



	Phthalates	Triclosan	BHA	Formaldehyde	Parabens
On Label & Hazard Score* ①-②: Low ③-⑥ Moderate ⑦-⑩: High *ewg.org/skindeep	(pronounced thal-ates) ⑩ DBP or Dibutyl phthalate ⑩ DEHP or Di-2-ethylhexyl phthalate ⑦ DEP or Diethyl Phthalate ⑧ Fragrance "Fragrance" is proprietary. A fragrance may contain 3,000 + chemicals, including phthalates.	⑦ Triclosan Anti-bacterial: Triclosan is almost always the active ingredient on products advertised as "anti-bacterial."	⑩ BHA or Butylated hydroxyanisole	⑩ Formaldehyde ⑩ Formalin <i>Occurs as an impurity in:</i> ⑧-⑩ Bronopol (2-Bromo-2-Nitropropane-1,3-Diol) ⑦-⑧ DMDM hydantoin ⑥ Quaternium 15 ⑤ Diazolidinyl urea ⑤ Imidazolidinyl urea	⑤ butylparaben* ⑤ methylparaben ⑤ propylparaben* ⑤ polyparaben ④ ethylparaben ③ isobutylparaben
Found in	Nail products, deodorants, fragrances, hair spray, soap, shampoo, lotion, makeup	Liquid soap, bar soap, deodorant, face wash, toothpaste, mouthwash, acne treatments	Makeup, moisturizers, and food products	Hair smoothers, nail care, eye makeup, baby wipes, shampoo, conditioner, liquid soap, bubble bath	Thousands of products, including lotion/moisturizers, makeup, anti-aging products
Purpose	Help cosmetics penetrate skin. Prevent chipping in nail polish. Fixatives in fragrances. Emulsifiers	Anti-bacterial, Registered pesticide	Preservative	Preservative, Biocide, Nail Hardener	Preservative
Health Effects	Hormone Disruptors DBP: Cancer and Birth Defects (Testicular atrophy, structural defects of penis, reduced sperm count) in laboratory animals. DEHP: Cancer: "Probable Human Carcinogen" (U.S. EPA), "Reasonably Anticipated Human Carcinogen" (U.S. National Toxicology Program's (NTP) 12 th Report on Carcinogens (ROC)) DBP & DEHP: Banned in Europe (classified as mutagens causing genetic damage)	Hormone Disruptor: Disrupts thyroid, estrogen, androgen hormones (EPA). Cancer: Reacts with chlorine in tap water to create chloroform ("Probable Human Carcinogen" (U.S. EPA)). Allergies in children, Anti-bacterial resistance: Overuse is linked to these. Restricted in Canada & Japan	Hormone Disruptor: Strong evidence as endocrine disruptor. (European Commission on Endocrine Disruption). Cancer: "Reasonably Anticipated Human Carcinogen" (U.S. NTP's 12 th ROC). Banned in Europe	Cancer: "Known Human Carcinogen" (U.S. NTP's 12 th ROC). Irritant: to the eyes, nose, throat, and skin. Restricted in Canada & Europe Banned in Japan & Sweden	Hormone Disruptor, Cancer: Parabens act like estrogen—thus raise risks for certain cancers, impaired fertility, and altered development of a fetus or young child. Found in cancerous breast tumors. *Banned in Denmark in cosmetic products for children under 3 years
Alternatives					
Look for Instead	<ul style="list-style-type: none"> ☛ DBP-Free nail polish. ☛ Cosmetics, perfume, or cologne scented with plant-derived essential oils. 	<ul style="list-style-type: none"> ☛ Proper hygiene. Use castile or mild soap & warm water. Rub hands for 30 seconds. Rinse. ☛ Thyme oil as active ing. 	<ul style="list-style-type: none"> ☛ Preservatives that cause the least irritation and fewest allergic reactions according to The Safe Shopper's Bible by David Steinman and Samuel S. Epstein: Potassium sorbate Sorbic acid Tocopherol (vitamin E) Vitamin C (ascorbic acid) 		