

## THE TOXIC TEN SHOPPING GUIDE

Chemicals to Avoid	What it's in
Parabens: methyl/ethyl/butyl-paraben; hydroxybenzoate/benzoic acid	makeup, deodorants, shampoo, lotions, body scrubs
Phthalates & Bisphenol A: known as plasticizers; DBP, DEHP, DEP; 1-2 benzenedicarboxylate	Nail polish, fragrance, lotions, plastic bottles, baby bottles & toys, plastics (no. 2, 3, 6,7)
Synthetic Fragrances - often contain phthalates not listed on label	Shampoo, conditioner, cleaning products, lotions, deodorants, makeup, perfumes
Chemical sunscreens: oxybenzone, octinoxate, PABA, octyl methoxycinnamate	Sunscreens; switch to zinc oxide or titanium dioxide
Triclosan	Anti-bacterial or anti-microbial soaps, kitchen sponges, toothpaste, dishwashing liquids
1-4 Dioxane* - toxic by-product not on label	shampoo, body lotions, baby bath products
Formaldehyde & releasers : formic/methyl aldehyde; DMDM hydantoin; behentimonium chloride; quaternium-15, imidazolidinyl urea, diazolidinyl urea; methylisothiazolinone	Nail polish, shampoo, bubble bath, baby lotions, shampoo, antiperspirant, makeup, hair dyes & treatments (Brazilian blowout)
Sulfates (SLES/SLS): sodium laureth/lauryl sulfate; ammonium laureth sulfate	Shampoo, lotions, toothpaste, bubble baths, facial cleansers, baby & body washes, soaps
PG, PEG, PPG: propylene glycol, polyethylene glycol, polypropylene glycol	Shampoo, makeup, baby washes, lotions, body washes, soaps
DEA, TEA, MEA, ETA: di/tri/mono- ethanolamine (ETA); cocamide DEA, lauramide DEA	Skin cleansers, shampoos, body lotions & washes, hair coloring, detergents