

# Shampoo

## INGREDIENTS TO AVOID

1. AMMONIUM LAURYL SULFATE OR SODIUM LAURETH SULFATE (SLES)
2. SODIUM LAURYL SULFATE (SLS)
3. PARABENS
4. SODIUM CHLORIDE
5. POLYETHYLENE GLYCOLS (PEG)
6. DIETHANOLAMINE (DEA) & TRIETHANOLAMINE (TEA)
7. FORMALDEHYDE
8. ALCOHOL
9. SYNTHETIC COLORS & FRAGRANCES
10. DIMETHICONE
11. COCAMIDOPROPYL BETAINE
12. TRICLOSAN
13. RETINYL PALMITATE

EXPLANATIONS ON NEXT PAGE -->

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## INGREDIENTS TO AVOID – EXPLANATIONS

1. CAN DAMAGE HAIR AND INCREASE FRIZZ
2. CAN FADE YOUR COLOR & STRIP YOUR STRANDS OF NATURAL OILS
3. CAN MIMIC THE HORMONE ESTROGEN & HAVE BEEN LINKED TO INCREASED GROWTH OF BREAST CANCER CELLS
4. CAN MAKE AN ALREADY-SENSITIVE SCALP DRY AND ITCHY, WHICH CAN EVENTUALLY CAUSE HAIR LOSS
5. COMMON BYPRODUCTS IN PEGS CAN BE HARMFUL
6. LINK W/ CANCER FOUND IN ANIMALS & THE EUROPEAN COMMISSION HAS BANNED DEA IN COSMETICS
7. A KNOWN HUMAN CARCINOGEN
8. MOST ALCOHOLS HAVE A DRYING EFFECT - THE BAD ONES USUALLY HAVE A “PROP” IN THEIR NAME
9. CONTAIN THOUSANDS OF HIDDEN CHEMICALS
10. CAN CLOG THE PORES ON THE SCALP AND CAUSE SKIN IRRITATION
11. CAN CAUSE SKIN IRRITATION, ALLERGIES, ROSACEA, AND ECZEMA
12. KNOWN TO CAUSE HORMONE DISRUPTIONS, WHICH CAN LEAD TO CANCER AND AFFECT FETAL DEVELOPMENT
13. KNOWN SKIN IRRITANT THAT CAN CAUSE PEELING, SCALING, REDNESS, AND ITCHING