



INGREDIENTS TO AVOID IN YOUR PERSONAL CARE PRODUCTS

by Becky Kuehn, Founder • Oncology Spa Solutions®

FRAGRANCE

TOP CONCERNS: Allergies, toxicity, skin sensitivity, dermatitis, Immune toxicant, neurotoxicity, cancer, endocrine disruption.

May also show on labels as: Naticide, Conarom H-3® (a blend of) PPG-2 methylether, piperonal and phenylpropanol, Conarom E® (a blend of) PPG-2 methylether, piperonal and phenylethanol, Conarom P® (a blend of) phenylethanol, caprylyl glycol and trideceth-8, BHT, BHA, DBP, DEP, DMP, Benzyl Alcohol, Citral, Citronellols, Eugenol, Geraniol, Hexyl Salicylate, Isoeugenol, Methylionone, Phenylacetaldehyde, Antioxyne b, Antrancine 12, Eec no. e320, Embanox, Nipantiox 1-f, Protex, Sustane 1-f, Tenox BHA.

PHTHALATES

TOP CONCERNS: Cancer, Toxicity, Allergies and Endocrine Disruption.

May also show on labels as: dibutyl phthalate (DBP), butylbenzylphthalate (BBP), and di(2-ethylhexyl) phthalate (DEHP), 1,2-benzenedicarboxylic acid, dibutyl este, dbp, di-n-butylphthalate, dibutyl 1,2-benzenedicarboxylate, dibutyl ester 1,2-benzenedicarboxylic acid, dibutyl phthalate, dibutyl phthalate, dibutyl phthalates, benzene-o-dicarboxylic acid di-n-butyl ester; cellulflex dpb; dbp (ester) ; di-n-butyl phthalate.

TRICLOSAN

TOP CONCERNS: Persistence, Bio Accumulation, Organ system toxicity, endocrine disruption, Eye, Skin and Lung irritant.

May also show on labels as: 5-chloro-2- (2,4-dichlorophenoxy) phenol, 2,4,4'-trichloro-2'-hydroxy diphenyl ether, Schloro2, trichloro-2'-hydroxydiphenyl ether, ch 3565; irgasan; irgasan dp300; phenol.

FORMALDEHYDE

TOP CONCERNS: Cancer, toxicity, Immunotoxicity, irritation and endocrine (hormone) disruption, mutagenic.

May also show on labels as: DMDM, Diazolidinyl Urea, Quaternium 15 and Bronopol, formalin, formic aldehyde, merthaldehde, methanal, methyl aldehyde, oxomethane, oxymethylene, aldehyde mraveni, aldehyde formique, aldeide formica, bfv, imidazolidinyl urea, DMDM hydantoin, sodium hydroxymethylglycinate, phenylacetyl urea, α-1348, acetylureum, alpha-phenylacetylurea, carbamide phenylacetate, carbanmide, cetylureum, comitiadone, eferon, epheron, epiclase.

DEA & TEA

TOP CONCERNS: Cancer & Allergies, Immunotoxicity

May also show on labels as: Diethanolamine, Triethanolamine, N, N-diethanolamine, 2,2'-dihydroxydiethylamine, 2,2'-iminobisethanol, 2,2'-iminodiethanol, ethanol, 2,2 iminobis, DEA, 2,2'-dihydroxydiethylamine, 2- (2-hydroxyethylamino), bis (2-hydroxyethyl) amine, 2,2',2''-Nitrilotris-; 2,2',2''-Nitrilotris,TEA, TROLAMINE, Nitrilotriethanol, Alkanolamine 244, Daltogen, Nitrilo-2,2',2'', Triethanol, Sterolamide.

COAL TAR DERIVATIVES

TOP CONCERNS: Cancer, toxicity, allergies, immunotoxicity, endocrine (hormone) disruption & organ toxicity.

May also show on labels as: Toluene, & BHT, Benzene, methyl, Methylbenzene, Toluol, Methylbenzene, Antisal 1a benzene, methyl cp 25, Methacide, Methane, phenyl, methylbenzene. FD&C or D&C, followed by a color or a number (e.g., FD&C yellow No. 5), allura red, allura red ac, c. i. 16035, c.i. food red 17.

PARABENS

TOP CONCERNS: Cancer and endocrine (hormone) disrupter.

May also show on labels as: methylparaben, propylparaben, butylparaben, and ethylparaben.

PROPYLENE GLYCOL

TOP CONCERNS: Cancer, toxicity, allergies, hives, eczema, irritation (eyes, skin or lungs), enhanced skin absorption, dermatitis, sensitizing & organ system toxicity, dryness.

May also show on labels as: 1,2-dihydroxypropane, 2-hydroxypropanol, methylethyl glycol, 1,2-propanediol, propane-1,2-diol, 1,2-dihydroxypropane, 1,2-propylene glycol, 1,2-propylenglykol, alpha-propyleneglycol, dowfrost, methylethylene glycol, 1,2-propanediol, methyl glycol, and trimethyl glycol, PEG (polyethylene glycol) or PPG (polypropylene glycol).

HYDROQUINONE

TOP CONCERNS: Cancer, developmental & reproductive toxicity, allergies, immunotoxicity, organ system toxicity and neurotoxicity.

May also show on labels as: 1,4-benzenediol, 1,4-dihydroxybenzene, P-Dioxybenzene, 4-hydroxyphenol, P-hydroxyphenol, 1,4-dihydroxy-benzen, 1,4-dihydroxy-benzol.

OCTOXYNOLS

TOP CONCERNS: Cancer, toxicity, endocrine disrupter, human skin toxicant.

May also show on labels as: Octoxynols with any number behind it, peg-20, PEG-40 octyl phenyl ether, Polyethylene Glycol 2000 Octyl Phenyl Ether, carboxylic acid; polyethylene glycol 1000, polyoxyethylene, nonaethylene glycol octylphenyl ether, antarox a-200, ethoxylated p-tert-octylphenol, hydrol sw, octylphenol polyethoxylate, octylphenoxy polyethoxyethanol, polyethyleneglycol 4- (tert-octyl) phenyl ether, preceptin.

SODIUM LAURETH SULFATE

TOP CONCERNS: Cancer, Allergies and Immunotoxicity, 1-4 Dioxane contamination.

May also show on labels as: dodecyl sodium sulfate; peg- (1-4) lauryl ether sulfate, polyethylene glycol (1-4) lauryl ether sulfate, poly (oxy-1,2-ethanediyl), a -sulfo-w (dodecyloxy), polyoxyethylene (1-4) lauryl ether sulfate, sodium peg lauryl ether sulfate; sodium polyoxyethylene.

ETHYL ACETATE

TOP CONCERNS: Cancer, neurotoxicity, irritation, organ system toxicity, developmental and reproductive toxicity.

May also show on labels as: Acetic acid, Ethyl ester, Ethyl ester acetic acid, Acetic acid ethyl ester, Acetic ether, Acetidin, Acetoxyethane, Aethylacetat, Essigester, Ethyl acetate (acjih:osha), Ethyl acetic ester, Ethyl ethanoate.

ALUMINUM

TOP CONCERNS: Cancer, rash, irritation, Immunotoxicity, endocrine disrupter, impaired kidney function, bone disease and tissue damage and has been found in the brains of Alzheimer's patients.

May also show on labels as: Aluminum zirconium; Aluminum zirconium tetrachlorohydrate glycine complex, Aluminum zirconium trichlorohydrate gly.

MINERAL OIL/PETROCHEMICALS

TOP CONCERNS: Immunotoxicity, Organ system toxicity, Allergies and cancer.

May also show on labels as: Mineral oil, Liquidum paraffinum, Paraffin oil, Paraffin wax, Petrolatum and Toluene.

OXYBENZONE

TOP CONCERNS: Developmental and Reproductive toxicity, Allergies, Immunotoxicity, Endocrine disruption, Enhanced absorption, Organ system toxicity, Ecotoxicology, Bio chemical and cellular level changes.

May also show on labels as: benzophenone-3, 2-benzoyl-5-methoxyphenol; 2-hydroxy-4-methoxybenzophenone; (2-hydroxy-4-methoxyphenyl) phenylmethanone; methanone, phenyl- methanone; benzophenone-3, oxybenzone 6; methanone, b3; durascreen; solaquin.

For more information contact
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