

Toxic Ingredients & Replacements List

1. Sodium Lauryl Sulfate (SLS)-Can be found in 90% of products that lather
2. Avobenzone-Can be found in sunscreen
3. PABA and PABA esters-Can be found in lipstick; products with SPF; lip balm; skin fading/lightener; conditioner; facial moisturizer/treatment; moisturizer; styling gel/lotion
4. Cinnamates, also seen as Octyl methoxycinnamate (OMC) - Can be found in sunscreen
5. Diethanolamine and triethanolamine- Can be found in foundation; sunscreen SPF 15 and above; hair color and bleaching; moisturizer
6. Paraben preservatives, (Methyl, Propyl, Butyl, ethyl, isobutyl)- Can be found in facial moisturizer/treatment; anti-aging moisturizer; facial cleanser, sunscreen SPF 15 and above; conditioner; eye shadow; hair color and bleaching; foundation; shampoo
7. Polyethylene glycol (also listed as PEG)- Can be found in facial moisturizer/treatment; hair color and bleaching; anti-aging moisturizer; facial cleanser; conditioner; shampoo; styling gel/lotion; body wash/cleanser; antiperspirant/deodorant
8. Phthalates (listed under fragrance, if not named) - Can be found in nail polish, nail treatment, cuticle treatment.
9. Benzophone, more commonly known as oxybenzone- Can be found in Sunscreen
10. Formaldehyde derivatives- can be found in nail polishes and treatments
11. Aluminum - found in most deodorants
12. Fluoride - found in most toothpaste

Note: Did you know with all of the personal care products you use every day, you could be putting toxins into your body up to 25 times a day.

Item:	Resources:
Trukids - sunscreen, shampoo, conditioner	trukid.com
Babyganics - household cleaners, personal care <i>(at Babies R Us or online)</i>	babyganics.com (available for purchase)
BareMinerals - makeup (not all products are ok, double check ingredients)	bareminerals.com , ulta.com , sephora.com
Soignee - personal care	healingedge.com , ecoviva.com
Giovanni - Organic	giovannicosmetics.com (Target, Sprouts)
Jason's- body-wash, lotion, personal care (double check label)	health food stores, online
Earth Momma, Angel Baby- kids care, mommy care	health food stores, online
Hugo Naturals - soap, body care, candles	hugonaturals.com , sprouts, whole foods
Deodorant - Toms of Maine, High C deodorant	Most retailers or vitamin shops
Toothpaste - Toms of Maine, Dr Ken's	drkens.net , Sprouts
Gum - Spray, Glee, XylitolChew	health food stores, online