

# “THE BIG 12”: The Major Toxic Ingredients to Avoid

## 1: Propylene, Ethylene and Butylene Glycol

Found in Anti-freeze. Acts as a “surfactant” (wetting agent and solvent). Penetrates the skin and weakens protein and cellular structure. Strong enough to remove barnacles from boats, factory workers are required by the FDA to wear protective clothing when producing products containing these chemicals and are required to dispose of PG as toxic waste.

**Found in: baby wipes, diaper creams, baby lotion, facial cleansing cloths, facial cleansers, body washes, shampoos, toothpastes, etc.**

## 2: Sodium Lauryl Sulfate (SLS) and Sodium Laureth Sulfate (SLES)

Detergents pose serious health threats. Used in garage floor cleaners and engine degreasers and in 90% of all personal-care products that foam. Young eyes may not develop properly if exposed to SLS. SLS may damage the skin’s immune system.

**Found in: baby body washes, baby shampoos, anti-bacterial hand washes, shaving cream, body lotions, shampoos, etc.**

## 3: DEA (diethanolamine), MEA (monoethanolamine) & TEA (triethanolamine)

Hormone-disrupting chemicals that can form cancer-causing nitrates. Dr. Samuel Epstein (Professor of Environmental Health at the University of Illinois) says that repeated applications of DEA-based detergents result in major increase in liver and kidney cancer. The FDA’s John Bailey says “the risk is significantly increased for children.”

**Found in: body lotions, body washes, cleansers, shampoos, etc.**

## 4: Polyethylene Glycol (PEG)

Carcinogenic petroleum ingredient that reduces the skin’s natural moisture. Increases the appearance of aging and leaves you vulnerable to bacteria.

**Found in: baby wipes, diaper creams, baby lotions, cleansers, body washes, deodorants, etc.**

## 5: Sodium Hydroxide

This is a poison (caustic lye) found in drain cleaners. The warning label on sodium hydroxide products reads “POISON, May be fatal or cause permanent damage if swallowed. May cause blindness. Avoid contact with skin, eyes, mouth and clothing.”

**Found in: toothpastes, baby lotions, hand and body lotion, etc.**

## 6: Triclosan:

Synthetic “antibacterial” with a chemical structure similar to Agent Orange! The EPA registers Triclosan as a pesticide, giving it high scores as a risk to human health and the environment. It is in a class of chemicals suspected of causing cancer in humans. Tufts University, School of Medicine says Triclosan can force the emergence of “super bugs” that it cannot kill.

**Found in: anti-bacterial hand wash, antibacterial toys, etc.**

## 7: DMDM and Urea (Imidazolidnyl)

Two of many preservatives that often release formaldehyde which cause joint pain, skin reactions, allergies, depression, headaches, chest pains, ear infections, chronic fatigue, dizziness, and loss of sleep.

**Found In: body lotions, body washes, anti-bacterial hand washes, cleansers, shampoos, etc.**

#### 8: Parabens

Studies show that parabens - alkyl hydroxy parabens - alpha hydroxy benzoate (methyl-, ethyl-, propyl- and butyl-parabens) are weakly estrogenic.

**Found in: baby Wipes, baby body washes, anti-bacterial hand washes, facial wipes, body lotions, shampoos, etc.**

#### 9: Alcohol, Isopropyl (SD-40)

Drying, irritating solvent that strips skin's moisture and immune barrier, making you vulnerable to bacteria and viruses. Made from the same petroleum derivative used in shellac and antifreeze as well as personal care products. Promotes brown spots and premature aging.

**Found in: lotions, creams, deodorants, etc.**

#### 10: Mineral Oil

Petroleum by-product that coats the skin similar to plastic wrap, clogging the pores. Interferes with skin's ability to eliminate toxins, promoting acne and other disorders. Slows down skin function and cell development, resulting in premature aging.

**Found in: lotions, Creams, etc.**

#### 11: FD&C Color Pigments

Synthetic colors from coal tar that deposit toxins onto the skin, causing skin irritation. Absorption of certain colors can cause depletion of oxygen in the body and death.

**Found in: shampoos, toothpastes, body washes, cleansers, baby products, wipes, hand washes, deodorants, lotions, creams, etc.**

#### 12: Fragrances

Can contain up to four thousand ingredients (including animal urine), many toxic or carcinogenic. Causes headaches, dizziness, allergic reactions, skin discoloration, violent coughing, vomiting, and skin irritation. Fragrances affect the nervous system, causing depression, hyperactivity, irritability, inability to cope and other behavioral changes.

**Found in: shampoos, toothpastes, body washes, cleansers, baby products, wipes, hand washes, deodorants, lotions, creams, etc.**