



What's in it Wednesday

Cheat Sheet: Reading Product Labels

This cheat sheet follows my trip to Walgreens, where my daughters and I went in search of shampoo and conditioner. Below are the ingredients to avoid that I talked about in the video, plus safer brands we found there (see the video and read the show notes [here](#)).

You may want to download this cheat sheet to your phone to keep with you while shopping.

Ingredients to Avoid

- **PEG** (or anything with PEG in the name, such as PEG-80 sorbitan laurate) - Possible 1,4 dioxane contamination (organ toxicity; possible cancer-causer)
- **Words that end in -eth** (such as laureth, oleth, cetareth) - 1,4 dioxane contamination concerns (see above)
- **Fragrance** - Made up of dozens to hundreds of different chemicals not required to be listed on the label; could contain formaldehyde-releasers and hormone disruptors
- **Sodium benzoate** - Associated with hyperactivity in children
- **Cocamidopropyl betaine** - Contamination concerns with nitrosamines (known cancer-causers)
- **Methylisothiazolinone** - Named "Allergen of the Year" in 2013; linked to being toxic to the nervous system and immune system; the EWG lists it as being toxic to human skin
- **Parabens** - Hormone disruptors (avoid products with words such as methylparaben, propylparaben, and ethylparaben).

A Couple of My Recommended Brands...

These are the safer brands we found at Walgreens (every store will be different, and this is not a comprehensive list - just what we found while doing the video).

Moisture Retention Shampoo by Shea Moisture
Restorative Conditioner by Shea Moisture
Energizing Bubble Bath by Shea Moisture
Raw Shea Chamomile & Argan Oil Wash & Shampoo (Baby) by Shea Moisture
Goddess Garden Sunscreen