



Take-Along Guide for Safe Cosmetics

The purpose of this guide is to help you recognize potentially harmful ingredients in cosmetics. We know that there is a lot of information out there and it can get confusing trying to remember all of it.

This guide will show you the top 10 ingredients to avoid when shopping for cosmetics, lotions or shampoos.

Remember These Names

- 1.) **Sodium Lauryl / Laureth Sulfate (SLS)** – a known skin irritant when used in concentrations as low as 0.05%, used in shampoos, toothpastes lotions, and cosmetics as a foaming agent, when used in higher or prolonged concentrations it has been linked to hormone changes, eye damage, liver toxicity and skin corrosion according to The American College of Toxicology
<http://www.actox.org/>
- 2.) **PEG** – found in many forms PEG-40, PEG-100, PEG-60 and so on. It stands for Polyethylene Glycol and contains many skin irritants and impurities. According to the Journal of Toxicology it can be linked to various forms of cancer and leukemia in higher dosages.
- 3.) **Parabens – Methyl, Propyl, Butyl and Ethyl** known to mimic female estrogen and have adverse effects on the uterus with prolonged exposure.
- 4.) **Mineral Oil** (Baby Oil) – blocks pores and makes it hard for your skin to breathe, trapping all toxins inside your skin.
- 5.) **Imidazolidinyl Urea & DM Hydrantoin** - Used as a preservative, can cause contact dermatitis according to the American Academy of Dermatology.
- 6.) **FD & C color pigments** – made from coal tar can cause allergic reactions, asthma attacks, fatigue, cancer, and behavioral problems in children. Often found in red lipsticks and toothpaste.
- 7.) **DEA, MEA and TEA** – known to produce cancer-causing nitrates when tested on laboratory animals by the National Toxicology Program
- 8.) **Formaldehyde** – also known as **Quaternium-15**, 2-bromo-2-nitropropane-1,2-diol, Diazolidinyl Urea, Imidazolidinyl Urea, Metheneamine, Sodium Hydroxymethylglycinate DMDM-Hydantoin, these are directly linked to cancer.
- 9.) **PVP/VA Copolymer** – comes from petroleum and can cause lung damage if inhaled.
- 10.) **Fragrance** – simply labeled “fragrance” Since there's no way to know exactly what's in a fragrance it may cause skin irritation, asthma attacks, contact dermatitis, headaches, dizziness and rashes.

Purse Guide

- **Sodium Lauryl / Laureth Sulfate (SLS)**
- **PEG**
- **Parabens – Methyl, Propyl, Butyl and Ethyl**
- **Mineral Oil**
- **FD & C color pigments**
- **DEA, MEA and TEA**
- **Formaldehyde**
- **Quaternium-15**
- **PVP/VA Copolymer**
- **Fragrance**

Questions or Comments?

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Meant for informational purposes only. Don't just take our word for it! Do your research.