

## Toxic Ingredients

**Below is a list of just a few of the clinically proven toxic chemicals widely used in cosmetics.**

**100% Pure products are never polluted with any toxins.**

**Accutane:** it has been proven that accutane causes severe birth defects to babies born from women who have been using accutane (nearly 90% of the babies born to women who were pregnant while taking accutane). Other side effects (although temporary) of accutane included dry skin and lips, mild nosebleeds, hair loss, aches and pains, itching, rash, fragile skin, increased sensitivity to sun, headaches, and peeling palms and hands. More serious (although less common) side effects include severe headaches, nausea, vomiting, blurred vision, changes in mood, depression, severe stomach pain, diarrhea, decreased night vision, bowel problems, persistent dryness of eyes, calcium deposits in tendons, an increase in cholesterol levels, and yellowing of the skin. (source: journal of the American Academy of Dermatology, November 2001, supplemental pages 188-194)

**Aorta Extract-** obtained from hearts of animals

**Arachidonic acid-** There is research showing that this ingredient is potentially dangerous and mutagenic when used topically (source: journal of Cellular and Molecular Life Sciences, May 2002, pages 799-807; and journal of Environmental Pathology, Toxicology, and Oncology, 2002 volume 21, number 2, pages 183-191)

**Aspergillus/Aspidosperma quebracho ferment-** fungus that is problematic for health (sources: Current Opinion in Microbiology, August 2002, page 386; and Annual Review of Microbiology, July 2002  
[www.micro.annualreviews.org/cgi/content/abstract/012302.160625v4](http://www.micro.annualreviews.org/cgi/content/abstract/012302.160625v4))

**Balsam Peru-** causes allergic skin reactions and dermatitis. Also has potential to cause photodermatitis and phototoxicity (sources: Natural Medicines Comprehensive Database, [www.naturaldatabase.com](http://www.naturaldatabase.com); and Journal of the American Academy of Dermatology)

**BHA (abbreviation for Butylated Hydroxyanisole)** - suspected carcinogen (source: Mutation Research and Genetic Toxicology and Environmental Mutagenesis, July 2002, pages 123-133)

**BHT-** contains carcinogenic properties (source- mechanisms of Ageing and Development, May 2002, pages 1203-1210; and Free Radical Biology and Medicine, February 2000, pages 330-336)

**Black Locust extract** - may have toxic components (source: FDA, Center for Food Safety & Applied Nutrition, "Poisonous Plant Bibliography," [www.fda.gov](http://www.fda.gov))

**Bloodroot-** Potent skin irritant (source: Cornell University Poisonous Plants Informational Database, [www.ansci.cornell.edu/plants/alphalist.html](http://www.ansci.cornell.edu/plants/alphalist.html))

**Borax**- significant skin irritant due to its ph of about 9-11.

**Cactus Flower extract** - may be a skin irritant that causes itching and skin pustules (sources: Botanical Dermatology Database and Natural Medicines Comprehensive Database, [www.naturaldatabase.com](http://www.naturaldatabase.com))

**Cholesterol** - a phospholipid (a type of an animal or human fat) used in cosmetics as an emollient

**Colostrum**- clear/cloudy "pre-milk" that female mammals secrete prior to producing milk.

**Coltsfoot**- carcinogenic due to its pyrrolizidine alkaloid content and is not recommended for repeated use on skin (source: The PDR Family Guide to Natural Medicine & Healing Therapies)

**Comfrey**- Several studies have shown that comfrey extract can have carcinogenic or toxic properties when taken orally and is a skin irritant due to its alkaloid content (sources: Chemical Research in Toxicology, November 2001, pages 1546-1551; and Public Health Nutrition, December 2000, pages 501-508).

**Commiphora Wightii extract**- has cytotoxic components that may have a toxic effect on skin cells (source: Phytochemistry, April 2001, pages 723-727).

**Conium maculatum**- Toxic and poisonous. Death has resulted after ingestion (source: Natural Medicines Comprehensive Database, [www.naturaldatabase.com](http://www.naturaldatabase.com)).

**DHEA (dehydroepiandrosterone)**- can increase the risk of breast and prostate cancer and may elevate the risk of a heart attack (source: Dr. Andrew Weil, [www.drweil.com](http://www.drweil.com))

**Diazolidinyl urea**- formaldehyde releasing preservative

**DBP or dibutyl phthalate**- a very common ingredient in nail polish and in synthetic fragrances. The Centers for Disease Control and Prevention (CDC, published the National Report on Human Exposure to Environmental Chemicals- Results for Mono butyl phthalate (which is metabolized from dibutyl phthalate). The report noted measurable levels of phthalate were found in the urine of the participants in the study. In animals- DBP has been shown to produce detrimental effects. DBP is an developmental and reproductive toxin that in lab animals causes a broad range of birth defects and lifelong reproductive impairments which effects persist throughout the animals life (source: Environmental Working Group- an non profit environmental research organization, [www.ewg.org](http://www.ewg.org)).

**Diethanolmine (DEA)**- in 1999, the National Toxicology Program (NTP) completed a study that found an association between cancer in laboratory animals and the application of DEA and certain DEA-related ingredients to their skin. DEA relegated ingredients include oleamide DEA, lauramide DEA, cocamide DEA, etc (these ingredients

act as emulsifiers, foaming agents. (sources: National Toxicology Program study # TR-478, Toxicology and Carcinogenesis Studies of Diethanolamine (CAS No. 111-42-2) in F344/N Rats and B6C3F1 Mice (Dermal Studies), July 1999- <http://ntp-server.niehs.nih.gov/>).

**DMDM hydantoin**- Formaldehyde releasing preservative

**DMSO. Dimethyl Sulfoxide**- potent skin irritant and sensitizer and it can cause burning, blistering, drying, and scaling skin. It is not recommended to have this as a primary ingredient in skincare due to its toxicity (sources: Natural Medicines Comprehensive Database, [www.naturaldatabase.com](http://www.naturaldatabase.com); Skin Research and Technology, May 2001, pages 73-77; and Contact Dermatitis, February 1998, pages 90-95, and April 2000 pages 216-221)

**Germanium**- according to the FDA, germanium has caused kidney injury and death - even when used in small dosages. Poisonous and deleterious to health (source: [www.fda.gov](http://www.fda.gov))

**Hydrogen peroxide**- problematic as a topical disinfectant because it can greatly reduce the production of healthy new skin cells, causes cellular destruction and impairs the skin's healing process. Hydrogen peroxide is also a significant oxidizing agent- which means it generates free-radical damage (sources: Plastic and Reconstructive Surgery, September 2001, pages 675-687; Carcinogenesis, March 2002, pages 469-475; and Anticancer Research, July-August 2001, pages 2719-2724).

**Hydroquinone**- potentially carcinogenic. In vitro, hydroquinone has a toxic effect on cells containing melanin. when hydroquinone was tested on animals- tumor creation and DNA damage was noted. There have also been a few cases of hyperpigmentation (sources: Biochemical Pharmacology, March 1999, pages 663-672; Critical reviews in Toxicology, May 1999, pages 283-330; and Food and Chemical Toxicology, November 1999, pages 1105-1111).

**Imidazolidinyl urea**- formaldehyde releasing preservative

**Iron oxides**- is rust-used as a colorant in cosmetics and as a metal polish called jewellers rouge. rust causes tetinitus.

**Kathon CG**- (usually listed as methylchloroisothiazolinone or methylisothiazolinone) preservative blend of methylchloro-isothiazolinone and methylisothiazolinone which is a skin sensitizer and a severe irritant (sources: Contact Dermatitis, November 2001, pages 257-264 and European Journal of Dermatology, March 1999, pages 144-160).

**Lithospermum officinale**- susceptible to cause cell damage when applied topically (source: American Herbal Products Association, [www.ahpa.org](http://www.ahpa.org))

**Methyldibromo glutaronitrile**- formaldehyde releasing preservative

**Placenta Extract**- obtained from the afterbirth of animals (sources: Placenta, July 2002, pages 497-502; and Bioscience, Biotechnology, and Biochemistry, November 2000, pages 2478-2481)

**Placental Protein**- obtained from either HUMAN or animal placentas (illegal in Europe). there are concerns about contracting mad cow disease from animal placentas and HIV from human placenta (source: International Journal of Toxicology, 2002, volume 21, supplement 1, pages 81-91).

**PEG (polyethylene glycol) / Propylene Glycol**- same chemical as antifreeze; when rats were tested with PEG ingredients, rats were affected with tumors (sources: Advanced Drug Delivery Reviews, June 2002, pages 587-606; and Cancer Research, June 2000, pages 3138-3143)

**Quaternium-15**- formaldehyde releasing preservative

**Sodium lauryl sulfate (SLS) and Sodium Laureth Sulfate (SLES) Amonyl Lauryl/Laureth Sulfate**: Same chemical used as car engine, floor, and oven degreasers. Detergent cleansing agent that is a potent skin irritant. Even in such small concentrations of only 2%-5% , detergents are highly irritating, skin sensitizing, and causes allergic reactions in a lot of people (sources: European Journal of Dermatology, September-October 2001, pages 416-419; American Journal of Contact Dermatitis, March 2001, pages 28-32; and Skin Pharmacology and Applied Skin Physiology, September-October 2000, pages 246-257).

**Tallow**- 90% of all cleansers/surfactants/detergents- anything that makes a product foam is made with tallow (and it's not required for manufacturers to list tallow as an ingredient, just the name of the foaming agent. tallow is animal fat used to make soap/foaming agents and candles; pore clogging and can be a problem with breakouts.

**Umbilical extract**- obtained either from HUMAN or animal umbilical cord- banned in Europe. There are concerns of using animal by-products because of transmission of bovine spongiform encephalopathy (Mad Cow Disease) and for human derived ingredients because of transmission of viral diseases such as human immunodeficiency virus (HIV) (source: International Journal of Toxicology, 2002, volume 21, supplement 1, pages 81-91)

**Urea**- component of urine (mostly synthetic versions used in cosmetics); can cause inflammation (sources: Skin Pharmacology and Applied Skin Physiology, January-February 2002, pages 44-45)