



Dangerous chemicals contaminate our polluted world, yet we often turn a blind eye to the potential dangers from chemicals in our everyday lives, even though they can be avoided. This is especially true of the products in our bathrooms.

**What is on the ingredients list?
You may be surprised.**



Harmful or Carcinogenic Ingredients Commonly Found in Products

- **Diethanolamine (DEA)** (*shampoos, body washes, bubble bath, shaving cream*)
- **Triethanolamine (TEA)** (*moisturizers, cosmetics, deodorant, toothpaste, body oils, washes*)
- **Sodium Laureth Sulphate (SLES)** (*as above*)
- **Propylene Glycol** (*moisturisers, shaving cream, deodorants, baby products*)
- **Sodium Lauryl Sulphate (SLS)** (*shampoo, bubble bath, shaving foam, cleansers etc*)
- **Sodium Fluoride** (*toothpaste*)
- **Alcohol** (*mouthwash, toners, baby products*)
- **Talc** (*baby powder, make-up, foot preparations*)
- **Glycerine** (*moisturizers, lotions*)
- **PABA** (*sunscreens*)
- **PEG** (*cosmetics, make-up, shaving cream*)
- **Artificial flavours** (*toothpaste, mouthwash*)
- **Artificial colours** (*make-up, toothpaste, shampoos*)
- **Ether** (*nail treatments, shampoo, conditioner*)
- **Coal Tars** (*shampoo, conditioner, hair dyes, soap, skin care, cosmetics*)
- **Aluminium** (*antiperspirants*)
- **Acetone** (*nail polish remover*)
- **Formaldehyde** (*antiperspirants, nail treatments, perfumes*)
- **Fluorocarbons** (*hair spray*)
- **Dioxins** (*shampoo*)
- **Petrolatum or Mineral Oil** (*baby products, washes*)

This list is not exhaustive and the above ingredients are found in many more products than just those indicated.



Unique Cancer Risk from Cosmetics and Personal Care Products

Dr Samuel Epstein, chairman of the Cancer Prevention Coalition, states that **mainstream industry cosmetics and personal care products (CPCPs) are the single most important, yet generally unrecognized, class of avoidable carcinogenic exposures** for the overwhelming majority of citizens in major industrial nations. The reason for these unique risks reflects a complex of individual and interactive factors such as:

- Interaction between different ingredients: even though a specific ingredient might not be in itself a “frank” carcinogen it might be a “hidden” carcinogen that may, under certain conditions, have carcinogenic properties when it combines with other ingredients in a product.
- Prolonged duration of exposure: the concern is that daily exposure, over a lifetime, of toxic ingredients, many of which are left on skin, has a cumulative negative effect.
- High permeability of skin: the skin is highly permeable to carcinogenic and other toxic ingredients, especially following prolonged exposure.
- Effect of wetting agents on skin permeability: the permeability of skin to carcinogens, besides other toxic ingredients, is further increased by the presence of wetting agents or surfactants, probably the most common class of ingredients in the majority of CPCPs.
- Bypassing detoxifying enzyme: carcinogens in CPCPs pose greater cancer risks than does food contaminated with carcinogenic pesticides and other industrial carcinogens as they are not detoxified by the liver but reach the general blood circulation without this protective detoxification.

Frank & Hidden Carcinogens

Acrylate	formaldehyde
acid orange 3	glutaral
Acrylate copolymers	green 1,2,3
amorphous silicates	hydroquinone
Benzyl acetate	Imidazolidinyl urea
blue 1,2,4	lanolin
bromonitrodioxane	Laureth's
bronopol	Methacrylate copolymers
bronopol (2-bromo-2-nitropropane-1,3-diol)	metheneamine
butyl benzylphthalate	Metheneamine
Butylated hydroxyanisole	methylene chloride
butylated hydroxytoluene	Morpholine
Cetareth-3	nitrophenylenediamine
chlorhexidine	Nonoxynol
Choleth-24	Oleth's
chrySTALLINE silica	Padimate-O (octyldimethyl para-amino benzoic acid)
coal tar dyes	PEG's (polyethylene glycols)
DEA	polyoxymethyleneurea
DEA-Cocamide & Lauramide & Oleamide condensates	Polysorbate 60
DEA-cocamide/lauramide condensates	Polysorbate 80
DEA-MEA/ Acetame	polyvinyl acetate
DEA-Sodium lauryl sulfate	polyvinyl pyrrolidone
diaminoanisole	p-phenylphenylenediamine
diaminophenol	pyrocatechol
diaminotoluene	Pyroglutamic Acid
diazolidinyl urea	Quaternium-15
Diethanolamide-cocamide, lauramide & oleamide	quaternium-26
condensates	red 4,9,17,19,22,33,40
dioctyl adipate	saccharin
disperse blue1	Sodium/Hydroxymethylglycinate
disperse yellow3	talc
DMDM-Hydantoin	TEA
ethoxylated alcohols	TEA-Sodium lauryl sulfate
ethyl alcohol	titanium dioxide
fluoride	Yellow 5,6,8