5 PROBLEM PRODUCTS:
Some categories of products have major safety concerns. Avoid them, especially on kids.

- **HAIR STRAIGHTENERS**
  - cancer, allergy, skin- and scalp irritation, hair damage and hair loss

- **LOOSE POWDERS**
  - inhalation risk

- **DARK PERMANENT HAIR DYES**
  - linked to cancer

- **PERFUMES/FRAGRANCES**
  - allergy concerns

- **SKIN LIGHTENERS**
  - skin irritation and damage

YOUR KIDS

Kids are sensitive. Use few products and pick them carefully.

YOUR BODY

**GETTING CLEAN**

**NO**

- Triclocarban (bar soap)
- Triclosan (liquid soap)

**YES**

- Hand sanitizers with ethanol / ethyl alcohol

**MOISTURIZING**

**NO**

- Retinyl palmitate or retinol in daytime skin products

YOUR SKIN + THE SUN

Very few sunscreens provide adequate sun protection and are free of harmful ingredients.

**NO**

- SPF above 50
- Retinyl palmitate
- Aerosol spray and powder sunscreens
- Oxybenzone
- Insect repellent

**YES**

- Hats and shade in mid-day sun
- Zinc or Titanium are the best active ingredients, otherwise 3% Avobenzone
- SPF 30 for intense sun
- Use a lot and regularly

YOUR BODY

**GETTING CLEAN**

**NO**

- Triclocarban (bar soap)
- Triclosan (liquid soap)

**YES**

- Hand sanitizers with ethanol / ethyl alcohol

YOUR HAIR

**SHAMPOO + CONDITIONER**

**NO**

- Fragrance
- PEG, ceteareth and polyethylene
- Parabens: propyl, isopropl, butyl, isobutyl
- ODMN hydantoin

YOUR NAILS

**NO**

- Formaldehyde or formalin in polish, hardeners or other nail products
- Toluene
- Dibutyl phthalate (DBP)
- Pregnant? Skip polish

YOUR TEETH

**NO**

- Retinyl palmitate or retinol

COMMON INGREDIENTS WITH SAFETY CONCERNS:

- **FRAGRANCE**
  - Products with “Fragrance” on the label can contain 100s of chemicals and trigger allergic reactions. Skip these products.

- **AVOID**
  - DMDM hydantoin
  - Diazolidinyl urea
  - Imidazolidinyl urea
  - Ceteareth
  - PEG and Polyethylene
  - These ingredients can have harmful contaminants.