



***“We look good, we smell good, and we have just exposed ourselves to 200 different chemicals a day through cosmetics” - U.S. News & World Report***

All our products are green, clean, eco-friendly and free of harmful chemicals, but many products on the market today are not! Every day we use products that we think are safe; but the truth is that products are not always safe and manufacturers don't have to tell us so. Ever since 1938 when the FDA granted self-regulation to the cosmetics industry, such products can be marketed without government approval of ingredients, regardless of what tests show.

In a typical day, you may be exposed to over 200 different chemicals, many of which are suspected of causing cancer or disrupting your hormones. Yes, it is trace amounts but the accumulative affects could be devastating for babies and pregnant Mothers as well as people suffering serious illnesses, cancer, disease and immune disorders.

As your body's largest organ, your skin is your most important immune defense barrier. Skin absorption is the number one form of chemical absorption and contamination. Commercial products with harmful petroleum ingredients can "plasticize" your skin making it difficult for toxins to be eliminated; thus increasing skin irritations, itching, inflammation and unfavorable skin conditions.

Protect yourself and your loved ones by reading your product labels and choosing products free of any toxic or carcinogenic ingredients.





### 1. Propylene, Ethylene and Butylene Glycol

- Found in Anti-freeze
- Acts as a “surfactant” (wetting agent and solvent)
- Penetrates the skin and weakens protein and cellular structure
- Strong enough to remove barnacles from boats

**Found In:** *Baby wipes, diaper creams, baby lotion, facial cleansing cloths, facial cleansers, body washes, shampoos, toothpastes, etc.*

### 2. Sodium Lauryl Sulfate (SLS) and Sodium Laureth Sulfate (SLES)

- Detergents that pose serious health threats
- Used in garage floor cleaners and engine degreasers and in 90% of all personal care products that foam

**Found In:** *Baby body washes, baby shampoos, anti-bacterial hand washes, shaving cream, body lotions, shampoos, etc.*

### 3. DEA (diethanolamine), MEA (monoethanolamine) & TEA (triethanolamine)

- Hormone-disrupting chemicals that can form cancer-causing nitrates
- Restricted in Europe due to carcinogenic effects, yet are still used in the US
- Americans are exposed to these chemicals multiple times a day

**Found In:** *Body lotions, body washes, cleansers, shampoos, shaving creams, bubble bath etc.*

### 4. Polyethylene Glycol (PEG)

- Carcinogenic petroleum ingredient that reduces the skin’s natural moisture
- Increases the appearance of aging and leaves you vulnerable to bacteria
- Used in spray-on oven cleaners and cleansers to dissolve oil and grease

**Found In:** *Baby wipes, diaper creams, baby lotions, cleansers, body washes, deodorants, etc.*

### 5. Sodium Hydroxide

- The most recent addition to personal care products
- May be fatal or cause permanent damage if swallowed.
- May cause blindness
- This is a poison (caustic lye) found in drain cleaners

**Found In:** *Toothpastes, baby lotions, hand and body lotion, etc.*

### 6. Triclosan

- Synthetic “antibacterial” with a chemical structure similar to Agent Orange!
- The EPA registers Triclosan as a pesticide, giving it high scores as a risk to human health and the environment
- It is in a class of chemicals suspected of causing cancer in humans

**Found In:** *Anti-bacterial hand wash, antibacterial toys, etc.*





### 7. DMDM and Urea (Imidazolidinyl)

- Two of many preservatives that often release formaldehyde which causes joint pain, skin reactions, allergies, depression, headaches, chest pains, ear infections, chronic fatigue, dizziness, and loss of sleep

**Found In:** *Body lotions, body washes, anti-bacterial hand washes, cleansers, shampoos, etc.*

### 8. Parabens

- Studies show that parabens – alkyl hydroxy parabens – alpha hydroxy benzoate (methyl-, ethyl-, propyl- and butyl-parabens) are weakly estrogenic having the ability to mimic estrogen in the body
- Butyl-paraben is the most potent

**Found In:** *Baby wipes, baby body washes, anti-bacterial hand washes, facial wipes, body lotions, shampoos, etc.*

### 9. Alcohol, Isopropyl, SD-40

- Drying, irritating solvent that strips skin's moisture and immune barrier, making you vulnerable to bacteria and viruses
- Made from the same petroleum derivative used in shellac and antifreeze
- Promotes brown spots and premature aging

**Found In:** *Lotions, creams, deodorants, etc.*

### 10. Mineral Oil

- Petroleum by-product that coats the skin similar to plastic wrap, clogging the pores
- Interferes with skin's ability to eliminate toxins, promoting acne and other disorders
- Slows down skin function and cell development, resulting in premature aging

**Found In:** *Lotions, creams, etc. Baby oil is 100% mineral oil!*

### 11. FD&C Color Pigments

- Synthetic colors from coal tar that deposit toxins onto the skin, causing skin irritation
- Absorption of certain colors can cause depletion of oxygen in the body and death
- Animal studies have shown almost all of them to be carcinogenic

**Found In:** *Shampoos, toothpastes, body washes, cleansers, baby products, wipes, hand washes, deodorants, lotions, creams, etc.*

### 12. Fragrances

- Can contain up to four thousand ingredients (including animal urine), many toxic or carcinogenic
- Causes headaches, dizziness, allergic reactions, skin discoloration, violent coughing, vomiting, and skin irritation
- Fragrances affect the nervous system, causing depression, hyperactivity, irritability, inability to cope and other behavioral changes

**Found In:** *Shampoos, toothpastes, body washes, cleansers, baby products, wipes, hand washes, deodorants, lotions, creams, etc..*

