

TAKE ACTION

kickouttoxics.ca/takeaction
Keeping an eye out for toxics in your personal care products is a good idea, but they shouldn't be there in the first place.

Join us in asking Canada to improve toxic chemical regulation.

MAKEOVER YOUR PERSONAL CARE ROUTINE

environmentaldefence.ca/justbeautiful
Learn more about what chemicals to avoid and safer alternatives.

GET THE LATEST NEWS

environmentaldefence.ca/newsletter
Sign up for our Toxics Update e-newsletter.



LOOK OUT FOR THE TOXIC TEN WHEN YOU SHOP

On average, Canadians use 15 personal care products with over 100 toxic ingredients before breakfast.

These chemicals have been linked to cancer, allergies, birth defects, infertility, and a long list of other serious health concerns.

JOIN US AND HELP KICK OUT THE TOXICS FOR GOOD

 facebook.com/environmentaldefencecanada

 @envirodefence

[learn more](http://learnmore.environmentaldefence.ca)
ENVIRONMENTALDEFENCE.CA



THE ENVIRONMENTAL DEFENCE

PERSONAL CARE PRODUCTS

Pocket Shopping Guide



possible carcinogens.
the list: Allergens, neurotoxins and

Found in: Hair dye. Why it made
P-Phenylenediamine (PPD)

due to bioaccumulation.
potential environmental contaminants

Found in: Various hair products, moisturizers,
and cosmetics. Why it made the list: Immune

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disruptor and environmental toxicant.

Found in: Products labelled
"antibacterial", such as antiperspirants/
deodorants, cleansers, and hand
sanitizers. Why it made the list: Endocrine

Found in: Various hair products,
moisturizers, and cosmetics. Why it made
the list: Skin irritants and environmental

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FIND SAFER ALTERNATIVES
AND TAKE ACTION AT
ENVIRONMENTALDEFENCE.CA

TOXIC TEN LIST

CUT

FOLD

