



THE DIRTY DOZEN

(from www.thegreenguide.com)

With thanks to Natural Habit

1. **Antibacterials:** Overuse may promote resistance making germs harder to control. E.g. **Triclosan**.
2. **Fragrance or Parfum:** This term applies to thousands of undisclosed ingredients including **phthalates**, which act as endocrine disruptors. Select essential-oil fragrances instead.
3. **Parabens:** These common preservatives are listed as **methyl-, ethyl-, propyl-, butyl-, or isobutyl-parabens**. They are allergens and act as endocrine disruptors.
4. **Phthalate family:** Also called **di-n-butyl phthalate (DBP)** and **di(2-ethylhexyl) phthalate (DEHP)** phthalates are plasticizers that act as endocrine disruptors.
5. **Amine Family:** These possible hormone disruptor can be listed as **Diethanolamine (DEA), TEA or MEA**.
6. **Coal Tar:** This is a known human carcinogen & active ingredient in dandruff shampoos & anti-itch creams. Also avoid coal-tar-based dyes **FD&C Blue 1** (toothpaste) and **FD&C Green 3** (used in mouthwash).
7. **1,4-Dioxane:** Dioxane is a known animal carcinogen that may appear as a contaminant in products containing **sodium laureth sulphate, myreth oleth, laureth, cateareth (or other "eth"), PEG, polyethylene, oxynol** and most other "eth" ingredients.
8. **Formaldehyde Family:** This carcinogen can also cause allergic reactions. may be found in baby bath soap, nail polish, and hair dyes. Watch for **Diazolidinyl urea, 3-diol Imidazolidinyl urea, DMDM Hydantoin, Quaternium-15, Nitropropane-1, Formalin, Methanal, Methyl aldehyde, Methylene oxide, Morbicid acid and Oxymethylene**.
9. **Lead & Mercury:** Lead may appear as a naturally occurring contaminant of hydrated silica (in toothpaste) & **lead acetate** is found in some brands of men's hair dye. Mercury, found in the preservative **thimerosal**, is used in some mascaras.
10. **Nanoparticles:** Tiny nanoparticles, which may penetrate the skin and damage brain cells are found in many cosmetics and sunscreens, listed as **zinc oxide or titanium dioxide nanoparticles**. Look for sunscreens containing particles of these ingredients larger than 100 nanometers.
11. **Petroleum Byproducts:** These may be listed as **petrolatum, liquid paraffin, petroleum distillates or mineral jelly and oil** and are possible human carcinogens.
12. **Hydroquinone:** Found in skin lighteners and facial moisturizers, it is neurotoxic and allergenic.