

#### ■ Heavy Metals

Heavy metals are not cleaned by our systems and can build up in the body over time and are highly toxic, causing health problems: cancer, reproductive and developmental disorders, memory loss, mood swings, nerve, joint and muscle disorders, etc. Many are suspected hormone disruptors and respiratory toxins, and for some like lead, there is no known safe blood level. But often they are found in cosmetics.

#### ■ Mineral Oils

Found in many care products like: baby oil, body lotions, soap and cosmetics. Mineral oil is a petroleum by-product which clogs pores and interferes with the skin's ability to eliminate toxins, causing acne and other skin harm. Slows down cell development, resulting in premature ageing. May contain carcinogens.

#### ■ Paraben

A class of preservatives commonly found in moisturisers, deodorants and many personal care products. Methylparaben, butylparaben, isobutylparaben and propylparaben are classed as endocrine disruptors which may interfere with moods and male reproductive functions.

#### ■ PEGs

Put in many cosmetic creams. Can be contaminated with 1,4-dioxane. Also keep an eye out for related chemical propylene glycol and other components with the letters "eth". See Sodium Laureth Sulfate.

#### ■ Petroleum Distillate

Found in mascara, perfume, lipstick and foundation, petroleum distillates are a suspected carcinogen. Put in some hair products for shine and as a moisture barrier in lip products and skin moisturisers. A petroleum product that can be contaminated with products which may cause cancer.

#### ■ Siloxanes

Look for components ending in "-siloxane" or "-methicone." put in a variety of cosmetics to soften, smooth and moisten. Suspected endocrine disrupter and interferes with reproduction. Harmful to the ecosystem too.

#### ■ Sodium laureth sulfate

Put in cosmetics to make them foam: shampoos, cleansers and bubble bath. Serves no other purpose. Can be contaminated with 1,4-dioxane – see above. Look out too for related chemical sodium lauryl sulfate and other components with the letters "eth". See PEGs.

#### ■ Talc

A fine powder found in baby powders, face powders, body powders. Talc is a known carcinogen. It can be harmful if inhaled, lodging in the lungs, causing breathing disorders. Since the 80s several thousand infants each year have died or become seriously ill from inhaling baby powder.

#### ■ Tridosan

Put in as an antibacterial in cosmetics: toothpastes, cleansers and antiperspirants. Suspected hormone disrupter and may contribute to antibiotic resistance as well. Harmful to wildlife and the ecosystem.

#### ■ Toluene

Found in some nail polish and hardeners. It is suspected of being a reproductive or developmental toxin. One form, Toluene-2,4-diamine, is prohibited in Canada.

*Source: Environmental Working Group Campaign for Safe Cosmetics*