

Top 5 Personal Care Ingredients to Avoid and Suggested Alternatives

	Phthalates	TEA and DEA	BHA	Formaldehyde	Parabens
Listed on label as	(pronounced thal-ates) DBP or Dibutyl phthalate DEHP or Di-2-ethylhexyl phthalate	TEA or Triethanolamine DEA or Diethanolamine	BHA or Butylated hydroxyanisole	Formaldehyde Formalin (trade name) <i>May be found in:</i> 2-bromo-2-nitropropane-1,3-diol diazolidinyl urea DMDM hydantion Ididazolidinyl urea Quarternium 15	butylparaben ethylparaben methylparaben propylparaben sobutylparaben polyparaben
Found in	nail products, deodorants, fragrances, hair spray, soap, shampoo, lotion, cosmetics	Wide array of personal care products	Wide array of personal care and food products	Eye cosmetics, nail products	Wide array of personal care products
Purpose	Help cosmetics penetrate skin Prevent chipping in nail polish Fixatives in fragrances Emulsifiers	Emulsifier (Blends oil-based and water-based substances)	Preservative	Preservative	Preservative
Health effects	DBP and DEHP, the 2 most common phthalates in personal care products, are banned in Europe. Studies show DBP to cause cancer and birth defects, such as testicular atrophy, structural defects of the penis, and reduced sperm count in laboratory animals. DEHP is listed as a "Probable Human Carcinogen" by the U.S. EPA and "Reasonably Anticipated to be Human Carcinogen" according to the U.S. National Toxicology Program's 11th Report on Cancer.	Studies by the National Toxicology Association found an association between the application of DEA and TEA to skin and cancer in laboratory animals.	"Reasonably Anticipated to be Human Carcinogen" according to the U.S. National Toxicology Program's 11th Report on Cancer.	"Reasonably Anticipated to be Human Carcinogen" according to the U.S. National Toxicology Program's 11th Report on Cancer.	Studies show parabens act like estrogen. They may disrupt normal hormone functioning, possibly increasing risks for certain types of cancer, causing impaired fertility, or alteration of the development of a fetus or young child. Also found within cancerous breast tumors

Alternatives

Look for instead	No direct alternatives. Natural cosmetic/ personal care companies are able to formulate their products without phthalates.	Chemical emulsifiers are not needed. Although more costly, oil and water can be mixed mechanically.	Preservatives that cause the least irritation and fewest allergic reactions according to The Safe Shopper's Bible by David Steinman and Samuel S. Epstein Grapefruit seed extract Sorbic acid Potassium sorbate	Vitamin A (retinyl) Vitamin C (ascorbic acid) Tocopherol (vitamin E)
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