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

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environmental defence

THE ENVIRONMENTAL DEFENCE

Pocket Shopping Guide



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

TRICLOSAN

the list: Skin irritants and environmental contaminants due to bioaccumulation. moisturizers, and cosmetics. Why it made Found in: Various hair products, SILICONE CHEMICALS
Cyclomethicone, Cyclotetrasiloxane,
Cyclopentasiloxane, Cyclohexasiloxane
Epund in: Various half products

aisinprors. developmental toxicants, endocrine products. Why it made the list: Allergens, linked to asthma, reproductive and Dibutyl Phthalate, DEHP, DEP Found in: Nail products, scented

PHTHALATES

aisinprors. immune system toxicants and endocrine Allergens, male reproductive toxicants, moisturizers. Why it made the list: Found in: various cosmetics, and Butylparaben, or Propylparaben Ethylparaben, Methylparaben, **PARABENS**

skin irritants. are carcinogens, skin allergens and be contaminated with PAHs which Found in: Various lip, skin, and hair products. Why it made the list: Can

Petroleum Jelly **MUTAJORT39**

and cosmetics. Why it made the list: Immune system toxicants and endocrine disruptors. Sodium Hydroxymethylglycinate Found in: Various hair products, moisturizers, Urea, Imidazolidinyl Urea, Methenamine, and Quaternium-15, DMDM Hydantoin, Diazolidinyl

RELEASING AGENTS **EORMALDEHYDE**

aisinprors. developmental toxicants and endocrine Found in: Moisturizers, makeup, and some fragrances. Why it made the list: Allergens, Butylated Hydroxytoluene Butylated Hydroxyanisole

THA & AHA

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FIND SAFER ALTERNATIVES

possible carcillogeris. the list: Allergens, neurotoxins and Found in: Hair dye. Why it made (QPQ) ənimaibənəlynəd-9

COAL TAR DERIVED COLOURS

due to bioaccumulation. potential environmental contaminants even those labelled "unscented". Why it made the list: Endocrine disruptors and contain Fragrance or Parfum, various hair products, moisturizers, cosmetics, Found in: Some products that auojay ysnω 'auaj/x Nitromusks such as musk

ARTIFICIAL MUSKS

during the manufacturing process. Also a skin irritant and probable carcinogen. can be contaminated with 1,4-dioxane lather, like shampoo, toothpaste, and bodywash. Why it made the list: SLES Found in: Sodium Laureth Sulfate (SLES), a chemical used in products that

1,4-DIOXANE

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