

Guide to Toxic Cosmetic Ingredients

VibrantWellnessJournal.com

Personal Care Product	Ingredient of Concern	Health Repercussions
Soap	Triclosan	Probable carcinogen
	Triclocarban	Thyroid and endocrine disruption
	1-4 dioxane	Probable carcinogen
	Bronopol	Thyroid disruption
Deodorant & Antiperspirant	Aluminum _____	Alzheimer's
	Fragrance	Who knows?! "Fragrance" is a catchall for >200 types of chemicals
Lip balm	Retinyl palmitate	Facilitates cancer cell growth when exposed to sun
	Retinol	Facilitates cancer cell growth when exposed to sun
	"Vitamin A"	Facilitates cancer cell growth when exposed to sun
Sunscreen	Oxybenzone	Probable carcinogen
	Aerosol spray of any kind	Chemical inhalation hazard for yourself and others around you
	Benzalkonium or Benzethonium chloride	Endocrine and immune system disruption
	Retinyl palmitate, retinol, "Vitamin A"	see Lip balm, above
Toothpaste	Triclosan	see Soap, above

Shampoo	PEG, Cetareth, or polyethylene	Endocrine
	Parabens	Brain/nervous system. Also probably carcinogenic
	DMDM Hydantoin	Allergy and immunotoxicology
Dandruff shampoo	Selenium sulfide, ketoconazole, salicylic acid, coal tar	Known carcinogens
	Lead	Brain/nervous system damage
	Phenacetin	Probable carcinogen
Hair spray	nitromethane	Probable carcinogen
Cosmetics	Parabens	Brain & Nervous system damage, carcinogenic
	SLS (sodium lauryl/laureth sulfate)	Opens pores to allow greater absorption of other chemicals
	DEA, as cocamide or lauramide	Become carcinogenic if mixed with nitrosating agents.
	BHT, BHA	Banned in the EU
	Quaternium 15, Imidazolidinyl Urea, MEA, TEA	Form nitrosamines!
Moisturizer	Benzalkonium or benzethonium chlorides	Endocrine and immune disruption
	1,4 Dioxane	Probable carcinogen
	Petrolatum	Banned in the EU.
	Bronopol	Endocrine & Immune

		disruption
Nail stuff	Formaldehyde, formalin, toluene	Possible carcinogens
Anti-aging stuff	Bronopol, SLS, propylene glycol, alpha and beta hydroxy acids, glycolic acid	Endocrine and immune disruption, among others
Diaper cream	BHA, Boric acid, sodium borate, DMDM hydantoin, fragrance, Bronopol	All sorts of bad outcomes!
Acne treatments	Parabens, triclosan	Probable carcinogens
	PEG, Cetareth, Polyethylene	
Perfume	"Fragrance"	Who knows?? See deodorants, above
	diethyl phthalate, oxybenzone	Probable carcinogens
Aftershave	Oxybenzone	Probable carcinogen
	PEG, cetareth, polyethylene, parabens
Shaving cream	Triclosan	Probable carcinogen
	DMD hydantoin, PEG, Cetareth, polyethylene	Allergy and other symptoms
Dental floss	PTFE, PFC	Bioaccumulate, likely human carcinogens
Painkillers	Parabens	Brain & nervous system, probable carcinogens
	Sodium Lauryl/Laureth Sulfate	Found in Advil
	PEGs, artificial colors	Found in Motrin