



PERSONAL CARE PRODUCT AUDIT

Look at the ingredients of the personal care products you currently use. Check to see if they contain any of the chemicals listed below. If so, try to replace with a better alternative asap. Use www.ewg.org to check product rating as well.

1

BUTYLATED HYDROXYANISOLE (BHA) AND BUTYLATED HYDROXYTOLUENE (BHT)

purpose: antioxidant, preservative, stabilizer, fragrance ingredient

concerns: skin irritation, hormone disruption

found in: lipstick, eye shadow, some petroleum products

2

DIETHANOLAMINE (DEA)

purpose: pH adjuster, foaming agent

concerns: skin irritation, possible organ system toxicity, contamination concerns

found in: variety of face makeup and hair products

3

PHTHALATES DIBUTYL PHTHALATE (DBP), DIMETHYL PHTHALATE (DMP), AND DIETHYL PHTHALATE (DEP)

purpose: plasticizer, solvent, fragrance ingredient

concerns: male reproductive system damage

found in: nail polish, hair sprays, perfumes, lotions, soaps, shampoos

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FORMALDEHYDE (FORMALDEHYDE RELEASERS: BRONOPOL, DMDM HYDANTOIN, DIAZOLIDINYL UREA, IMIDAZOLIDINYL UREA, AND QUATERNIUM-15)

purpose: preservative

concerns: carcinogenic impurity, skin irritations, high rates of skin allergy reactions, rashes

found in: nail products, eyelash glue, hair gel, hair-smoothing products, baby shampoo, body soap, color cosmetics

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FRAGRANCE (PERFUME, PARFUM, ESSENTIAL OIL BLEND, AND AROMA)

Purpose: chemical combination of a possible 3,000 ingredients to create scents

concerns: skin irritation, allergic reactions, cancer or reproductive toxicity with long-term exposure

found in: most personal skincare products

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PEGS (POLYETHYLENE GLYCOL OR CETEARETH)

purpose: conditioning and cleaning agents

concerns: contamination concerns

found in: variety of skin-care and makeup products

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PARABENS (SPECIFICALLY PROPYL-, ISOPROPYL-, BUTYL-, AND ISOBUTYL- PARABENS)

purpose: preservative

concerns: hormone-disrupters

found in: makeup, moisturizers, shampoos, conditioners, lotions, facial and shower cleansers, shaving products, and scrubs

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SODIUM LAURETH SULFATE AND SODIUM LAURYL SULFATE

purpose: cleansing and emulsifying agent

concerns: skin irritation, possible impurity contamination

found in: toothpaste, shampoo, and hand soap



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SYNTHETIC COLORS

purpose: colorants

concerns: unapproved colors used in products

found in: all product types

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ILOXANE (INGREDIENTS ENDING IN -SILOXANE OR -METHICONE)

purpose: softening, smoothing, moisturizing

concerns: hormone disrupter

found in: hair products, deodorants

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TRICLOSAN

purpose: antimicrobial agent

concerns: disrupt thyroid and reproductive hormones, bacterial resistance development

found in: oral products, shaving products, creams, and color cosmetics

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CONTAMINANTS

any products can have contaminants, which are impurities or byproducts of ingredients mixed together. Heavy metals like lead, nickel, and cobalt also fall into this category. These aren't listed on the label, but the ingredients that create them are.

The following ingredients have contamination concerns:

coal tardiethanolamine (DEA)1,4-dioxaneformaldehydebuthane and

isobutanepetroleum distillatespolyethylene

glycol/cetearethtalcumnitrosamines