**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.