

The NAUGHTY List

BROUGHT TO YOU BY: *Makeup By Yanna*

TOXIC



CHEMICALS


POISONS

TAKE ME WITH YOU SO YOU ALWAYS KNOW

WHAT **NOT** TO GET!


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PERSONAL GUIDE to the NAUGHTY list of ingredients found in cosmetics and beauty products!!


 **BHA (butylated hydroxyanisole) & BHT (butylated hydroxytoluene):** Chemical used in many moisturizers, and cosmetics as a preservative. May cause cancer, hormone dysfunction and harmful to fish and other wildlife.




COAL TAR DYES: Look for p-phenylenediamine in hair dye, and colours listed as "CI" followed by a five digit number in other products. These can be contaminated with heavy metals which are harmful to the brain.


 **CYCLOMETHICONE & SILOXANES:** Widely used in moisturizer, makeup, hair products, etc. May interfere with hormone function and damage the liver. Harmful to fish and other wildlife.


 **DEA (Diethanolamine), MEA (monoethanolamine) & TEA:** Found in creamy and foaming products like moisturizer & shampoo. Can react to form cancer-causing nitrosamines. Harmful to fish and other wildlife.


 **DIBUTYL PHTHALATE:** In nail products. Toxic to reproduction and may interfere with hormone function. Harmful to fish and other wildlife.


FORMALDEHYDE-RELEASING PRESERVATIVES: Look for DMDM HYDANTOIN, DIAZOLIDINYL UREA, IMIDAZOLIDINYL UREA, METHENAMINE, or QUARTERNIUM-15. Widely used in hair products, moisturizers, etc. Formaldehyde causes cancer.


 **PARABENS:** Widely used in makeup, moisturizers, etc. May interfere with hormone function and they have been associated with breast cancer.

 **PARFUM:** Widely used even in some products marketed as "unscented" (often the last ingredient). Mixture of chemicals that can trigger allergies and asthma. Some linked to cancer and neurotoxicity. Some harmful to fish and other wildlife.

 **PEG:** Widely used in conditioners, moisturizers, deodorants, etc. Can be contaminated with 1, 4-dioxane, which may cause cancer.

 **PETROLATUM:** Also look for "mineral oil" in the list of ingredients. Found in most hair products, lip balm/lipstick, skin care products. Petroleum (or mineral oil) clogs the pores and can be contaminated with cancer-causing impurities.

 **SODIUM LAURETH SULFATE (SLES) and SODIUM LAURYL SULFATE (SLS):** In products that foam such as shampoo, cleansers, bubble bath. SLES can be contaminated with 1,4-dioxane, which may cause cancer. SLS may damage liver. Harmful to fish and other wildlife.

 **TRICLOSAN:** In "anti-bacterial" products such as toothpaste, soaps, hand sanitizers. May interfere with hormone function and contribute to antibiotic-resistant bacteria. Harmful to fish and other wildlife.



Find out more about the NAUGHTY list and where you can purchase safe, non-toxic beauty products.

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