



Hygiene Products

The products we use for our daily hygiene may seem as though they contain only the necessary ingredients, but do you know what you are actually using on your body? Many commonly used products contain materials that may be harmful to your health. The following information will help you learn which ingredients you may want to watch out for and some alternatives to these materials.

Material	Possible Health Effects	Where It can be Found
1,4-Dioxane	carcinogen linked to organ system toxicity	shampoos, liquid soaps, and bubble bath
Benzophenone	linked to cancer, endocrine disruption, and organ system toxicity	sunscreen, lip balm, nail polish, and many other products
Butylated Compounds	linked to endocrine disruption and organ system toxicity	makeup, antiperspirants/deodorants and hair products
Formaldehyde	linked to cancer and allergic skin reactions	nail products, hair products, color cosmetics, and soap
Lead and Other Heavy Metals	reproductive, immune, and nervous system toxicity	makeup, whitening toothpaste, sunscreens, eye drops
Coal Tar	skin tumors and neurological damage	shampoos, soaps, hair dyes, and lotions



Resources

[Safe Cosmetics: Get The Facts](#)

[NCBI: Chemical Exposures](#)

[Top 5 Safe Cosmetics Tips](#)



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Don't learn safety by accident