

Below is a handy list of chemicals to avoid in skin care, personal care and household products. All chemicals listed are rated 3 or above by the Environmental Working Groups Skin Deep Cosmetic Database. 3-6 is a moderate hazard rating; 7-10 is a high hazard (**marked with \***). For a comprehensive list of chemicals to avoid, visit [www.cosmeticsdatabase.com](http://www.cosmeticsdatabase.com)



## AVOID THESE CHEMICALS

Acetone, Aluminum, Bentonite, Benzaldehyde, Benzene, Benzyl alcohol, Camphor, Coal Tar derivatives\*, Cocamide DEA, Cocamidopropyl Betaine, **DEA (Diethanolamine)\***, **Dibutyl phthalate\***, **Dimethylamine\***, Ethanol, Ethyl acetate, **Ethylacrylate\***, FDC-n (FD&C), Fluoride, **Formaldehyde\***, Imidazolidinyl Urea, Lauramide DEA, Lead Acetate\*, Limonene, Linalool, Mercury\*, methylisothiazolinone, Mineral oil, Mono sodium glutamate (MSG), **Nitrosamine\***, Parabens, **PABA (Para Amino Benzoic Acid)\***, **Phenylphenol\***, Phenoxyethanol, Phthalates, **Petroleum distillates\***, Polysorbate-n (20-85), **Potassium dichromate\***, Propylene glycol, Retinoic Acid, Salicylic Acid, **Selenium Sulfide\***, Sodium lauryl sulphate (SLS), Sodium laureth sulphate (SLES), Sodium oleth sulphate, Talc, **Toluene\***, Triethanolamine (TEA), **Triclosan\***

The list below includes the worst additives that most people may want to avoid and is based on information from **Additive Alert by Julie Eady**. These are the additives that are suspected carcinogens, banned in other countries or are linked to other serious adverse health effects. If you have asthma, or other specific health concerns, there may be more additives that you wish to include on your list. For further information, visit [www.additivealert.com.au](http://www.additivealert.com.au) or consult your health care practitioner.

#### AVOID THESE ADDITIVES

102, 104, 110, 122, 123, 124, 127, 131, 132, 133, 151, 153, 155, 160b, 173, 174, 175, 211, 249, 250, 251, 252, 280, 281, 282, 283, 310, 311, 312, 319, 320, 321, 385, 407, 407a, 431, 433, 435, 436, 466, 530, 553, 621, 627, 631, 635, 900, 914, 943a, 950, 951, 952, 954, 1201, 1520, 1521

[www.greenlifeorganics.com.au](http://www.greenlifeorganics.com.au)