

LIST OF INGREDIENTS TO AVOID:

DMDM Hydantoin and Imidazolidinyl urea
Toxic contaminants

Fragrance and perfumes (FD & C—means Food, drug and cosmetic perfumes and colourants)

Chemical dyes and colourants
Allergies, cancer, nervous system

Preservatives (Parabens etc)
Propyl, butyl, methyl—a preservative that has been found in breast tumours. Affects hormones.

PEG and "-eth" (Toxic contaminants)

Sodium lauryl or laureth sulfate
Skin damage, toxic contaminants

Lanolin

Propylene glycol

Triethanolamine (TEA)
Allergies, toxic contaminants

Diethanolamine (DEA)

Triclosan and triclocarban
Thyroid and environmental concerns

Hair dyes with ammonia, peroxide, p-phenylenediamine, diaminobenzene, all dark permanent hair dyes

Liquid hand soaps with triclosan

Nail polish and removers

With formaldehyde

Skin lighteners with hydroquinone

Anti-aging creams

With lactic, glycolic, AHA and BHA acids

Chemical Sunscreens

Coal Tar



Don't leave home without me!

(Read labels before you buy)

SHOPPERS GUIDE 2009



Notes:

- Avoid chemical insect repellent
- Sprays containing oxybenzone
- Avoid boric acid and sodium borate in baby barrier creams
- Avoid 2-bromo-2-nitropropane-1,3-diol in baby wipes (causes contact dermatitis)
- Avoid toothpaste with fluoride for children under 2
- Avoid play makeup—lipstick, perfume and nail polish.
- Toxic Ingredient Dictionary
- Subscribe to Earthsentials newsletter

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