

# Chemicals you should avoid that could be affecting your health

## Shampoo

**MOST WORRYING:** Sodium Lauryl, Propylene Glycol, Methylisothiazoline  
**POSSIBLE SIDE EFFECTS:** Neurological damage, Irritation to skin, Possible eye damage

## Body Lotion

**MOST WORRYING:** Methylparaben, Propylparaben, Fragrance, Polyethylene Glycol, Mineral oil  
**POSSIBLE SIDE EFFECTS:** Skin irritant  
Hormone disruptor, Acne

## Laundry Detergent/Dryer Sheets

**MOST WORRYING:** Fragrance, Acetaldehyde, Butane, VOC's, Acetone, Dipalmethyl Hydroxyethylammonium, Methosulfate,  
**POSSIBLE SIDE EFFECTS:** Cancer, Nervous system issues, Allergic skin reactions

## Deoderant/Antiperspirant

**MOST WORRYING:** Aluminum Zirconium, Fragrance, Parabens, Triclosan  
**POSSIBLE SIDE EFFECTS:** Organ irritation, Cancer, Hormone disruptor

## Nail Varnish

**MOST WORRYING:** Formaldehyde, Phthalates  
**POSSIBLE SIDE EFFECTS:** Hormone disruptor, Linked to cancer, Asthma, Eye, nose, throat irritant

## Hair Styling Products

**MOST WORRYING:** Isophthalates, Octinoxate, Dexyl Phtlate, Sulfate, Parabens  
**POSSIBLE SIDE EFFECTS:** Allergies  
Eye, nose, throat irritant, Hair loss & thinning, Dandruff, Changes to cell structure,

## Foundation

**MOST WORRYING:** Polymethyl methacrylate, Phthalates, Octinoxate  
**POSSIBLE SIDE EFFECTS:** Disrupts immune system, Allergies, Organ irritant, Thyroid disorder

## Bubble Bath

**MOST WORRYING:** Sulfate, Butylparaben, Sodium Laureth, Retinyl Palmitate, Triethanolamine  
**POSSIBLE SIDE EFFECTS:** Cancer, Organ system toxicity, Neurotoxicity

## Cologne

**MOST WORRYING:** Acetone, Ethanol, Benzaldehyde, Formaldehyde, Limonene, Methylene Chloride, Camphor, Ethyl Acetate, Linalool, Toulene, Benzyl Alcohol  
**POSSIBLE SIDE EFFECTS:** Respiratory sensitizers that trigger wheezing or asthma, Cancer, Kidney damage, Central nervous system disorders

## Eye Shadow/Blush

**MOST WORRYING:** Polyethylene, Terephthalade, Ethylparabens, Methylparaben, Propylparaben  
**POSSIBLE SIDE EFFECTS:** Linked to cancer, Infertility, Hormonal disruptor, Rash, Irritation, DNA damage

## Sunscreen/Suntan Lotion

**MOST WORRYING:** Oxybenzone, Octinoxate, Homosalate, Retinyl Acetate  
**POSSIBLE SIDE EFFECTS:** Rashes, Skin allergies, Organ & system toxicity, Neurotoxicity, Cancer, Biochemical or cellular level changes, Endocrine Disruptions, Development/Reproductive toxicity,

## Shaving Cream

**MOST WORRYING:** Sodium Lauryl Sulfate, Ammonium, Mineral Oil, Phthalates, Glycols, Fragrance, Formaldehyde, Isopentane  
**POSSIBLE SIDE EFFECTS:** Cancer, Rashes, Reduced sperm count, Allergies, Hormone disruption

## Lipstick

**MOST WORRYING:** Polyethylene, Terephthalade  
**POSSIBLE SIDE EFFECTS:** Linked to cancer, Infertility

## Perfume

**MOST WORRYING:** Benzaldehyde, Toluene  
**POSSIBLE SIDE EFFECTS:** Linked to cancer, Organ irritant, Headaches, Hormone disruption