

THE DITCH LIST

(TOP 25 TOXINS TO AVOID)

- ✗ Aluminum Chloride / Aluminum Chlorohydrate / Hydroxybromide / Zirconium
- ✗ Benzyl Acetate & Butyl Acetate
- ✗ Butylated Hydroxytoluene (BHT) & Butylated Hydroxyanisole (BHA)
- ✗ Carbomer
- ✗ Chlorphenesin
- ✗ Cyclic Silicones D4, D5, D6 (cyclotetrasiloxane, cyclopentasiloxane, cyclohexasiloxane or cyclomethicone)
- ✗ Ethanolamine Compounds (TEA, DEA, MEA)
- ✗ Ethoxylated Compounds (e.g. laureth, steareth, ceteareth, or -eth OR polysorbates OR polymer)
- ✗ Formaldehyde Releasing Preservatives (quaternium-15, DMDM hydantoin, imidazolidinyl urea, diazolidinyl urea, polyoxmethylene urea, sodium hydroxymethylglycinate, bromopol and glyoxal)
- ✗ Fragrance | Parfum (undisclosed)
(Possibly contains phthalates, butylphenyl methylpropanal and thousands of unknown, untested chemical compounds)
- ✗ Grapefruit Seed Extract (when used as a preservative)
- ✗ Isohexadecane
- ✗ Japanese Honeysuckle (when used as a preservative)
- ✗ Methylisothiazolinone / methylchloroisothiazolinone / Benzisothiazolinone / Octylisothiazolinone
- ✗ Mineral Oils (made from petroleum)
- ✗ Oxybenzone, Avobenzone, Octinoxate, Octisalate, Octocrylene, Homosalate
- ✗ Parabens (methyl, ethyl, propyl & butylparabens)
- ✗ Petrolatum (made from petroleum)
- ✗ PFAS (there are thousands of polyfluoroalkyl substances. Avoid waterproof or longer wear products)
- ✗ Phenoxyethanol
- ✗ Polyethylene (PEGs), Polypropylene Glycols (PPGs) & Propylene Glycol
- ✗ Quaternary Ammonia Compounds (e.g. didecyldimethyl ammonium chloride / alkyl dimethyl benzyl ammonium chloride / benzalkonium chloride)
- ✗ Synthetic Dyes (e.g. Red 6, Lake Red 6, Yellow 6)
- ✗ Talc & Bismuth Oxychloride
- ✗ 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

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

✗ Dodecyl Benzene Sulfonate

✗ Cocamidopropyl Betaine & Hydroxysultane

✗ Sodium Lauryl Sulfate

✗ Acrylates Copolymer