

# TOP FIVE

# TOXINS

## TO AVOID IN BEAUTY PRODUCTS



### 1 **FORMALDEHYDE**

Usually listed as quaternium-15, DMDM hydantoin, imidazolidinyl urea, diazolidinyl urea, sodium hydroxymethylglycinate, 2-bromo-2-nitropropane-1,3 diol (Bronopol), glyoxal and oxaldehyde.

#### FOUND IN:

- nail polish
- shampoo
- body wash
- eyelash glue

#### SIDE EFFECTS:

- proven carcinogen
- lung cancers, leukemia and asthma
- eye, nose, and throat irritation
- reproductive, developmental, neurological and immunological toxicity.

### 3 **PARABENS (Isobutylparaben, Butylparaben, Methylparaben, Propylparaben)**

#### FOUND IN:

- personal care products

#### SIDE EFFECTS:

- skin aging and DNA damage



### 2 **SODIUM LAURYL, LAURETH SULFATE (SLS AND SLES)**



#### FOUND IN:

- Anything that foams: shampoo, body wash, face wash, soap, etc.

#### SIDE EFFECTS:

- irritates skin
- slows skin healing processes
- adversely affects hair growth

### 4 **PETROLEUM, PARAFFIN, MINERAL OIL**

#### FOUND IN:

- makeup products
- body wash
- baby oil
- hair conditioner

#### SIDE EFFECTS:

- premature aging
- health and skin disorders
- such as contact dermatitis

### 5 **SYNTHETIC FRAGRANCE**



#### FOUND IN:

- personal care products
- perfumes

#### SIDE EFFECTS:

- hormone disruption
- headaches and dizziness
- skin rashes and irritation
- hyperpigmentation

