



Chemicals in Personal Care Products

How Many Do You Use?

SHAMPOO

Average Number of Chemicals: 15

MOST WORRYING: Sodium Lauryl Sulphate; propylene Glycol, Methylisothiazoline

POSSIBLE SIDE-EFFECTS:

Neurological damage in fetus, irritation, possible eye damage

EYE SHADOW

Chemicals: 26

MOST WORRYING: Polyethylene terephthalate
POSSIBLE SIDE-EFFECTS: linked to cancer, infertility, hormone disruption, damage to body's organs

FOUNDATION

Chemicals: 24

MOST WORRYING: Polymethyl Methacrylate
POSSIBLE SIDE-EFFECTS: Disrupts immune system, allergies, links to cancer

LIPSTICK

Chemicals: 33

MOST WORRYING: Polymethyl Methacrylate
POSSIBLE SIDE-EFFECTS: Allergies, linked to cancer

PERFUME

Chemicals: 250

MOST WORRYING: Benzaldehyde, Toluene
POSSIBLE SIDE-EFFECTS: Sperm damage, linked to cancer, organ irritant, hormone disruption

BODY LOTION

Chemicals: 32

MOST WORRYING: Methylparaben, Propylparaben, Polyethylene glycol (also found in cleaners)
POSSIBLE SIDE-EFFECTS: rashes, irritation, hormone disruption

HAIRSPRAY

Average Number of Chemicals: 11

MOST WORRYING:

octinoxate, isophthalates

POSSIBLE SIDE-EFFECTS:

Allergies, hormone disruption, irritation to eyes, nose, & throat, changes in cell structure

BLUSH

Chemicals: 16

MOST WORRYING: Ethylparabens, Methylparabens, Propylparaben
POSSIBLE SIDE-EFFECTS: rash, irritation, hormone disruption

DEODORANT

Chemicals: 32

MOST WORRYING: Aluminum Zirconium, Isopropyl Myristate
POSSIBLE SIDE-EFFECTS: organ irritation, hormone disruption

NAIL POLISH

Chemicals: 31

MOST WORRYING: Phthalates
POSSIBLE SIDE-EFFECTS: Linked to hormone disruption, fertility issues, linked to cancer and problems in developing babies

FAKE TAN

Chemicals: 22

MOST WORRYING: Ethylparaben, Methylparaben, Propylparaben
POSSIBLE SIDE-EFFECTS: rashes, irritation, hormone disruption



PINK = Linked to Cancer
BLUE = Could Affect Your Fetus