

THE STORY BEHIND CHEMICALS IN COSMETICS

#UnderTheLabel

Cosmetics can contain harmful endocrine disrupting chemicals (EDCs) and other compounds of concern.

Labels can be hard to read but ingredients can be a significant source of our daily exposure to such chemicals.

Research shows that reducing the use of cosmetics containing toxins lowers the number of EDCs found in urine samples.

Women can use between 12-16 personal care products a day, which can mean more than 160 chemical ingredients a day.

Chronic exposure to even low doses of endocrine disruptors can contribute to numerous **health disorders**, including: **infertility and reproduction disorders**, **breast cancer**, and **impaired child brain and nervous system development**.

60% of tested samples of personal care products in the Netherlands in 2020 contained suspected endocrine disrupting chemicals.

Some chemicals that are used to produce make-up and other cosmetics have been found in the amniotic fluid, the **mother's placenta** as well as **breast milk**.

WHAT CAN YOU DO



Read your labels.
Watch out for (suspected) endocrine disrupting chemicals.



Avoid fragranced products, especially if you are (trying to get) pregnant.



Trusted ecolabels such as Ecocert and Nordic Swan can help reduce your exposure



Ask producers which substances they use in their products.

CHECKLIST: CHEMICALS TO AVOID WHEN SHOPPING FOR COSMETICS

HOW TO READ YOUR LABELS

- Ingredients are listed by quantity from the highest to the lowest amount.
- According to EU law, containers and any exterior packaging for cosmetics have to be labelled and easy to read.
- Ingredients are listed according to their INCI names, which are internationally recognised to identify cosmetic ingredients.

Check the ingredients list on the packaging or on the brand's website. Try to avoid cosmetic products that contain (suspected) endocrine disrupting chemicals.

The following list of known and suspected endocrine disrupting chemicals, while not exhaustive, are frequently found in cosmetics:

| | BODY LOTION | DEODORANT | LIP BALM | HAND SOAP | SHAMPOO | HAIR STYLING | MASCARA | LIPSTICK | FACE CREAM | SUN SCREEN |
|--------------------------------|-------------|-----------|----------|-----------|---------|--------------|---------|----------|------------|------------|
| PRESERVATIVES | | | | | | | | | | |
| Butylparaben | ☑ | ○ | ☑ | ○ | ○ | ○ | ○ | ○ | ☑ | ○ |
| Ethylparaben | ☑ | ○ | ○ | ○ | ○ | ○ | ☑ | ○ | ☑ | ○ |
| Propylparaben | ☑ | ☑ | ☑ | ○ | ○ | ☑ | ☑ | ☑ | ☑ | ○ |
| Methylparaben | ☑ | ☑ | ☑ | ○ | ○ | ☑ | ☑ | ○ | ☑ | ○ |
| BHT | ☑ | ☑ | ☑ | ○ | ☑ | ☑ | ☑ | ☑ | ☑ | ☑ |
| Salicylic acid | ☑ | ○ | ☑ | ☑ | ☑ | ○ | ○ | ☑ | ○ | ○ |
| FRAGRANCE & PERFUME | | | | | | | | | | |
| Butylphenyl methylpropional | ☑ | ☑ | ○ | ☑ | ☑ | ☑ | ○ | ○ | ○ | ☑ |
| Benzyl salicylate | ☑ | ☑ | ☑ | ☑ | ☑ | ☑ | ○ | ☑ | ○ | ☑ |
| UV FILTERS | | | | | | | | | | |
| Ethylhexyl methoxycinnamate | ○ | ○ | ☑ | ○ | ☑ | ☑ | ○ | ☑ | ○ | ☑ |
| Benzophenones | ○ | ○ | ☑ | ☑ | ☑ | ☑ | ○ | ○ | ☑ | ☑ |
| Octocrylene | ○ | ○ | ☑ | ○ | ○ | ○ | ○ | ○ | ☑ | ☑ |
| Homosalate | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ☑ | ☑ |
| MOISTURISING AGENT | | | | | | | | | | |
| Cyclopentasiloxane | ☑ | ☑ | ○ | ○ | ○ | ○ | ☑ | ☑ | ☑ | ☑ |

Scan the QR code to take this guide with you when you go shopping!



* Suspected and known endocrine disruptors featuring in this table are based on data available through the following sources: European Commission calls for data on ingredients with potential endocrine-disrupting properties used in cosmetic products, EU Chemicals Agency database, ChemSec's SIN-list, the UN Environment Programme/WHO 2012 report on endocrine disruptors. The listed uses of the substances are based on recent product tests from the Danish Consumer Council and study of 111 popular personal care products by Tegengif-Erase all Toxins.

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ERASE ALL TOXINS