

BEING FERTILE TOXIN TABLE by Dr Spence Pentland

Chemical	Use	Effects
BHA, BHT	Moisturizers Makeup	Interfere with hormone function May cause cancer
Coal tar dyes or FD&C Colors (P-PHENYL-ENEDIAMINE, or colors identified as 'C.I.' followed by 5 digits)	Hair dyes Products with coloring	Skin sensitivities Contaminated with heavy metals Toxic to the brain Deplete oxygen Cause cancer
CYCLOMETHICONE, SILOXANES	Moisturizers Makeup Hair products	Interfere with hormone function Cause liver damage
DEA, MEA, TEA	Creamy and foaming products (shampoo, moisturizers, etc.)	Forms cancer causing nitrosamines Accumulates in body organs and the brain Contact dermatitis
PHthalATES (DIBUTYL)	Usually not listed on labels Nail products Perfumes Makeup Many other personal care products Pesticides Plastics	Toxic to reproduction Reduced sperm counts Interfere with hormone function Birth defects Liver/kidney damage Early breast development in girls and boys
Formaldehyde-releasing preservatives (DMDM HYDANTOIN, DIAZOLIDINYL, UREA, IMIDAZOLIDINYL UREA, METHENAMINE, QUARTERNIUM-15)	Widely used in hair products Moisturizers	Cause cancer Joint pain Allergies Depression Headaches Chest pain Chronic fatigue Insomnia Dizziness
PARABENS (METHYL, BUTYL, ETHYL, PROPYL)	Not always labeled Makeup Moisturizers Deodorants Lubricants Preservatives	Interfere with hormone function Associated with breast cancer Male infertility Early puberty
PARFUM or FRAGRANCE	Most products with scent Often the last ingredient listed May be in unscented	Allergies and asthma Linked to cancer Neurotoxicity
PEG (POLYETHYLENE GLYCOL)	Many types of personal care products Sunscreen Conditioners Moisturizers Deodorants Often contaminated with Dioxin	May cause cancer If containing dioxins cause multiple reproductive issues including miscarriages and sperm abnormalities amongst others.
PETROLATUM	Hair & skin care products Lip balm Lip stick	Often contaminated with cancer causing impurities
SODIUM LAURETH SULFATE (SLES), SODIUM LAURYL SULFATE (SLS)	90% of personal care products that foam contain SLES and/or SLS Soap Shampoo Bubble bath Toothpaste	May cause cancer Liver damage Depression Laboured breathing Diarrhea Eye damage Skin irritation
TRICLOSAN	Antibacterial products Toothpaste Soaps Hand sanitizers Pesticide	Interfere with hormone function Contribute to 'antibiotic resistant' bacteria May cause cancer
BENZOYL PEROXIDE	Acne products	Tumor promoter Mutagen; cellular DNA damage Eye, skin, respiratory irritant
Sunscreen Chemicals (AVOBENZONE, BENSPHENONE, ETHOXYCINNAMATE, PABA)	Sunscreen	Male infertility (Bensphenone) Damage to cellular DNA May lead to cancer Free radical generators

Sources; davidsuzuki.org, thehealthylivinglounge.com, earthsave.org, tlc.howstuffworks.com, safecosmetics.org, nrdc.org