safety Data Sheet (MSDS): EMERGENCY OVERVIEW: WARNING! HARMFUL IF SWALLOWED OR INHALED. CAUSES IRRITATION TO SKIN, EYES AND RESPIRATORY TRACT. MAY CAUSE ALLERGIC SKIN REACTION. SKIN CONTACT: CAUSES IRRITATION TO SKIN. SYMPTOMS INCLUDE REDNESS, ITCHING, AND PAIN. MAY CAUSE ALLERGIC SKIN REACTIONS. EYE CONTACT: CAUSES IRRITATION, REDNESS, AND PAIN

Polyethylene Glycol (PEG) compounds

Potentially carcinogenic petroleum ingredient that can alter and reduce the skin's natural moisture factor.

This could increase the appearance of aging and leave you more vulnerable to bacteria. Used in cleansers to dissolve oil and grease. It adjusts the melting point and thickens products. Also used in caustic spray-on oven cleaners

Propylene/Butylene Glycol

Propylene glycol (PG) is a petroleum derivative. It penetrates the skin and can weaken protein and cellular structure. Commonly used to make extracts from herbs. PG is strong enough to remove barnacles from boats!

The EPA considers PG so toxic that it requires workers to wear protective gloves, clothing and goggles and to dispose of any PG solutions by burying them in the ground. Because PG penetrates the skin so quickly, the EPA warns against skin contact to prevent consequences such as brain, liver, and kidney abnormalities. But there isn't even a warning label on products such as stick deodorants, where the concentration is greater than in most industrial applications. **From Material Safety Data Sheet (MSDS):** Health Hazard Acute And Chronic

INHALATION: May cause respiratory and throat Irritation, central nervous system depression, blood and kidney disorders. May cause Nystagmus, Lymphocytosis.

SKIN: Irritation and dermatitis, absorption. EYES: Irritation and conjunctivitis. INGESTION: Pulmonary oedema, brain damage, hypoglycaemia, intravascular hemolysis. Death may occur.

PVP/VA Copolymer

A petroleum-derived chemical used in hairsprays, wavesets and other cosmetics. It can be considered toxic, since particles may contribute to foreign bodies in the lungs of sensitive persons.

Quaternium-7, 15, 31, 60, etc

Toxic, causes skin rashes and allergic reactions. **See Nitrosating agents From Material Safety Data Sheet (MSDS):** SKIN: PROLONGED OR REPEATED EXPOSURE MAY CAUSE SKIN IRRITATION. MAY CAUSE MORE SEVERE RESPONSE IF SKIN IS DAMP. MAY BE A WEAK SKIN SENSITIZER IN SUSCEPTIBLE INDIVIDUALS AT GREATER THAN 1% IN AQUEOUS SOLUTION

Silicone derived emollients

Silicone emollients are occlusive - that is they coat the skin, trapping anything beneath it, and do not allow the skin to breathe (much like plastic wrap would do.) Recent studies have indicated that prolonged exposure of the skin to sweat, by occlusion, causes skin irritation. Some synthetic emollients are known tumour promoters and

accumulate in the liver and lymph nodes. They are also non-biodegradable, causing negative environmental impact.

- * Dimethicone
- * Dimethicone Copolyol
- * Cyclomethicone

Sodium Laureth Sulfate (SLES)

Ammonium Laureth Sulfate (ALES) When combined with other chemicals, SLES and ALES can create nitrosamines, a potent class of carcinogens. It is frequently disguised in semi-natural cosmetics with the explanation "comes from coconut". **From Material Safety Data Sheet (MSDS):** WARNING! CAUSES SKIN AND EYE IRRITATION! AVOID CONTACT WITH EYES, SKIN AND CLOTHING. THE MATERIAL WAS CLASSIFIED AS A MODERATE TO SEVERE EYE IRRITANT.

Sodium Lauryl Sulfate (SLS)

Used in car washes, garage floor cleaners and engine degreasers - and in 90% of products that foam.

Ammonium Lauryl Sulfate (ALS)

Animals exposed to SLS and ALS experience eye damage, central nervous system depression, laboured breathing, diarrhoea, severe skin irritation, and even death.

Young eyes may not develop properly if exposed to SLS and ALS because proteins are dissolved. SLS and ALS may also damage the skin's immune system by causing layers to separate and inflame. It is frequently disguised in semi-natural cosmetics with the explanation "comes from coconut".

From Material Safety Data Sheet (MSDS): EYE CONTACT: INSTILLATION OF A 29% SODIUM LAURYL SULFATE SOLUTION INTO THE EYES OF SIX ALBINO RABBITS PRODUCED SEVERE IRRITATION. THE MATERIAL WAS CLASSIFIED AS A SEVERE SKIN IRRITANT.

Stearalkonium Chloride

A chemical used in hair conditioners and creams. Causes allergic reactions. Stearalkonium chloride was developed by the fabric industry as a fabric softener, and is a lot cheaper and easier to use in hair conditioning formulas than proteins or herbals, which do help hair health. Toxic

Toluene

From Material Safety Data Sheet(MSDS):
POISON! DANGER! HARMFUL OR FATAL IF SWALLOWED. HARMFUL IF INHALED OR ABSORBED THROUGH SKIN. VAPOR HARMFUL. FLAMMABLE LIQUID AND VAPOR. MAY AFFECT LIVER, KIDNEYS, BLOOD SYSTEM, OR CENTRAL NERVOUS SYSTEM. CAUSES IRRITATION TO SKIN, EYES AND RESPIRATORY TRACT. INHALATION: INHALATION MAY CAUSE IRRITATION OF THE UPPER RESPIRATORY TRACT.