Sustainable Shopper’s Guide to a Dirty Dozen Ingredients to Avoid in your Cosmetics

BHA and BHT: In moisturizer, makeup, etc. May cause cancer and interfere with hormone function. Harmful to fish and other wildlife.

Coal tar dyes: Look for P-PHENYLENEDIAMINE in hair dyes, and colours identified as “C.I.” followed by five digits in other products. Potential to cause cancer and can be contaminated with heavy metals toxic to the brain.

CYCLOMETHICONE and siloxanes: Widely used in moisturizer, makeup, hair products, etc. May interfere with hormone function and damage the liver. Harmful to fish and other wildlife.

DEA and MEA and TEA: In creamy and foaming products such as moisturizer, shampoo. Can react to form cancer-causing nitrosamines. Harmful to fish and other wildlife.

DIBUTYL PHthalate: In nail products. Toxic to reproduction and may interfere with hormone function. Harmful to fish and other wildlife.

Formaldehyde-releasing preservatives: Look for DMDM HYDANTOIN, DIAZOLIDINYL UREA, IMIDAZOLIDINYL UREA, METHENAMINE, or QUARTERNIUM-15. Widely used in hair products, moisturizers, etc. Formaldehyde causes cancer.

Parabens: Widely used in makeup, moisturizers, etc. May interfere with hormone function. Associated with breast cancer.

PARFUM: Widely used even in some products marketed as “unscented” (often the last ingredient). Mixture of chemicals that can trigger allergies and asthma. Some linked to cancer and neurotoxicity. Some harmful to fish and other wildlife.

DIBUTYL PHthalate: In nail products. Toxic to reproduction and may interfere with hormone function. Harmful to fish and other wildlife.

Are there toxic chemicals in your cosmetics?

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