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His educational articles have been published in dozens of Canadian Health Magazines, Newsletters, Newspapers and numerous websites around the world.

Glossary Of Chemicals & Synthetics To Avoid In Personal Care Products

Read more: <http://stason.org/articles/wellbeing/health/Glossary-Of-Chemicals-Synthetics-To-Avoid-In-Personal-Care-Products.html#ixzz1jncW8zeF> (67 of the most harmful chemicals to your health are listed here from the over 1000 toxic chemicals to be found in cosmetics and personal care products)

These is just a small selection from the most hazardous, dangerous chemicals, it reads almost like a "horror story," and please read the ingredients on the labels and make sure that none of these chemicals are listed on them:

1. AHA (Alpha Hydroxy Acid): the skin is exfoliated chemically instead of mechanically via abrasion, dries and increases skin aging. Supposed to be anti-wrinkle, found in many skin and hair care products. Used as solvent originally in cleaning compounds and for tanning leather. A smooth finish is developed by stripping the outer layer of the skin, irritated skin can puff up.
2. Acetamide MEA: used in lipsticks and cream blusher to retain moisture, causes adverse reactions, carcinogenic, mutagenic, toxic.
3. Acetone: on EPA, RCRA, CERCLA hazardous waste list. Inhalation can cause dryness of the mouth and throats, dizziness, nausea, in coordination, slurred speech, drowsiness, and, in severe exposures, coma. Acts primarily as a central nervous system (CNS) depressant. You will find it in cologne, dishwashing liquid, detergent, nail enamel remover.
4. Alkyl-phenol-ethoxylades: mimics estrogen, used in shampoo, carcinogenic, mutagenic, toxic. Causes adverse reactions. Reduces sperm count.
5. Ammonium laureth sulphate: found in hair and bubble bath products. Laureth contains ether that is listed as carcinogenic, mutagenic, toxic and causes adverse reactions.
6. Aluminum: used as colour additive in cosmetics, especially eye shadow. Listed as carcinogenic, toxic and mutagenic.
7. Alcohol: acts as carrying and antifoaming agent, fast drying, water and oil solvent, if synthetically produced is carcinogenic, mutagenic, toxic, adverse reactions
8. a-Pinene: sensitizer, damaging to the immune system, in bar and liquid hand soaps, cologne, shaving cream, deodorants. Dishwashing liquid, air freshener.
9. a-Terpineol: highly irritating to mucous membranes, aspiration into the lungs can produce pneumonitis or even fatal edema., also can cause excitement, ataxia (loss of muscular coordination), hypothermia, CNS respiratory depression, headache, prevent repeated or prolonged skin contact, found in perfume, cologne, laundry detergent, bleach

powder, laundry bleach, fabric softener, stickup air freshener, Vaseline lotion, soap, hairspray, after shave, roll-on deodorant.

10. Bentonite: used in fascial mask, makeup, face powder. Supposed to draw out toxins and claimed to be non-toxic, but rats died when injected with it.

11. Benzaldehyde: narcotic, sensitizer, local anesthetic, CNS depressant, irritation to the mouth, throat, eyes, skin, lungs, and GI tract, causing nausea and abdominal pain, may cause kidney damage, do not use with contact lenses. Found in perfume, cologne, hairspray, laundry bleach, deodorants, detergents, Vaseline lotion, shaving cream, shampoo, bar soap, dishwasher detergent.

12. Benzene: found combined with other chemicals in many personal care products and is known as a bone-marrow poison, carcinogenic, mutagenic, toxic and causes adverse reactions.

13. Benzyl acetate: carcinogenic, linked to pancreatic cancer, from vapours irritating to eyes and respiratory passages, exciting cough, can be absorbed through the skin causing systemic effects, do not flush to sewer, used in perfume, cologne, shampoo, fabric softener, stickup air freshener, dishwashing liquid and detergent, soap, hairspray, bleach, after shave, deodorant.

14. Benzyl alcohol: irritating the upper respiratory tract, headache, nausea, vomiting, dizziness, drop in blood pressure, CNS depression, and death in severe cases due to respiratory failure. Used in perfume, cologne, soap, shampoo, nail enamel remover, air freshener, laundry bleach and detergent, Vaseline lotion, deodorants, fabric softener.

15. Benzyl violet: used as a colouring in various products, including nail treatment, it is a possible human carcinogen, according to the International Agency for Research on Cancer (IARC, Group 2B), on US and European labels, it is frequently listed as violet 2 or violet 6B.

16. Camphor: local irritant and CNS stimulant, readily absorbed through body tissues, irritation of eyes, nose and throat, dizziness, confusion, nausea, twitching muscles and convulsions, avoid inhalation of vapours, found in perfume, shaving cream, nail enamel, fabric softener, dishwasher detergent, nail color, stickup air freshener.

16a. Coal Tar derivatives: many kinds of shampoo designed to treat dandruff and flaky scalp contain it. Disguised with names such as FD, FDC or DF&C colour. It causes potentially severe allergic reactions, asthma attacks, fatigue, nervousness, headaches, nausea, lack of concentration, cancer, carcinogen, cough, redness of skin, burning sensation, can irritate nose, throat, hoarseness, nosebleeds, coughing, phlegm, changes in skin pigment and a rash. A 2001 California study published in the International Journal of Cancer found that women who used to permanent hair dyes once a month were twice likely to develop bladder cancer! There are many factors involved with hair colouring. Studies in the U.S. have suggested that the chemical reaction created by hair colouring products may be having a carcinogenic effect and have also associated hair colourings with an increased risk of Non-Hodgkin's lymphoma. Try to avoid dark hair dyes entirely and choose products made with natural ingredients instead. Banned in EU cosmetics!

17. Cocamide DEA: (also listed as Cocamide diethanolamine) nitrosamines can form in all cosmetic ingredients containing amines, nitrosamines and amino derivatives with nitrogen compounds, are known to be carcinogen causing allergic reactions and contact dermatitis. When DEA is applied to the skin known carcinogens can form, mostly found in shampoo. The National Toxicology Program in the U.S. published in 1998 a study that topical skin application of cocamide DEA created in mice and rats liver tumours.

18. Cocamidopropyl Betaine: used in shampoo in combination with other surfactants, synthetic, causes eyelid dermatitis.

19. Carboner 9ds34, 940, 941, 960, 961C: as thickener, stabilizer in creams, toothpaste, eye makeup, bathing products, may cause eye irritation

20. DEA (Diethanolamine): a synthetic solvent, detergent and humectant (moisturizer) widely used in brake fluid, industrial degreaser and antifreeze. Mostly used in liquid soap, shampoo and conditioner. Can be harmful for the liver, kidneys and pancreas. May cause

cancer in various organs, irritates skin, eyes, mucous membranes. Found also in hair dye, lotions, cream, bubble bath, liquid dishwashing detergent and laundry soap. Creates health risk especially to infants and young children. Forms nitrosamines known to be carcinogens. Causes allergic reactions and contact dermatitis, hazardous and toxic.

21. Dibutyl phthalate: used in nail polish in combination with toluene and formaldehyde, a colourless, oily liquid with a weak aromatic odour, irritation of eyes, nose throat, abdominal pain, diarrhoea, may cause nausea, tearing of eyes, vomiting, dizziness, long term exposure may cause liver and kidney damage, may harm the development of foetus and male testes, may cause mutations, reproductive damage, headache, drowsiness, seizures, affect nervous system, harm to the unborn child, possible risk of impaired fertility, dangerous for the environment, banned in EU cosmetics, used in epoxy resins, insect repellent, clothing and a solvent for perfumes, oils and textiles.

22. Dimethylamine: known to cause cancer, can irritate and cause severe burns of the skin, irritate and burn the eyes with possible permanent damage, even causing blindness, prolonged exposure may damage the liver, can affect you when breathed in and by passing through the skin, cough, headache, sore throat, shortness of breath, dizziness, nausea, slurred speech, irritable mood, used in de-hairing, detergents and pesticides, used in leather tanning and pharmaceutical products, banned in EU cosmetics.

23. Dioform: many toothpastes and other tooth whiteners contain it, damages your teeth enamel and weakening their protective shell

24. Dioxane: also called 1,4 Dioxane, a flammable liquid, may form explosive chemicals, especially when anhydrous (very dry), enters the body when people breathe air or consume water or food contaminated with dioxane., can also be absorbed through skin contact, causes watering of the eyes, redness of skin and eyes, pain, headaches, nausea, cough, sore throat, abdominal pain, dizziness, drowsiness, vomiting, unconsciousness. Is used in facial moisturizer/treatment, shampoo and a variety of cosmetics.

25. Disodium EDTA: may contain dangerous levels of ethylene oxide and or dioxane, both potent toxins, a manufacturing by-product, also used as chelating agent, carcinogenic.

26. Hydantoin DMDM: causes dermatitis, acts as a preservative and may release formaldehyde and is suspected carcinogen. Rats develop cancer when injected with is chemical.

27. Elastin: supposed to improve the elasticity of the skin when applied topically, but there is no proof it's true.

28. Ethanol: On EPA hazardous waste list, creates fatigue, irritating to eyes and upper respiratory tract even in low concentrations. Inhalation of ethanol vapors can have effects similar to those characteristic of ingestion. These include an initial stimulatory effect followed by drowsiness impaired vision, ataxia, stupor, causes CNS disorder, found in bar and liquid hand soap, cologne, perfume, shaving cream, deodorants, dishwashing liquid, air freshener.

29. Ethyl acetate: narcotic, on EPA hazardous waste list, irritating to the eyes and respiratory tract, may cause headache and narcosis (stupor), de-fatting effect on skin and may cause drying and cracking, anemia with leukocytosis and damage to liver and kidneys, wash thoroughly after handling, found in after shave, cologne, perfume, shampoo, nail color, nail enamel remover, fabric softener, dishwashing liquid.

30. Ethylacrylate: acrylates and methacrylates are monomers that are combined with other monomers or polymers to produce plastics used in cosmetics, medicine, dentistry and manufacturing industries. When inhaled causes cough, shortness of breath, sore throat, redness of eyes and skin, pain, abdominal pain, nausea, vomiting, diarrhoea, skin allergy, liver and kidney damage, severe irritations and burns of the eyes and skin, respiratory system, sensitization by skin contact and is a flammable and reactive liquid, a fire and explosion hazard, banned in EU cosmetics.

31. FDC-n (FD&C): various artificial different colours and some are simply irritants while others are strong carcinogens.

32. Fluoride: hazardous chemical, researchers linked it to cancer years ago, but no one was listening. Fluoridated toothpaste is especially dangerous to young children who tend to swallow it since it is tasty after brushing their teeth. Supposed to stop tooth decay, however, it seems just to do the opposite and Scientists are now linking fluoride to dental deformity, arthritis, allergic reactions, can lead also to Crohn's disease, a manufacturing toxic by-product.

33. Formaldehyde: due to it's bad reputation it is sometimes hidden under the name DMDM hydantoin or MDM hydantoin, trade name is formalin. Released by diazolidinyl urea, causes dermatitis, adverse effects, is very toxic when inhaled or swallowed, skin irritant, a suspected carcinogen and linked to cancer, burning sensation, cough, headache, nausea, shortness of breath, watering eyes, blurred vision, corrosive, should be handled with extreme caution, can irritate nose, throat and mouth, is a highly flammable gas and a dangerous fire hazard, should be handled with extreme caution.

34. g-Terpinene: causes asthma and CNS disorders, found in cologne, perfume, soap, shaving cream, deodorant, air fresheners

35. Imidazolidinyl Urea: skin sensitizer, can instigate immune system response that include itching, burning, scaling, hives, blisters of skin, severe respiratory reaction, gastrointestinal or liver toxicity hazards suspected, used in a huge variety of cosmetics and personal care products

36. Lauramide DEA: potentially contaminated with impurities, linked to cancer and other significant health problems, used in many cosmetics, shampoo, hair color, spray and bleaching, liquid hand soap, bubble bath shaving cream, bath oil etc.

37. Lead Acetate: evidence of carcinogenic effect, may cause kidney and brain damage, damage to the blood cells causing anemia, , cough, sore throat, redness of eyes and skin, causes pain, abdominal cramps, constipation, convulsion, nausea, vomiting, used in many lipsticks, even well know brand names, in 2005 Health Canada did act against this hair ingredient, found in men's hair colouring, Grecian formujla 16, by placing it on the "cosmetic hot list."

38. Limonene: carcinogenic, prevent its contact with skin or eyes because it is an irritant and sensitizer, always wash thoroughly after using this material before eating, drinking, applying cosmetics, do not inhale limonene vapour. Found in perfume, cologne, disinfectant spray, bar soap, shaving cream, deodorants, nail color and remover, fabric softener, dishwashing liquid, air fresheners, after shave, bleach, paint and varnish remover.

39. Linalool: narcotic, respiratory disturbances, attracts bees, causes CNS disorder, toxic to animals, used in perfume, cologne, bar soap, shampoo, hand lotion, nail enamel remover, hairspray, laundry detergent, dishwashing liquid, Vaseline lotion, air fresheners, bleach powder, fabric softener, shaving cream, after shave, sold deodorant.

40. Mercury: best known name in vaccines is thimerosal, can effect you when breathed in and by passing through your skin, irritate skin and eyes, may cause allergy, cough, abdominal pain, diarrhoea, shortness of breath, vomiting, fever or elevated body temperature. Used in mascara, eye liners, dental amalgam fillings, skin-lightening cream, nasal sprays, soaps, hemorrhoid treatments, antiseptics and as preservative in eye make up. Mercury fumes can collect inside the a jar of skin cream or a tube of mascara, and a person could inhale them when the container is opened. The State of Minnesota and many European countries have banned it due it harsh toxicity.

41. Methylene chloride: Banned by the FDA in 1988! No enforcement possible due to trade secret laws protecting the chemical fragrance industry. On EPCERCLA hazard waste list, carcinogenic, absorbed in body fat, it metabolizes to carbon monoxide, reducing oxygen-carrying capacity of the blood, headache, giddiness, stupor, irritability, fatigue, tingling in the limbs, causes CNS disorder, still used in shampoo, cologne, paint and varnish remover.

42. Mineral oil: petroleum by-product that coats the skin like plastic, clogging up pores, interferes with skin's ability to eliminate toxins, promoting acne, eczema, resulting in premature aging, can be absorbed through skin contact. Manufacturers use white

petrolatum because it is very cheap, used in moisturizer, baby oil, concealer, sunscreen, tanning oil, facial cleaners etc.

43. Mono sodium glutamate (MSG): a neurotoxic (brain damage), endocrine disrupting substance found literally in thousands of products. For more details please read the book from John Erb "The Slow Poisoning of North America", and also the websites: www.rense.com/general64/msg.htm, www.truthinlabeling.com and put into google "MSG Obese".

44. Nitrosamine: is mutagen and a number are transplacental carcinogen. They are metabolized the same in humans and animal tissues, it seems highly likely that humans are susceptible to the carcinogenic properties of nitrosamines. Used in thousand of consumer products such as fried bacon, cured meats, beer, tobacco products, gastric juices, rubber products, metal industry, pesticide products and use, certain cosmetics and chemicals, may cause cancer. More detailed information can be obtained from the article "Nitrosamines and Cancer" from Richard A. Scanlan, Ph.D., Dean of Research Emeritus and Professor of Food Science of the Linus Pauling Institute at the Oregon State University, Corvallis, www.lpi.oregonstate.edu/giving.html#planned

45. Parabens: trade names are benzyl, butyl, ethyl, isopropyl, methyl, propyl (alkyl-p-hydroxybenzoates) acting as preservatives in cosmetics and personal care products preventing bacteria, fungus and microbes. The US Environmental Protection Agency (EPA) reported that parabens displayed estrogenic activity in several tests and can have endocrine-disrupting action. Dr. Philippa Darbre at the University of Reading, UK detected in a study in 2004 parabens in 18 of 20 samples of tissues from breast tumour biopsies. The women used underarm deodorant spray. More scientist issue warnings about parabens. Because of the possible link to breast cancer and reproductive effects in boys, parabens are also an issue in sunscreens, since many are applied by massaging them into the skin. An article about the "Truth about Parabens" will be follow shortly!

46. Para-phenylenediamine (also tetrahydro-6-nitroquinoxaline): these are commonly found in hair colouring products (including products "Just for Men). Health Canada issues a warning August 2003 that PPD should not be used in "black henna" tattoo ink and paste since it is unsafe and should not be sold and used in cosmetics, creates allergy, red skin rashes, contact dermatitis, itching, blisters, open sores, scarring and other potentially harmful effects.

47. PABA (Para Amino Benzoic Acid): can create nausea, skin rashes, vomiting and may cause liver damage, mainly used in commercial sunscreens.

48. Phenylphenol: known carcinogen, can effect you when breathed in and may enter the body through the skin, possible eye damage, irritating eyes, respiratory system and skin, very toxic to aquatic organisms, abdominal cramps and pain, cough, laboured breathing, dangerous for the environment, possible carcinogen, banned in Europe

49. Phenoxyethanol: skin irritant, causes allergic reactions, used as preservative in vaccines.

50. Phosphoric acid: a clear, odourless, colorless liquid that is irritating to the skin and eyes, moderately toxic if ingested, it is used in the production of soaps, detergents, fertilizer and animals food.

51. Phthalates: found in many plastics as well as cosmetics and personal care products. A endocrine-disrupting chemical, some of them are also xenoestrogens, but many work in a different way as "anti-androgens" that interfere with male hormones. Exposure to phthalates during pregnancy is linked to development defects in male children, but they may also play a role in breast cancer. Some have been shown to increase proliferation of breast cancer cells in lab experiments and to reduce the effectiveness of the anti-cancer drug tamoxifen.

52. Petroleum distillates: extremely hazardous for humans, may cause cancer, lung damage if swallowed, many chemicals are petroleum based, for example 95% of all synthetic fragrances creating serious health problems.

53. Polysorbate-n (20-85): emulsifier in cosmetic creams, lotions, cream deodorant, baby oil, suntan lotion, can cause contact sensitivity and skin irritation

54. Polyquaternium: use in a variety of cosmetics such as hair care, moisturizing lotions, creates allergic contact dermatitis

55. Potassium dichromate: a carcinogen, handle with extreme caution, can affect when breathed in, may cause skin allergy and affect the kidneys, heritable genetic damage, toxic for the reproductive system, pain, blurred vision, sore throat, wheezing, severe deep burns, nausea, vomiting, diarrhoea, shock or collapse, very toxic, banned in EU cosmetics

56. Propylene glycol: one of the most chemicals used in cosmetics and personal care products, creams, lotions, shampoo, conditioners, moisturizers, cleansers, hair products, perfume, shaving cream, toothpaste, body spray, bath oil, bubble bath, mascara, antiperspirant, deodorant, lip gloss etc. and also used in antifreeze and de-icing, solutions for cars, boats, aircraft, solvents for paints, plastics, laundry detergent. Is a skin sensitizer, causes irritation of nasal and respiratory passages and if ingested can cause nausea, vomiting, diarrhoea, itching, burning, scaling, hives, blistering of the skin, alters skin structure, allows other chemicals to penetrate deeper into the skin, increasing the amounts of other chemicals that reach the bloodstream, contact dermatitis. Research has shown to be mutagenic and can cause cardiac arrest, degreases the skin. Japanese studies have shown that it can damage cell DNA (genetic code), toxic.

57. Selenium Sulfide: used for dandruff and scalp dermatitis, may cause skin irritation, dry skin, hair loss, can irritate eyes on contact with possible eye damage, high exposure may cause headache, nausea, vomiting, garlic odour of breath, metallic taste, and coated tongue, known to cause cancer, may damage the liver and kidneys, prolonged exposure may cause pallor, nervousness and mood changes. Banned in EU cosmetics!

58. Sodium lauryl sulphate (SLS): another chemical that you will find in as many cosmetics and personal care products as propylene glycol. The key ingredient to this foaming facial washer is a detergent that started as an industrial degreaseant and garage floor cleaner. When applied to the human skin it has the effect of stripping off the oil layer and is irritating and eroding the skin, leaving it rough and pitted. Is used as a lathering agent, corrodes hair follicle and impedes hair growth., penetrates your eyes, brain, liver and remains there for a long time. Degenerates cell membranes and can change the genetic information (mutagenic) in cells and damage the immune system. May cause blindness and lead to cataracts., retards the healing process. Enhances the allergic response to other toxins and allergens and can react with other toxic ingredients to form cancer-causing nitrosamines. The U.S. government has warned manufacturers of unacceptable levels of dioxin formation in some products containing this ingredient.

59. Sodium laureth sulphate (SLES): chemical name sodium lauryl "ether" sulphate. An ether chain is added to SLS, used as premium agent in cleansers, conditioners and shampoo. It is very inexpensive, but thickens when salt is added in the formula and produces high level of foam. Also used as wetting agent in the textile industry. Irritates skin and scalp and creates itching, may cause hair loss.

60. Sodium PCA (na-pca): PCA = pyrrolidone carboxylic acid, natural version is derived from fruits, grasses and vegetables, occurs naturally in skin, is binding moisture to cells, however the synthetic version causes throat irritation and lung constriction, irritation to eyes, neurological effects such as dizziness, classified in the EU harmful by inhalation.

61. Sodium Cyanide: a highly toxic compound, also known as sodium salt of hydrocyanic acid and cyanogen. Immediate medical attention is required in the event of cyanide poisoning, as it is quickly fatal. Used in extracting gold, silver, copper, poison to control indoor pests, irritates and severely damages tissues of eyes, skin, respiratory tract and the gastrointestinal tract, inhalation causes headaches, dizziness, convulsion, vomiting, unconsciousness, redness of eyes and skin, severe deep burns and nausea.

62. Sodium oleth sulphate: used in shampoo, liquid hand soap, makeup-remover, conditioner, body wash, cleansers, bubble bath, antibacterial skin cleanser, may contain levels of ethylene oxide and or dioxane, both potent toxins.

63. Styrene monomer: causes sensitization by skin contact, throat irritation and lung constriction, irritation of the eyes, dizziness.
64. Talc: used as cosmetic talcum powder, baby powder, an astringent powder used to preventing rashes on the area covered by a diaper (diaper rash) , food additive or in pharmaceutical products. Several studies have established preliminary links between talc and pulmonary issues, lung, skin and ovarian cancer, tumours in animals.
65. Toluene: used as a solvent and chemical intermediate, when inhaled causes sore throat, dizziness, drowsiness, headache, nausea, unconsciousness, abdominal pain, skin allergy, irritating nose, mouth, repeated exposure may cause liver, kidney and brain damage, death may occur, possible risk of harm to unborn child, harmful, highly flammable, toxic.
66. Triethanolamine (TEA):synthetic emulsifier, highly toxic, over 40% of cosmetics containing it, have been found to be contaminated with nitrosamines, which are potent carcinogens, harmful if swallowed, irritant corrosive and serious damage eyes, avoid skin and eye contact, used also a pH adjuster, avoid breathing vapors if generated.
67. Triclosan: is basically used as an antimicrobial to prevent growth of harmful bacteria, also called an anti-bacterial, virus and fungi in a huge variety of household good, personal care products (antibacterial soaps, liquid hand soaps, deodorants, toothpaste, processed food, clothing, dish soap, detergent, floor wash, counter and disinfecting spray, glass cleaner, mouthwash, laundry soap, lotion, moisturizers, children's toys, cleaning supplies. Other antimicrobials include antibiotics, anti-virals, anti-fungals, disinfectants and antiseptics. Studies in Sweden, Institute of Odontology, Huddingen, USA, Virginia Tech University, Blacksburg and Canada, University of Victoria, B.C. have shown that triclosan may promote the emergence of bacteria that are resistant to antibiotics, creates allergy and asthma in children, can interfere with the thyroid hormones and is a health hazard to humans in general and wildlife. The American Medical Association suggest that consumers should check product ingredient lists for triclosan, tricocarban, quaternary ammonium compounds and it is sometimes listed as Microban.

Read more:<http://stason.org/articles/wellbeing/health/Glossary-Of-Chemicals-Synthetics-To-Avoid-In-Personal-Care-Products.html#ixzz1jncPWvCF>