NOT SKIN DEEP:

CHEMICALS IN PERSONAL CARE PRODUCTS

- Personal care products contain a lot of ingredients including chemicals that can impact your health
- Some of the chemicals are called endocrine disruptors (EDCs) because they change the body's endocrine (hormone) system
- Many EDCs are not included on the ingredients label, making it hard to avoid exposure to these chemicals

INGREDIENTS TO AVOID

- Parabens
- Fragrances which contain phthalates
- Triclosan
- Benzophenone-3

LOOK OUT FOR...

Products that are more likely to contain EDCs, including:

- Perfume
- Nail polish
- Fragranced lotion
- Hair products (oils, hair relaxers)
- Cosmetics

Note: fragrances may contain a variety of other EDCs in addition to phthalates

HEALTH CONCERNS

EDCs in personal care products can irritate skin, increase the risk of certain cancers, weight gain, asthma, and negatively impact reproductive health.

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SAFER PERSONAL CARE PRODUCT RESOURCES

ENVIRONMENTAL WORKING GROUP HEALTHY LIVING

SILENT SPRING DETOX ME

COSDNA

RED LIST CHEMICALS OF CONCERN

Scan these to look up your current products and learn more about ingredients of concern!