

THE DITCH LIST

(TOP 25 TOXINS TO AVOID)

X Aluminum Chloride / Aluminum Chlorohydrate / Hydroxybromide / Zirconium

X Benzyl Acetate & Butyl Acetate

X Butylated Hydroxytoluene (BHT) & Butylated Hydroxyanisole (BHA)

X Carbomer

X Chlorphenesin

X Cyclic Silicones D4, D5, D6 (cyclotetrasiloxane, cyclopentasiloxane, cyclohexasiloxane or cyclomethicone)

X Ethanolamine Compounds (TEA, DEA, MEA)

X Ethoxylated Compounds (e.g. laureth, steareth, ceteareth, or -eth OR polysorbates OR polymer)

X Formaldehyde Releasing Preservatives (quaternium-15, DMDM hydantoin, imidazolidinyl urea, diazolidinyl urea, polyoxymethylene urea, sodium hydroxymethylglycinate, bromopol and glyoxal)

X Fragrance | Parfum (undisclosed)
(Possibly contains phthalates, butylphenyl methylpropanal and thousands of unknown, untested chemical compounds)

X Grapefruit Seed Extract (when used as a preservative)

X Isohexadecane

X Japanese Honeysuckle (when used as a preservative)

X Methylisothiazolinone / methylchloroisothiazolinone / Benzisothiazolinone / Octylisothiazolinone

X Mineral Oils (made from petroleum)

X Oxybenzone, Avobenzone, Octinoxate, Octisalate, Octocrylene, Homosalate

X Parabens (methyl, ethyl, propyl & butylparabens)

X Petrolatum (made from petroleum)

X PFAS (there are thousands of polyfluoroalkyl substances. Avoid waterproof or longer wear products)

X Phenoxyethanol

X Polyethylene (PEGs), Polypropylene Glycols (PPGs) & Propylene Glycol

X Quaternary Ammonia Compounds (e.g. didecyl dimethyl ammonium chloride / alkyl dimethyl benzyl ammonium chloride / benzalkonium chloride)

X Synthetic Dyes (e.g. Red 6, Lake Red 6, Yellow 6)

X Talc & Bismuth Oxychloride

X Triclosan

For those ingredients that can trigger acne, eczema, skin sensitization or skin irritation.
*It does not happen to everyone and may never happen, but the more you use the products with those ingredients, the more likely it becomes.

USE WITH CAUTION

X Titanium Dioxide (Okay, in sunscreen & makeup, use with caution in loose powder, lipstick, tampons, and anything ingested.)

X Dodecyl Benzene Sulfonate

X Cocamidopropyl Betaine & Hydroxysulfate

X Sodium Lauryl Sulfate

X Acrylates Copolymer
