Lakes Dermatology

8937 West Sahara Avenue

Suite B

Las Vegas, Nevada 89117

702-869-6667

Here is a list of ingredients to avoid:

DEA, TEA

Purpose/Usage: foaming agent

Avoid because: skin sensitizer, can form carcinogenic compounds when mixed with certain cosmetic

ingredients

Products found in: makeup, body wash, shampoo, skincare

How to identify on a label: DEA, Diethanolamine, TEA, Triethanolamine

Phthalates

Purpose/Usage: often used as a carrier for synthetic fragrance

Avoid because: can negatively affect fertility and fetal development, considered a probable carcinogen by the

World Health Organizaiton

Products found in: hair spray, lipstick, perfume and nail polish

How to identify on a label: Benzylbutyl phthalate (BzBP), Di-n-butyl phthalate or Dibutyl phthalate (DBP),

Diethyl phthalate (DEP), and sometimes Fragrance

Formaldehyde

Purpose/Usage: an impurity released by some chemical preservatives

Avoid because: carcinogenic, skin and lung irritant, gastrointestinal or liver toxicant and neurotoxin

Products found in: nail polish, deodorant, shampoo

How to identify on a label: Formaldehyde, Formalin, Urea, Diazolidinyl urea, Imidazolidinyl urea, DMDM

hydantoin, Quaternium-15, 2-bromo-2-nitropropane-1,3-diol, and Sodium hydroxylmethylglycinate

Parabens

Purpose/Usage: synthetic preservative

Avoid because: found in breast tissue, acts like estrogen in the body, could lead to impaired fertility or fetal

development

Products found in: soap, skincare, body care, hair care, toothpaste, deodorant

How to identify on a label: alkyl parahydroxybenzoate, butylparaben, methylparaben, ethylparaben,

propylparaben, isobutylparabens

Petrolatum

Purpose/Usage: used as an emollient or lubricant

Avoid because: commonly contains impurities linked to cancer

Products found in: skincare, body care, lip balm, makeup

How to identify on a label: petrolatum, petroleum jelly, mineral oil

Propylene Glycol

Purpose/Usage: helps a product to retain moisture

Avoid because: penetration enhancer (alters skin structure, allowing other chemicals to more easily enter the system)

Products found in: skincare, hair care, body care, makeup, baby care products, contact lens cleaner

How to identify on a label: Propylene Glycol, Proptylene Glycol, 1,2-Propanediol. Related synthetics: PEG (polyethylene glycol) and PPG (polypropylene glycol)

Sodium Lauryl/Laureth Sulfate

Purpose/Usage: makes a product foamy

Avoid because: penetration enhancer (alters skin structure, allowing other chemicals to more easily enter the system)

Products found in: shampoo, facial cleansers, body wash, bubble bath, baby bath, toothpaste

How to identify on a label: Sodium Laureth Sulfate, Sodium Lauryl Sulfate, Sodium Lauryl Ether Sulfate,

Anhydrous Sodium Lauryl Sulfate, Irium

1,4 Dioxane

Purpose/Usage: a chemical by-product of ethoxylation, an ingredient processing method used to make petroingredients less irritating to skin

Avoid because: carcinogenic, suspected cardiovascular and blood toxicant, gastrointestinal toxicant, immunotoxicant, kidney toxicant, neurotoxicant, respiratory toxicant, skin toxicant

Products found in: shampoo, facial cleansers, body wash, bubble bath, baby bath, liquid soap

How to identify on a label: because 1,4 Dioxane is a contaminant produced during the manufacturing process,FDA does not require it to be listed on a product ingredient listing. EWG.org recommends looking for common ingredients which may contain the impurity, identifiable by the prefix or designations of 'PEG,' '–eth–,''Polyethylene,''Polyethylene glycol' 'Polyoxyethylene,' or '–oxynol–' (FDA 2007).

Synthetic Colorants (FD&C colors)

Purpose/Usage: coal tar (petroleum) derived and commonly tested on animals due to their carcinogenic

properties, used to artificially color a cosmetic product

Avoid because: can cause skin irritation and allergic reactions

Products found in: shampoo, facial cleansers, body wash, skincare, baby care products, hair care, makeup

How to identify on a label: FD&C or D&C followed by a name and number (FD&C RED NO. 40)

Synthetic Fragrances

Purpose/Usage: combination of chemical ingredients used to artificially scent a cosmetic product

Avoid because: can cause allergic reactions, headache, dizziness, and rash (children tend to be particularly

sensitive), respiratory distress, and possible effects to reproductive system

Products found in: hair care, skin care, makeup, body care, perfume

How to identify on a label: fragrance, parfum (It is important to note that the terms “fragrance” or “parfum” sometimes occur on an ingredient listing which contains natural fragrance ingredients and no chemical ingredients. This is most often due to manufacturer trade secret and should be disclosed on the label.)

Synthetic Sunscreens

Purpose/Usage: provide sun protection

Avoid because: have been found to mimic estrogen in the body potentially causing hormonal disruption, can

also cause skin irritation and easily absorb in to the skin

Products found in: sunscreens, facial moisturizer, lip protection

How to identify on a label: 4-Methyl-Benzylidencamphor (4-MBC), Oxybenzone Benzophenone-3, Octylmethoyl-cinnamates (OMC), Octyl-Dimethyl-Para-Amino-Benzoic Acid (OD-PABA), Homosalate(HMS) Methylisothiazolinone (MIT)

Purpose/Usage: widely used as a preservative

Avoid because: possible neurotoxin, possible health risks to unborn babies, allergic reactions

Products found in: hair care, body wash, sunscreen, skin care

How to identify on a label: > 3 (2h) -Isothiazolone, 2-Methyl-;

Methylchloroisothiazolinone225methylisothiazolinone Solution; 2-Methyl-3 (2h) -Isothiazolone; 2-Methyl-4-

Isothiazolin-3-One; 2-Methyl- 3 (2h) -Isothiazolone; 2-Methyl-2h-Isothiazol-3-One; 3 (2h) Isothiazolone,

2methyl; 2-Methyl-3 (2h) -Isothiazolone; 2-Methyl-4-Isothiazolin-3-One

Lead

Purpose/Usage: a contaminant of chemical color additives

Avoid because: a known neurotoxin, linked to brain damage, miscarriage, lowered IQ, increased aggression,

and learning disabilities

Products found in: many conventionally produced lipsticks contain lead, as do some nail polish, hair color, and whitening toothpastes

How to identify on a label: C.I. 77575; Glover; Ks-4; Lead (Acgih) ; Lead Flake; Lead Inorganic; Lead S2;

Olow (Polish) ; Omaha & Grant (as taken from ewg.org), also look for chemical color additives (synthetic colorants above)