

Ingredient List Cheat Sheet

What to AVOID:

Phthalates

Fragrances

Parabens

Triclosan (a claim such as “antibacterial” or “odor-fighting” often indicates the presence of triclosan)

Oxybenzone and Octinoxate

Siloxanes

PEG's (polyethylene glycol)

Sodium Lauryl Sulfate (SLS), Sodium Laureth Sulfate (SLES)

Ingredients ending in “eth” like cetareth, tricetareth

Retinyl Palmitate

Nanoparticles

Aluminum

Any product that contains a formaldehyde-releasing chemical, which includes:

- DMDM hydantoin
- Imidazolidinyl urea
- Diazolidinyl urea
- Quaternium-15
- Bronopol (2-bromo-2-nitropropane-1,3-diol)
- 5-Bromo-5-nitro-1,3-dioxane
- Hydroxymethylglycinate

Diethanolamine (DEA)

Talc

Mineral oil

Synthetic colors and dyes

- Dyes will usually be listed near the end of a long ingredient list.
- Keep an eye out for terms like “colorant”, “pigment”, and “dye”.
- Some dyes will have the name of a color followed by a number. For example, Blue 1 Lake, Green 3, and FD&C Yellow 6.
- The words “lake” or “aluminum lake” mean that color has been added. For example, Blue 1 Lake.
- Any product with the words FD&C (Food, Drugs and Cosmetics or D&C (Drugs & Cosmetics) contains an added dye. FDA-certified color additives have special names consisting of these prefixes. Sometimes you'll see “CI” (Color Index) after FD&C or D&C. Certified FD&C colors have been approved for use in food, drugs, and cosmetics; D&C for drugs and cosmetics, but not in food.

What to look for: To ensure it's a safer product, look for 3rd party certifications such as EWG Certified, MadeSafe, NSF/ANSI, Fair Trade Certified, Cruelty Free