

The DITCH List

TOP 25 TOXINS TO AVOID

UNDISCLOSED FRAGRANCE
(EX: PARFUM, ESSENTIAL OIL BLEND, NATURAL FRAGRANCE)

PARABENS

PHENOXYETHANOL

POLYETHYLENE (PEGs) & POLYPROPYLENE GLYCOLS (PPGs)

METHYLISOTHIAZOLINONE / METHYLCHLOROISOTHIAZOLINONE /
BENZISOTHIAZOLINONE / OCTYLISOTHIAZOLINONE

BUTYLATED HYDROXYTOLUENE (BHT) & BUTYLATED HYDROXYANISOLE
(BHA)

ETHOXYLATED COMPOUNDS (LAURETH, STEARETH, CETEARETH, OR
-ETH OR POLYSORBATES

TRICLOSAN

ALUMINUM ZIRCONIUM / HYDROXIDE / OXIDE / ALUMINA

CYCLO SILOXANES D4, D5, D6 (CYCLOTETRASILOXANE,
CYCLOPENTASILOXANE, CYCLOHEXASILOXANE, OR CYCLOMETHICONE)

TRIETHANOLAMINE & DIETHANOLAMINE (TEA & DEA)

QUATERNARY AMMONIA COMPOUNDS (EX: QUATERNIUM-15, DIDECYL DIMETHYL AMMONIUM
CHLORIDE / ALKYL DIMETHYL BENZYL AMMONIUM CHLORIDE / BENZALKONIUM CHLORIDE

SYNTHETIC LAKE DYES (EX: RED 6, LAKE RED 6)

FORMALDEHYDE RELEASING INGREDIENTS (IMIDAZOLIDINYL UREA,
DMDM, HYDANTOIN, BRONOPOL)

BENZYL ACETATE & BUTYL ACETATE

COCAMIDE DEA

OXYBENZONE, AVOBENZONE, OCTINEOXATE, OCTISALATE,
OCTOCRYLENE, HOMOSALATE

MINERAL OILS (PAHS-POLYCYCLIC AROMATIC
HYDROCARBONS--LIKE PETROLEUM JELLY

PETROLATUM

ISOHEXADECANE

PARAFFIN

JAPANESE HONEYSUCKLE

GRAPEFRUIT SEED EXTRACT

TALC & BISMUTH OXYCHLORIDE

PFAS (5,000 TYPES OF POLYFLUOROALKYL (PFA) SUBSTANCES)

@Freshbeginningscommunity

USE WITH CAUTION

(CAN CAUSE IRRITATION FOR SOME PEOPLE)

DODECYL BENZENE SULFONATE

COCAMIDOPROPYL BETAINE & HYDROXSULTAINE

SODIUM LAURYL SULFATE

ACRYLATES COPOLYMER

TITANIUM DIOXIDE (FINE IN SUNSCREEN & MAKEUP, BUT AVOID IN LOOSE POWDER, ANYTHING INGESTED, PERIOD PRODUCTS, LIPSTICKS OR NANO VERSIONS)

DIMETHICONE

