



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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What's In Your Bathroom May KILL YOU

Did you know that the \$35 billion cosmetic industry has limited regulation?

What does that mean? That means they can put just about anything they want in your skin care products, even if it is unsafe.

Check your bathroom and read the labels. If your products contain any of the ingredients on this page your health may be at risk!

C Carcinogen

A Allergen

T Developmental / Reproductive Toxicity

W Industry Safety Warnings

I Irritant

O Other dangers

TOXIN	HAZARDS	HAZARD SCORE
Aluminum	C T W I O	9
Benzyl Alcohol	C A T W I O	6
BHT	C A T I O	6
Coal Tar	C A W I	10
Formaldehyde	C A T W I	10
Hydroquinone	C A T W I O	10
P-Phenylenediamine	C A T W I O	10
Paraben Preservatives	C T O	7
Petroleum Distillates	C W O	7
Phthalates (dibutyl and diethylhexyl have been banned in the EU but not the USA)	C A T W O	10
Propylene Glycol (PG) (found in antifreeze)	C A T W I O	4
Silica	C A O	7
Sulfates	I O	4
Synthetic Fragrances	A O	8

* Some ingredients not listed on labels may be hidden as "fragrances"

** SOURCE: Environmental Working Group, Skin Deep: Cosmetic Safety Database, 2007.

*** Hazard score is on a scale of 1 to 10, 1 being lowest and 10 being high risk. Hazard scores are subject to change pending ongoing research. For the most updated information visit www.cosmeticsdatabase.com.