The Dirty Dozen

Toxic Chemicals in **L**Household Cleaning & Personal Care Products



BHA and BHT: Endocrine Disruptor, Carcinogen, Bioaccumulation **Used mainly in cosmetics as preservatives**



Coal Tar Dyes: Carcinogen and heavy metal toxin In processed foods, lipstick, hair dyes



DEA-Related Ingredients: Carcinogen and heavy metal toxin In processed foods, lipstick, hair dyes



Dibutyl Phthalate: Endocrine disrupter and reproductive toxicant **Used in nail care products**



Formaldehyde-Releasing Preservatives: Carcinogen Used in cosmetics as preservatives



Parabens: Endocrine disruptor, may interfere with male reproduction **Used in cosmetics as preservatives**



Fragrance: Carcinogen, Neurotoxicity, Allergies and sensitivities; **Use in cleaning supplies and beauty products**



PEG Compounds: Can be contaminated with 1,4-dioxane - may be a Carcinogen **Used mainly in cosmetics as preservatives**



Petrolatum: Carcinogen

Used in hair products for shine, moisture barrier in lip balm and lip stick



Siloxanes: Endocrine disrupter, reproductive toxicant; **Use in cosmetics to soften, smooth and moisten**



Sodium Lauryl Sulfate: Carcinogen

Used mainly in foaming cosmetics, shampoos, cleansers, bubble baths

Side Effects of Toxic Chemicals



- Disturb hormone function
- Linked to cancer, including breast cancer
- Trigger allergies, asthma long-term and headaches
- Negatively impact fertility
- Damage kidneys
- Contribute to hyperactivity & ADD/ADHD