

## Some Ingredients to Avoid in Body, Bath & Skin Care Products and Cosmetics

Eight Chemicals in Skin & Hair Care Products You Should Never Use<sup>1</sup>:

1. Propylene Glycol
2. Sodium Lauryl Sulfate (SLS)
3. Fragrance or perfume (sometimes listed as parfum)
4. Mineral Oil
5. Parabens (Propyl, Methyl, Butyl, or Ethyl)
6. Imidazolidinyl and Diazolidinyl Urea
7. Synthetic Colors (labeled FD&C or D&C, followed by a number and color)
8. Triethanolamine (TEA)

Other Ingredients to Avoid<sup>2</sup>:

- Acrylamide
- Dioxane (To avoid 1,4-dioxane, Organic Consumers Organization recommends reading ingredient labels and avoiding products with indications of ethoxylation, which include: "myreth," "oleth," "laureth," "cetareth," any other "eth," "PEG," "polyethylene," "polyethylene glycol," "polyoxyethylene," or "oxynol," in ingredient names.)
- Methylisothiazolinone (MIT)
- Musks
- Paraffin
- Petrolatum
- Phenol carbolic acid
- Phthalates
- Propylene glycol
- Sodium Laureth Sulfate (SLES)
- Toluene

<sup>1</sup>From educational materials provided by Dr. Robert Marshall, PhD., C.C.N., D.A.C.B.N.

<sup>2</sup>Compiled from various articles at [www.mercola.com](http://www.mercola.com)