



A LIST FOR YOU TO CROSS REFERENCE YOUR PRODUCTS. Many products labelled natural or organic are still using some of these ingredients and are permitted to do so under labelling laws. Creme-FRESH wants to empower you with the knowledge to choose for your good health.

Phthalates - diethyl phthalate - widely used as fragrance ingredients in cosmetics. As trade secrets, manufacturers do not have to disclose specific chemicals. The best way to avoid phthalates is to **avoid products with "parfum" or "fragrance" as ingredients.**

- suspected of causing reproductive problems.

Parfum - Fragrance - as an ingredients, usually represents a complex mixture of dozens of chemicals. **Some 3,000 chemicals are used as fragrances,** and in nearly every type of personal care product. Even products marketed as **"fragrance-free" or "unscented" may in fact contain fragrance** along with a masking agent that prevents the brain from perceiving odour.

Formaldehyde Releasing Preservatives - DMDM hydantoin, diazolidinyl urea, imidazolidinyl urea, methenamine, quaternium-15 and sodium hydroxymethylglycinate - used as a preservative.

- releases small amounts of formaldehyde, a carcinogen
- can also irritate skin and eyes and trigger allergies

Sodium Laureth Sulfate (SLES) - used in cosmetics as a cleansing agent and also to add bubble and foam. Contaminated with measurable amounts of dioxane, depending on manufacturing processes. **Sodium Lauryl Sulfate (SLS)** - related cleansing agent.

- dioxane is classified as a possible human carcinogen
- Health Canada considers a "moderate human health priority". Flagged for future assessment.
- skin, eye and respiratory tract irritant
- found to be toxic to aquatic organisms

46 of 100 personal care products marketed as "natural" or "organic" (uncertified), were found to be contaminated with dioxane.

Paraben, Methylparaben, Butylparaben and Propylparaben - most widely used as a preservative in cosmetics. Studies indicate that methylparaben **applied on the skin reacts with UVB leading to increased skin aging and DNA damage.**

- estimated 75 to 90 % of cosmetics contain parabens
- can easily penetrate skin
- suspected of interfering with hormone function
- have been detected in human breast cancer tissues

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BHA and BHT - Butylated hydroxyanisole and Butylated hydroxytoluene - used as preservatives in moisturizers and other cosmetics. Long-term exposure to high doses of **BHT** is toxic in mice and rats, **causing liver, thyroid and kidney problems.**

- can induce allergic reactions
- possible human carcinogen
- evidence of hormone interference

DEA, cocamide DEA and lauramide DEA - used to make cosmetics creamy or sudsy. MEA (monoethanolamide) and TEA (triethanolamine) are related chemicals. Like DEA, they can react with other chemicals in cosmetics to **form carcinogens.**

- shown to cause liver cancers
- precancerous changes in skin and thyroid
- can cause skin and eye irritation

Cool Tar Dyes - p-phenylenediamine and colours listed as "CI" followed by a five digit number - used extensively in cosmetics, generally identified by a five-digit Colour Index (CI) number, may also be listed as **FD&C Blue No. 1 or Blue 1.**

- is a mixture of many chemicals
- derived from petroleum, recognized as a carcinogen
- may be contaminated with heavy metals, toxic to brain

Petrolatum - also known as **mineral oil jelly** - used as a barrier to lock moisture in the skin in hair care products to make hair shine. Can be contaminated with polycyclic aromatic hydrocarbons (PAHs). **European Union classifies petrolatum a carcinogen.**

- exposure to PAHs is associated with cancer
- can be irritating to skin

Siloxanes - cyclotetrasiloxane, cyclopentasiloxane, cyclohexasiloxane and cyclomethicone, "-siloxane" or "-cone." Also known as **D4 and D5** - used in **moisturizers and facial treatments** to soften, smooth and moisten. Exposure to high doses have been shown to **cause uterine tumours and harm to the reproductive and immune systems.**

- evidence of interference with human hormone function
- possible reproductive toxin - may impair human fertility

PEGs (polyethylene glycols) - **petroleum-based** compounds that are widely used in cream bases for cosmetics as thickeners, solvents, softeners and moisture-carriers.

- may be contaminated dioxane
- dioxane is classified as a possible human carcinogen
- acts as a "penetration enhancers", allowing easier absorption of harmful chemicals

Empowering you through education to make the right choices - for you, your children, the animals and the earth! Say NO to deceptive labelling, harmful ingredients and animal testing - BUY WITH HEART - xoxo, LORI

cremefresh.ca FB and Instagram@cremefreshcanada