



Toxic Product Inventory

Instructions:

1. In the chart on the following page, in column 1, ***My Products That Contain Toxic Ingredients***, list all of the toxic products you have in your home. Print as many pages as you need. Read the labels and list them here if they have undesirable ingredients. Complete this all at once or over time.

There's a list of toxins at the end of this document to guide you. However, it's usually pretty easy. If there's an ingredient you don't recognize, can't pronounce, or wouldn't eat, there's a good chance it's toxic.

2. In column 2, list ***Alternative Products***. For some, it may simply be a matter of substituting brands; for others, there might be a bit of research to do.

The book [Home Safe Home](#) by Debra Lynn Dadd is an excellent resource for this. Find it at Amazon. Another book, [Look Great, Live Green](#), by Deborah Burnes discusses safe cosmetics and body care items.

3. Decide on a ***Phase Out Plan*** and note a date in column 3.



Toxic Product Inventory

Toxic Chemical List:

| | | |
|----------------------------|-----------------------------|-------------------------------|
| Acesulfame K | Disodium EDTA | PEG |
| Acetone | Elastin | PEG-12 Disteareate |
| Acetaldehyde | Fluoride | PEG-80 Sorbitan Laurate |
| Alcohol | Formaldehyde | Petroleum |
| Alkyl-phenol Ethoxylades | Fragrances (Synthetic) | Phenoxyethanol |
| Alpha Hydroxy Acid | Glycolic Acid | Phthalates |
| Aluminum | High Fructose Corn | Polyethylene Glycol /PEG |
| Ammonium Glycolate | Syrup/HFCS | Polypropylene |
| Ammonium Persulfate | Hydrogenated/Partially | Polyquaternium-7 |
| Aspartame | Hydrogenated Oils | Potassium Bromate |
| Bentonite (Clay) | Hydroquinone | Propylene Glycol |
| Benzene | Hydroxymethylcellulose | Propylparaben |
| Benzoic Acid | IsobutylparabenIsopropyl | Quaternium-7, 15, 31, 60 etc. |
| Benzoic / Benzyl / Benzene | Alcohol | Sodium Chloride |
| BHA – BHT | Kajoic Acid | Sodium |
| Bronopol | Kaolin (Clay) | Hydroxymethylglycinate |
| Butylparaben | Lacquer | Sodium Nitrite |
| Carboxymethylcellulose | Lanolin | Soy |
| Coal Tar Dyes | Lye | SLS (Sodium Lauryl |
| Cocamidopropyl Betaine | Magnesium Stearate | Sulphate) |
| Coumarin | Methylisothiazoline, or MIT | SLES (Sodium Laureth |
| D&C Yellow 11 | Mineral Oil | Sulfate) |
| DEA: Diethanolamine | Monosodium Glutamate/MSG | Stearalkonium Chloride |
| Ethylacrylate | Neotame | Sulfites |
| Hydroabietyl Alcohol | Nitrate – Nitrite | Talc |
| TEA: Triethanolamine | Nitrosamines | Toluene |
| NDEA | Olestra | Triclosan |
| Diacetyl | Paraffin | Zinc Stearate |
| Dibutyl phthalate (DBP) | PEG Stearates | |
| Dimethicone | | |

Toxic Cosmetic Ingredients:

1. **Methyl, Propyl, Butyl and Ethyl Parabens:** Used as a preservative to inhibit microbial growth and extend shelf life. Unfortunately, it can cause allergic reactions and skin rashes. Preliminary research found parabens in human breast cancer tumors.
2. **Diethanolamine (DEA), Triethanolamine (TEA):** These are used as foaming agents, but can cause allergic reactions, eye irritation, and dryness of the hair and skin. DEA and TEA are toxic if absorbed into the body over a long period of time, and are associated with cancer in lab animals.
3. **Diazolidinyl Urea, Imidazolidinyl Urea:** Often used as preservatives, the American Academy of Dermatology has found these chemicals to be a primary cause of contact dermatitis (irritation caused by foreign substance). Both these chemicals release formaldehyde, which can be toxic.
4. **Sodium Lauryl/Laureth Sulfate:** This is a cheap, harsh detergent used in many shampoos for its ability to cleanse and foam. Often derived from petroleum, it causes eye irritation, dry scalp, skin rashes and other allergic reactions. Be on the lookout for pseudo-natural products that list this ingredient with the phrase "comes from coconuts" - it's still bad for you.
5. **Petrolatum:** Also known as petroleum jelly, this is a mineral oil derivative that can clog your pores. This in turn disrupts your body's natural ability to moisturize its own skin, leading to dryness and chapping. Manufacturers use it because it's really inexpensive.
6. **Propylene Glycol:** Ideally this is a vegetable glycerin mixed with grain alcohol, both of which are natural, but it's usually made from synthetic chemicals. It has been known to cause hives and eczema. Beware of related chemicals labeled PEG and PPG.
7. **PVP/VA Copolymer:** A petroleum-derived chemical that's used in hair styling products and some cosmetics. Considered toxic since if inhaled, it can damage the lungs.
8. **Stearalkonium Chloride:** This toxic chemical was designed by the fabric industry for use as a fabric softener. Companies use it in hair conditioners and lotions because it's much cheaper than natural conditioning ingredients such as proteins.
9. **Synthetic Colors:** Labeled as FD&C or D&C and followed by a number, these make products look pretty but can be carcinogenic.



10. **Synthetic Fragrances:** Labeled simply as "fragrance," there's no way to tell what chemicals are actually in the product. People can get headaches, dizziness, rashes, and respiratory problems from them. People may also experience hyper-pigmentation, which means this chemical may cause brown spots to form on your skin.
11. **Benzoyl Peroxide:** Frequently used in acne products, the [MSDS](#) states: "Facilitates action of known carcinogens. ... Possible tumor promoter. May act as mutagen; produces DNA damage in human and other mammalian cells in some concentrations. Also, toxic by inhalation. May be harmful if swallowed and in contact with skin. Eye, skin and respiratory irritant."
12. **DEA (Diethanolamine), MEA (Monoethanolamine), & TEA (Triethanolamine):** This foam booster is a skin/eye irritant and causes contact dermatitis. Easily absorbed through skin to accumulate in body organs, even the brain. Repeated use resulted in major increases of liver and kidney cancer.
13. **Dioxin:** Won't appear on an ingredient list. Often contained in antibacterial ingredients like triclosan, emulsifiers, PEGs and ethoxylated cleansers like Sodium Laureth Sulfate. Dioxin causes cancer, reduced immunity, nervous system disorders, miscarriages and birth deformity. It's a hormone-disrupting chemical with toxic effects measured in the parts per trillion—one drop in 300 Olympic-size swimming pools! Our bodies have no defense against its damage. Most visible example was Yushchenko, the Ukrainian President, who suffered from dioxin poisoning and looked old overnight.
14. **DMDM Hydantoin & Urea (Imidazolidinyl):** Just two of many preservatives that often release formaldehyde which may cause joint pain, cancer, skin reactions, allergies, depression, headaches, chest pains, ear infections, chronic fatigue, dizziness, and loss of sleep. Exposure may irritate the respiratory system, trigger heart palpitations or asthma, aggravate coughs and colds.
15. **FD&C Color & Pigments:** Synthetic colors from coal tar contain heavy metal salts that deposit toxins in skin, causing skin sensitivity / irritation. Absorption can cause depletion of oxygen and death. Animal studies show almost all are carcinogenic.
16. **Parabens (Methyl, Butyl, Ethyl, Propyl):** Used as preservatives and aren't always labeled "parabens." They're used in deodorants and antiperspirants and have been found in breast cancer tumors. Parabens, as xenoestrogens (hormone disruptors), may contribute to sterility in male mice and humans. Estrogen-like activity causes hormone imbalance in females and early puberty.
17. **PEG (Polyethylene glycol):** Made by ethoxylating Propylene Glycol. Dangerous levels of dioxin have been found as a by-product of the ethoxylation process. PEGs are in everything including personal care, baby care and sunscreens.

18. **Phthalates:** Xenoestrogens are commonly found in many products, usually not listed on labels. Health effects include damage to liver/kidneys, birth defects, decreased sperm counts and early breast development in girls and boys.
19. **Propylene Glycol (PG) and Butylene Glycol:** Petroleum plastics act as surfactants (wetting agents, solvents). EPA considers PG so toxic it requires protective gloves, clothing, goggles and disposal by burying. Because PG penetrates skin so quickly, EPA warns against skin contact to prevent brain, liver, and kidney abnormalities. There is NO warning label on products where concentration is greater than in most industrial applications.
20. **Sodium Lauryl Sulfate (SLS) and Sodium Laureth Sulfate (SLES):** Detergents and surfactants that pose serious health threats. Used in car washes, garage floor cleaners, engine degreasers and 90 percent of personal-care products that foam. Animals exposed to SLS experienced eye damage, depression, labored breathing, diarrhea, severe skin irritation—even death. SLS may also damage skin's immune system by causing layers to separate, inflame and age.
21. **Sunscreen chemicals:** Avobenzone, benzphenone, ethoxycinnamate, PABA are commonly used ingredients that are known free radical generators and are believed to damage DNA or lead to cancers.
22. **Triclosan:** Synthetic “antibacterial” ingredient with chemical structure similar to Agent Orange! EPA registers it as a pesticide, posing risks to human health and environment. Classified as a chlorophenol, chemicals suspected of causing cancer in humans. Tufts University School of Medicine says triclosan is capable of forcing emergence of ‘super bugs’ it cannot kill.

Sources:

- <http://www.drritamarie.com/12ToxicIngredientsToAvoid>