### Toxic Tour: What’s in my cosmetics?

<table>
<thead>
<tr>
<th>Names to watch out for</th>
<th>Effects</th>
<th>Y / N</th>
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</table>
| AHAs – Alpha-hydroxy acids (or ‘fruit acids’; incl. Glycolic acid and lactic acid)     | - Can penetrate the skin  
- Many reported adverse skin reactions in the US  
- May increase sensitivity to sunlight therefore increase photo-aging and risk of sun-related skin cancers                                                                 | Y / N Y / N Y / N |
| BHT butylated hydroxytoluene                                                          | - Preservative antioxidants  
- Possible allergen  
- Has been linked to possible behavioural effects, reproductive failures, not allowed in baby food                                                                                           |                |
| Fragrance (Parfum, or Aroma.)                                                         | - Can exacerbate asthmatic symptoms.  
- May contain chemicals linked to cancer, damaging to the liver and kidneys and toxic to the nervous system.                                                                                     |                |
| Parabens (Alkyl parahydroxy benzoates, or butyl/methyl/ethyl/propyl/isobutyl paraben) | - Oestrogen mimics  
- Can penetrate the skin                                                                                                                                                                                                                   |                |
| Phthalates (Dibutyl (DBP), di(2-ethylhexyl) (DEHP), di-ethyl phthalate (DEP), butyl benzyl phthalate (BBP)) | - risk to pregnant women and unborn children;  
- DBP and DEHP on EU list of banned substances to be phased out by early 2005  
- May disrupt hormones and cause birth defects  
- Linked to asthma and allergic disease                                                                                                                                                    |                |
| P-Phenylenediamine (PPD, or Para-phenylene-diamine)                                    | - Linked to cancer in workers  
- Linked to asthma and allergic disease.  
- Can penetrate skin.  
- Skin irritant                                                                                                         |                |
| Triclosan (5-chloro-2 (2,4-dichlorophenoxy)-phenol) or Trade name - Microban          | - Bioaccumulative - builds up in fatty tissue and can’t be broken down properly.  
- has been found in human breast milk and fish  
- Dioxins (linked to cancer) are formed when it is manufactured, incinerated or exposed to sunlight.                                                                 |                |
| Sodium Lauryl Sulphate (Sodium Lauryl Sulfate)                                        | - Skin, eye and respiratory tract irritant.  
- May damage liver, lungs and immune system.  
- Some evidence to suggest reproductive effects.                                                                                                                                     |                |
| Toluene (Toluol, methylbenzene)                                                       | - Risk to women workers of spontaneous abortions  
- Skin irritant  
- Toxic to central nervous system, eyes, blood, liver, kidneys and skin.                                                                                                               |                |
| Propylene glycol (propan-1,2-diol)                                                    | - Humectant - used to maintain moisture.  
- Can cause contact dermatitis  
- Linked to depression of the CNS (Central Nervous System)                                                                                                                                |                |