**Harsh Chemicals Lurking in Personal Care Products**

**Hormone Disruptors**[Artificial fragrances](https://articles.mercola.com/sites/articles/archive/2007/03/01/one-out-of-five-cosmetics-may-be-contaminated-with-cancer-causing-impurity.aspx) BHA Boric acid and Sodium borate  
Mineral Oil, Paraffin Musks Oxybenzone   
Phthalates Triclosan & Triclocarban Parabens4   
  
**Allergen, Cause Asthma or Trigger Asthma Attacks**[Artificial fragrances](https://articles.mercola.com/sites/articles/archive/2007/03/01/one-out-of-five-cosmetics-may-be-contaminated-with-cancer-causing-impurity.aspx) Formaldehyde Formaldehyde releasers  
Oxybenzone FD & C colors /Pigments  
  
**Human Carcinogen**   
BHA Formaldehyde Coal tar hair dyes  
Formaldehyde releasersHydroquinone: A skin bleaching chemical Mineral Oil, Paraffin   
Musks Petroleum distillates Parabens   
PEGs/Ceteareth/Polyethylene compounds Toluene  
  
**Skin Damage or Irritant**Hydroquinone BHA Mineral Oil, Paraffin   
retinyl palmitate, retinyl acetate, retinol (topical) Musks Petroleum distillates   
Methylisothiazolinone (MIT), methylchloroisothiazolinone and benzisothiazolinone Resorcinol  
  
**Endocrine System Disruptor**BHA-Thyroid Phthalates-Male reproductive organs Parabens   
Resorcinol-Thyroid Triclosan & Triclocarban-Thyroid  
  
**Digestive System Disruptor**BHA-liver Toluene-liver and Kidney  
  
**Developmental Toxicant**BHA-reproductive system Mineral Oil, Paraffin Formaldehyde   
Phthalates-birth defects Parabens Toluene-unborn children  
  
**Neurotoxicant**  
Formaldehyde Lead Toluene   
Methylisothiazolinone (MIT), methylchloroisothiazolinone and benzisothiazolinone FD & C colors / Pigments  
  
**Immune System Toxicity**Resorcinol Toluene  
  
This is only a sampling of the toxic ingredients that are out there. If you are wondering whether your favorite personal care products are safe, the [**Environmental Working Group’s Skin Deep Cosmetic Safety Database**](http://www.cosmeticsdatabase.com/index.php?nothanks=1) allows you to look up a product and find out.