

Sunscreen:

PABA, Benzophenones, Dibenzomethanes (possibly cancer causing when heated). A safer alternative is Zinc Oxide

Nail Treatments:

Acetone, Acetonitrile (forms cyanide when swallowed), Ethyl & Methyl Methacrylate, Formaldehyde, Toluene.

Perfumes - one of the leading causes of allergy and sensitisation:

Toluene, Formaldehyde, Benzophenone, Methylene Chloride.

Bathroom Ingredient Decoder

- These ingredients have been linked to cancer in animals & humans, neurotoxicity (damage to the nervous system) or mutation
- Should be totally avoided because of risk of serious adverse health effects
- Accumulates in organs
- Skin/eye irritant, may cause allergic reaction
- Blocks the pores and suffocates the skin

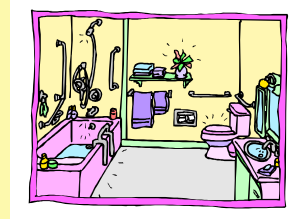
Acetone ● ● ●	Hydroxyanisole ● ● ●
Acetonitrile ● ● ●	Kaolin ●
Alcohol ●	Lanolin ●
AHAs ●	Lye ●
(Alpha Hydroxy Acids)	MEA ● ● ●
Aluminium ●	(Monoethanolamine)
Bentonite ●	Methylene Chloride ● ● ●
Benzophenones ●	Mineral Oil ● ● ●
BHA ● ● ● ● ●	PABA ● ● ●
(Butalayed hydroxianisole)	(Paramino Benzoic Acid)
BHT ● ● ● ●	PEG ●
(Butalayed hydroxytoluene)	Petrolatum ● ● ●
Bronopol BNPD ● ● ● ● ●	Phenol ● ● ●
(2-Bromo 2-nitropropane-1,3 diol)	Phenylenediamine ● ● ●
Cocamidopropyl betaine ● ● ● ● ●	Propylene Glycol ● ● ● ● ●
Collagen ●	Quaternium ● ● ● ● ●
Coal Tar ● ● ● ● ●	Saccharin ● ● ● ● ●
DEA ● ● ● ● ●	SLS ● ● ● ● ●
(Diethanolamine)	(Sodium Lauryl Sulphate)
Dibenzomethanes ●	SLES ● ● ● ● ●
Ether ● ● ● ● ●	(Sodium Laureth Sulphate)
Ethyl and Methyl methacrylate ● ● ● ● ●	Talc ● ● ● ● ●
Fluorocarbons ● ● ● ● ●	Tallow ● ● ● ● ●
Fluoride ● ● ● ● ●	TEA ● ● ● ● ●
Formaldehyde ● ● ● ● ●	(Triethanolamine)
Glycerine ●	Toluene ● ● ● ● ●

For more information contact:

Healthy Choices

www.healthychoices.co.uk

A Guide to the Commonly Used Toxic Ingredients Found in Our Bathrooms



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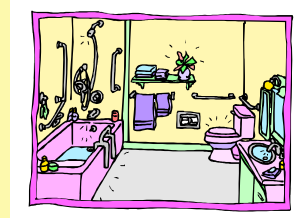
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Bentonite ●	Methylene Chloride ● ● ●
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Fluoride ● ● ● ● ●	TEA ● ● ● ● ●
Formaldehyde ● ● ● ● ●	(Triethanolamine)
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A Guide to the Commonly Used Toxic Ingredients Found in Our Bathrooms



Many personal care products contain any number of ingredients that are toxic or carcinogenic. The list of potentially harmful ingredients is extensive. The ingredients listed here are some of the most common toxic ones.

The best option would be to find a company committed to making safe, effective products, avoiding all known toxic ingredients.

Shampoo / Conditioner:

SLS, SLES, DEA, Coal Tar, Alcohol, Cocamidopropyl Betaine, Ether, Formaldehyde, Glycerin, Propylene Glycol, Quaternium, TEA, Tallow

Hair Sprays & Styling:

Alcohol, BHA, DEA, TEA, Methylene Chloride, Toluene, Fluorocarbons (Never use aerosols as they can penetrate into the lungs and bloodstream)

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Hair Dyes:

Phenylenediamine (can cause blindness on eye contact), Coal Tars (known to be carcinogenic), Hydroxyanisole (affects the female reproductive system)

Toothpaste:

Fluoride, SLS, Saccharin, Propylene Glycol, Abrasives, Artificial Flavours and Colours.

Mouthwash:

Alcohol (more than 25% in mouthwash linked to mouth, tongue & throat cancer), SLS, Artificial Flavours and Colours
Remember the lining of the mouth is the quickest way into the bloodstream

Anti-perspirants:

Aluminium (possible links to Alzheimer's disease and cancer), Alcohol, Formaldehyde, Propylene Glycol.

Baby Products - Wipes / Lotions:

Alcohol, BHA, Propylene Glycol, Kaolin, Talc, SLS, DEA.

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Bubblebath / Bodywashes:

SLS, SLES, DEA, TEA, MEA, Quaternium, PEG, Alcohol & Fragrances.

Soap:

Tallow, Lye. Soap can be a skin irritant and may lead to dermatitis and eczema.

Shaving Cream:

SLS, Phenol, Propylene Glycol, BHA, DEA, TEA, MEA, PEG.

Skin Care/Cosmetics/Make-up:

Alpha Hydroxy Acids, Bentonite, BHA, BHT, Coal Tar, DEA, Formaldehyde, Glycerine, Kaolin, Lanolin, Methylene Chloride, Mineral Oil, PEG, Petrolatum, Phenol, Propylene Glycol, SLS, SLES, TEA, 2-Bromo2-Nitropropane1,3 Diol (Bronopol or BNPD)

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