

## 6 Common Toxic Ingredients in Cosmetics and Toiletries

### ***Propylene Glycol or Butylene Glycol***

- What it does:** **Humectant:** Retains & absorbs moisture, allows liquids to spread more evenly  
Also used to remove barnacles from boats
- Found in:** **Moisturiser, hair conditioners & cosmetics**, toothpaste, cigarettes, chocolate & lollies, **perfume**, anti-freeze, paint & paint remover.
- What it causes:** **Dry skin, rashes & dermatitis, CNS depression, blood & kidney disorders, respiratory and throat irritation, liver & brain damage, CARCINOGENIC.**

### ***Sodium Lauryl Sulphate or Sodium Laureth Sulphate***

- What it does:** **Surfactant:** Allows liquids to spread more evenly, foaming agent & mixture stabiliser
- Found in:** **Shampoos, shower gel, hand soap**, dishwashing liquid, **toothpaste**, marshmallows, industrial cleaners, engine & oven degreasers, **90% of foaming products**
- What it causes:** **Eye diseases & improper eye development in infants & children, dry skin, rashes & dermatitis, impaired hair growth, CARCINOGENIC.**

### ***Mineral Oil, Baby oil, Paraffin wax or Paraffin oil***

- What it does:** **Emollient:** Coats skin to prevent dryness
- Found in:** **cosmetics, moisturiser, suntan lotion, coating on fruit & vegetables, baby cream & baby oil (100%), furniture polish, lollies, chewing gum**
- What it causes:** **Plastic-like barrier that suffocates the skin & traps toxins; dry skin, rashes & dermatitis, cosmetic acne, skin discolouration, premature aging, accumulates in the liver & lymph nodes, CARCINOGENIC.**

### ***Silicone oils: Dimethicone, Cyclomethicone, Dimethicone Copolyol***

- What it does:** **Emollient:** Coats skin & hair to prevent dryness
- Found in:** **Hair & skin conditioners, cosmetics**, topical drugs, bitumen (tarmac for roads)
- What it causes:** **Plastic-like barrier that suffocates the skin & hair and traps toxins; dry skin, rashes & dermatitis, dry or itchy scalp, tumours in lungs, thorax & endocrine system, accumulates in the liver & lymph nodes CARCINOGENIC.**

### ***Paraben Preservatives: Propyl, Methyl, Butyl & Ethyl.***

- What it does:** **Preservative**
- Found in:** **Cosmetics, hair care products, eye lotion, foundation**, baby preparations, jams & preserves, food colourings, **BREAST CANCER TISSUE.**
- What it causes:** **Irritation to eyes, skin and respiratory tract, allergic reactions, dry skin, rashes & dermatitis, itching, redness & pain.**

### ***Fragrance***

- What it does:** Up to 4,000 different ingredients to provide a scent or pleasant smell.
- Found in:** **Cologne, perfume, after shave, deodorant**, car deodorisers, air fresheners, pours purée,
- What it causes:** **Headaches, dizziness, allergic rashes, skin discoloration, violent coughing & vomiting, skin irritation, depression, hyperactivity, and irritability, CARCINOGENIC.**

A **carcinogen** is any substance or agent that causes cancer.