

Skincare

INGREDIENTS TO AVOID

1. DEA (DIETHANOLAMINE)
2. DMDM HYDANTOIN
3. PARABENS (METHYLPARABEN,
BUTYLPARABEN, ETHYLPARABEN,
PROPYLPARABEN)
4. PHTHALATES (EXAMPLES: DBP, DEHP, DEP)
5. PROPYLENE GLYCOL (PG)
6. SYNTHETIC/ARTIFICIAL FRAGRANCES OR
PARFUM
7. TRICLOSAN

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INGREDIENTS TO AVOID – EXPLANATIONS

1. **KNOWN CARCINOGEN AND RESPIRATORY TOXIN - EU HAS RESTRICTED ITS USE IN PERSONAL CARE PRODUCTS, BUT STILL USED OFTEN IN THE US**
2. **OFTEN RELEASE FORMALDEHYDE WHICH MAY CAUSE JOINT PAIN, SKIN ALLERGIES, ASTHMA, NEUROTOXICITY, DEVELOPMENTAL TOXICITY, HEADACHES AND LOSS OF SLEEP**
3. **KNOWN ENDOCRINE DISRUPTORS, WHICH MAY CONTRIBUTE TO HORMONE IMBALANCE AND POSSIBLY EVEN BREAST CANCER**
4. **ENDOCRINE DISRUPTORS THAT CAN CAUSE HORMONAL AND REPRODUCTIVE PROBLEMS AND BIRTH DEFECTS**
5. **CAN WEAKEN THE CELLULAR STRUCTURE OF SKIN, AND IS OFTEN CONTAMINATED WITH BOTH ETHYLENE OXIDE (A KNOWN CARCINOGEN) AND 1,4-DIOXANE (WHICH CAUSES RESPIRATORY PROBLEMS AND IS BANNED IN CANADA)**
6. **MADE UP OF HUNDREDS TO THOUSANDS OF INGREDIENTS NOT LISTED ON THE LABEL, SO YOU NEVER KNOW WHAT YOU'RE ACTUALLY BEING EXPOSED TO**
7. **MAY DISRUPT THYROID FUNCTION AND CAN DEGRADE INTO A FORM OF DIOXIN, WHICH HAS BEEN LINKED TO CANCER**