

ewg.org/skindeep

QUICK TIPS FOR SAFER COSMETICS

A guide to navigating personal care product labels

FOLD ----

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

When shopping, check the ingredient list and look for the following:

YOUR TEETH

NO Triclosan in toothpaste

YOUR LIPS

NO Retinyl palmitate or retinol

FOLD ----

YOUR HAIR

SHAMPOO + CONDITIONER

- Fragrance
- PEG, ceteareth and polyethylene
- Parabens: propyl, isopropyl, butyl, isobutyl
- DMDM hydantoin

YOUR NAILS

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

MORE USEFUL TIPS FROM EWG

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NOT ALL PRODUCTS ARE SAFE:

WHY NOT?

- Cosmetics are unregulated and commonly made from poorly tested chemicals
- Makers can use almost any ingredient they choose
- FDA can't require safety tests or recall harmful products

BUT YOU CAN PICK SAFER PRODUCTS

- Use fewer products
- Buy only after reviewing the ingredients
- "Dermatologist-tested," "gentle" and "natural" could be ad hype

safety ratings for 1,000s of products EWG'S SKINDEEP DATABASE lists of ingredients with safety concerns ewg.org/skindeep

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

PERFUMES/FRAGRANCES allergy concerns

DARK PERMANENT HAIR DYES

linked to cancer

SKIN LIGHTENERS

skin irritation and damage

YOUR SKIN + THE SUN

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

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

- 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 reapply frequently

YOUR KIDS

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

DIAPER CREAM

NO boric acid

BABY WIPES

NO 2-bromo-2-nitropropane-1,3-diol (bronopol)

TOOTHPASTE

LIMIT fluoride toothpaste for kids who might swallow it (none for kids under 2)

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.

