

first cut out guide, then fold here

Environmental Working Group's

# shopper's guide to safe cosmetics



## INGREDIENTS TO AVOID

- DMDM hydantoin and Imidazolidinyl urea  
toxic contaminants
- Fragrance and dyes  
allergies, cancer, nervous system
- Methylchloroisothiazolinone and Methylisothiazolinone  
allergies, nervous system
- Parabens or "-paraben"  
hormone effects
- "PEG" and "-eth"  
toxic contaminants
- Sodium lauryl or laureth sulfate  
skin damage, toxic contaminants
- Triclosan and triclocarban  
thyroid and environmental concerns
- Triethanolamine (TEA)  
allergies, toxic contaminants

With no required safety testing, cosmetics companies can use almost any chemical they want, regardless of risks. Read labels before you buy.

## PRODUCTS TO AVOID

- Anti-aging creams with lactic, glycolic, AHA, and BHA acids
- Hair dyes with ammonia, peroxide, p-phenylenediamine, diaminobenzene; all dark permanent hair dyes
- Liquid hand soaps with triclosan
- Nail polish and removers with formaldehyde
- Skin lighteners with hydroquinone

For more information on this list, visit [cosmeticsdatabase.com](http://cosmeticsdatabase.com)

## Safer shopping tips

- Use fewer, simpler products.
- Don't trust claims like "dermatologist-tested," "natural," or "organic." Read the ingredient label instead.
- Take label warnings seriously. They indicate hazardous chemicals.
- Look up your products' reviews at EWG's [cosmeticsdatabase.com](http://cosmeticsdatabase.com).

## SUNSCREENS

- Stay in the shade from 10 am to 4 pm
- Wear a hat, sunglasses, & protective clothing
- Use SPF 30 or higher
- Avoid sprays and the ingredient oxybenzone
- Use 7% or higher zinc oxide or titanium dioxide
- Avoid added bug repellent

## CHILDREN'S PRODUCTS

- Avoid boric acid and sodium borate in diaper cream
- Avoid 2-bromo-2-nitropropane-1,3-diol in baby wipes
- Avoid toothpaste with fluoride for children under 2
- Avoid play makeup like lipstick, perfume, and nail polish

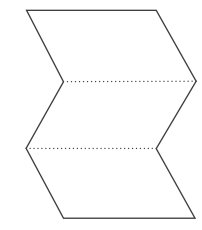
## More tips and product reviews at [cosmeticsdatabase.com](http://cosmeticsdatabase.com)

- **Subscribe to EWG's newsletter.** Sign up at [ewg.org/signup](http://ewg.org/signup)
- **Support the Kid-Safe Chemicals Act.** Learn more at [ewg.org/kidsafe](http://ewg.org/kidsafe)



## Make your own safe cosmetics guide

1. Cut along dotted line.
2. Fold guide in half down the middle.
3. Fold guide into thirds, like an accordion, to make it pocket-sized.



fold guide into thirds at these two points

