

INGREDIENT WATCH LIST

This is just a snapshot of some common ingredients that raise a flag for me. Print and use it as a guide to help you become an educated and conscious shopper. You may choose to make an exception for any of these ingredients, and that's ok - you set your own rules.

Aluminium compounds

Ammonia (and ammonium compounds)

BHA/BHT (butylated hydroxytoluene/butylated hydroxyanisole)

CAPB (cocamidopropyl betaine)

CI / FD&C / D&C (colours)

'ETH' ingredients (steareth, cetareth, diethylene)

Formaldehyde-releasing Preservatives (DMDM hydantoin, diazolidinyl urea, imidazolidinyl urea, methenamine, quaternium-15)

Fragrance

MEA / TEA / DEA (ethanolamine compounds)

Mineral oil

MIT/MCIT (methylisothiazolinone/methylchlorisothiazolinone)

Parabens

PEGs (polyethylene glycol)

Phenoxyethanol

Phosphates

Phthalates

Propane/Butane/Isobutane

Propylene glycol

QUATS (quaternary ammonium compounds)

Siloxanes/Silicones (dimethicone, cyclopentasiloxane, cyclohexasiloxane)

SLS/SLES (sodium laureth sulfate/sodium lauryl sulfate)

Sodium coco sulfate

Sodium hydroxide (lye)

Sodium hypochlorite

Sunscreen ingredients (oxybenzone, octinoxate, octocrylene, homosalate)

Triclosan

2-butoxyethanol

