# Health & Environment Connection

## Bath & Body Shopper’s Guide

### Good to Know
- **The European Union bans** ingredients known or suspected to cause cancer, damage DNA, or interfere with normal reproduction, including hormone disruptors.
- **U.S. has no such ban.**
- **FDA cannot require safety testing of cosmetic products** prior to marketing.
- **Claims such as “natural,” “organic,” or “dermatologist-tested” are unregulated and undocumented.**

### AVOID
- Hydroquinone in skin lighteners
- Retinyl Palmitate in anti-aging products, moisturizers
- Fragrance
- Diazolidinyl urea
- Parabens
- TEA (triethanolamine)
- BHT (Butylated hydroxytoluene)
- Dark permanent dye
- Resorcinol in hair color/bleach
- “Keratin-based” hair smoothing treatments
- PEGs
- Ingredients with “-eth-” in the name (ie: Ceteareth), Parabens, DMDM hydantoin

### BRANDS TO LOOK FOR
- Aubrey Organics
  - Alba
  - Avalon Organics
  - Badger
  - Burt’s Bees
  - Giovanni
  - Honeybee Gardens
  - Juice Organics
  - MiEssence
  - Origins
  - Japan Naturals
  - Juice Beauty
  - Juice Organics
  - Shea Moisture
  - Terressentials
  - Tree Hut Shea
  - Weleda
  - WoodSprite Organic Body
- Soap
  - Avalon Organics
  - Clean Well (antibacterial)
  - Dr. Bronner’s Magic Soap
  - Eco Store USA
  - EO Products
  - Giovannni
  - Deodorant
  - Crystal Body
  - Crystal Essence
  - Honeybee Gardens
  - Juice Organics
  - MiEssence
  - Origins
  - Shea Moisture
  - Terressentials
  - Weleda
  - Yes to Carrots

### Soap/ Deodorant
- Triclosan or “anti-bacterial”
  - Triclosan is an antibacterial chemical linked to cancer and hormone disruption. Found in soaps, cleansers, deodorant, and antiperspirant.
- Fragrance
- Parabens
- Diazolidinyl urea
- DMDM hydantoin
- Aluminum (in antiperspirant)
- Safer tip: use deodorant instead of antiperspirant

### Make up
- Highest levels found in Maybelline and L’Oreal. High lead levels in: NARS, CoverGirl, Stargazer.
- Mercury (thimerosal) in eye products
- Petroleum distillates in mascara
- Talc in loose powders
- Fragrance
- Parabens
- BHA (Butylated hydroxyanisole)

### Baby
- Fragrance
- Parabens
- Ingredients with “-eth-” in the name (ie: sodium laureth sulfate), often in bubble bath or shampoo
- Formaldehyde-releasers (often in baby wipes):
  - Bronopol (2-Bromo-2-Nitropropane-1,3-Diol)
  - DMDM hydantoin
  - Imidazolidinyl urea

### Local retailers:
- Bed, Bath, & Beyond
- Better Health Store, CVS, Meijer
- Natural Food Patch, Plum Market
- Target
- Vitamin Shoppe, Vitamin Village
- Walgreens, Whole Foods
- Zerbo’s Health

### Web sales:

---

*Ecology Center does not endorse any brand, retailer, or manufacturer. These lists are not comprehensive. New products continually enter the marketplace and manufacturers reformulate.*

**LocalMotionGreen at Ecology Center** 313.881.2263  www.ecocenter.org/img  melissas@ecocenter.org