



WOMEN TAKING ACTION FOR A HEALTHIER PLANET

Toxic Tour: What's in my cosmetics?

Names to watch out for	Effects	Enter name & brand of product in the box below (e.g. Intensive Hand & Body Lotion, Boots)					
		Y / N	↓	Y / N	↓	Y / N	↓
AHAs - Alpha-hydroxy acids (or 'fruit acids'; incl. Glycolic acid and lactic acid)	<ul style="list-style-type: none"> - Can penetrate the skin - Many reported adverse skin reactions in the US - May increase sensitivity to sunlight therefore increase photo-aging and risk of sun-related skin cancers 		↓		↓		↓
BHT butylated hydroxytoluene	<ul style="list-style-type: none"> - Preservative antioxidants - Possible allergen - Has been linked to possible behavioural effects, reproductive failures, not allowed in baby food 						
Fragrance (Parfum, or Aroma.)	<ul style="list-style-type: none"> - Can exacerbate asthmatic symptoms. - May contain chemicals linked to cancer, damaging to the liver and kidneys and toxic to the nervous system. 						
Parabens (Alkyl parahydroxy benzoates, or butyl/methyl/ ethyl/propyl/ isobutyl paraben)	<ul style="list-style-type: none"> - Oestrogen mimics - Can penetrate the skin - Has been found in small sample of human breast tissue 						
Phthalates (Dibutyl (DBP), di(2-ethylhexyl) (DEHP), di-ethyl phthalate (DEP), butyl benzyl phthalate (BBP))	<ul style="list-style-type: none"> - Risk to pregnant women and unborn children; - DBP and DEHP on EU list of banned substances to be phased out by early 2005 - May disrupt hormones and cause birth defects - Linked to asthma and allergic disease 						
P-Phenylenediamine (PPD, or Para-phenylene-diamine)	<ul style="list-style-type: none"> - Linked to cancer in workers - Linked to asthma and allergic disease. - Can penetrate skin. - Skin irritant 						
Triclosan (5-chloro-2 (2,4-dichlorophenoxy)-phenol) or Trade name - Microban	<ul style="list-style-type: none"> - Bioaccumulative - builds up in fatty tissue and can't be broken down properly. - Has been found in human breast milk and fish - Dioxins (linked to cancer) are formed when it is manufactured, incinerated or exposed to sunlight. 						
Sodium Lauryl Sulphate (Sodium Lauryl Sulfate)	<ul style="list-style-type: none"> - Skin, eye and respiratory tract irritant. - May damage liver, lungs and immune system. - Some evidence to suggest reproductive effects. 						
Toluene (Toloul, methylbenzene)	<ul style="list-style-type: none"> - Risk to women workers of spontaneous abortions - Skin irritant - Toxic to central nervous system, eyes, blood, liver, kidneys and skin. 						
Propylene glycol (propan-1,2-diol)	<ul style="list-style-type: none"> - Humectant - used to maintain moisture. - Can cause contact dermatitis - Linked to depression of the CNS (Central Nervous System) 						