



ORGANICS *with* HEART

☺ TOP 10 INGREDIENTS ☺

to AVOID IN ANY PRODUCT

☀ YOU BUY FOR YOUR FAMILY.



Products are not what they used to be! We need to become our own ingredient detective and learn what's going into our products that we use on our families. It's easy once you know how, you just have to understand what the names of the ingredients are, and what they do. You'll then be equipped to make the best choice for your family!

☀️ THE TOP 10 NASTIES THAT WE SAY NO WAY TO FOR OUR FAMILY ☀️

There is a huge amount of research that shows many of the following are not okay for kids and are worth avoiding at all costs.

Here is the break down of some of the ingredients that are creeping into many every day products that your kids are probably using today.

1. PARABENS

Parabens are commonly used in sunscreen and many products for children and babies. Basically speaking these make sunscreens smooth and spreadable. They are also used as a preservative to prevent the growth of bacteria and yeast in many personal care products. Isn't this a good thing? Well not really. Parabens possess estrogen-mimicking properties that are associated with increased risks of breast cancer.



These chemicals are absorbed through the skin and have been identified in biopsy samples from breast tumours. Parabens are commonly found in our makeup, body washes, kids bubble bath, deodorants, shampoos and yep so often in sunscreen! You can also find them in food and pharmaceutical products. They have many different names.

Here are a few to keep an eye out for:



Thumbs down for these Parabens!

Common parabens include **methylparaben** (E number E218), **ethylparaben**(E214), **propylparaben** (E216), **butylparaben** and **heptylparaben** (E209).

Other parabens include **isobutylparaben**, **isopropylparaben**, **benzylparaben** **ethylparabenpara-hydroxybenzoic acid**

Okay so these are the main ones to look out for in sunscreens, but there are many other important nasties to look out for in all our personal care products.

2. FRAGRANCE & PARFUM



Fragrance is a blanket term which can include up to 2000 undisclosed synthetic chemicals that don't have to be disclosed by name. It's used to protect a company's 'secret formula'. Fragrance can be associated with allergies, dermatitis, respiratory distress and potential effects on the reproductive system. It can be found in many products such as perfume, aftershave, conditioner, shampoo, baby products, bubble bath and moisturisers.



Parfum falls under the same category as 'fragrance'. An undisclosed number of mystery chemicals. You will often find parfum in laundry powders and cleaning products to give that 'rainforest fresh' or 'ocean breeze' smell. These can be super harmful to our health and we don't want anything with parfum in products for our family.

3. PHENOXYETHANOL



This is a synthetic preservative that is often used in sunscreen and many baby products. While it's often only used in very small amounts it's believed to cause 'reproductive & developmental toxicity; effects from exposure may include headache, eye irritation, tremors & CNS depression.' (Source, Chemical Maze).

There is also research that suggests phenoxyethanol is an environmental toxin. With so many natural preservatives available to use this is one a no no in my book and is banned for use in Australian Certified Organic products.





4. PHTHALATES



A hard word to say and spell but an important word to know about! Pronounced 'Falates' these are a group of chemicals used in hundreds of products to make plastics more malleable and to help scent stick to the skin. So think of the things in perfumes, moisturisers, fake tans and even the smell that you notice when you purchase a new shower curtain.

Phthalates have an Oestrogenic affect, meaning that they increase the way oestrogen works in the body. They also are believed to have an anti-androgen affect, meaning they reduce the way that testosterone works in the body. The main phthalates in cosmetics and personal care products are **dibutyl phthalate** in nail polish, **diethyl phthalate** in perfumes, sunscreen and moisturiser and **dimethyl phthalate** in hair spray.

What's wrong with Phthalates?

They are known to be endocrine disruptors and have been linked to the increased risk of breast cancer, early breast development in girls, and reproductive birth defects in males and females. Unfortunately, it is not disclosed on every product as it's added to fragrances (remember the "secret formula" not listed), which is a major loophole in the law. They can be found in deodorants, perfumes, aftershave, hair sprays and moisturisers and yes very often in baby washes and shampoos! We can even absorb phthalates from storing our foods in plastics and drinking takeaway coffee out of plastic cups.



5. TRICLOSAN



Tricolson is a widely used antimicrobial chemical which you will often find in antibacterial handsoaps. This can also be known as a endocrine disruptor — which affects the thyroid, reproductive hormones and is a skin irritant. There are major concerns that triclosan contributes to making bacteria antibiotic-resistant. Tricolson can be found in toothpastes, antibacterial soaps and deodorants and yes very often in products for kids and babies!



6. SODIUM LAURYL SULFATE (SLS) / SODIUM LAURETH SULFATE (SLES)



When you see SLS or SLES think soaping formula - the stuff that makes bubble baths and soaps bubble and foam and hair squeaky clean. This surfactant can be found in more than 90 percent of personal care and cleaning products (think foaming products).

What's wrong with SLS?

SLS's are known to be skin, lung and eye irritants. One of the major concern of SLS is its potential to interact and combine with other chemicals to form nitrosamines, a carcinogen. These combinations can lead to a host of other issues like kidney and respiratory damage. They can be found in shampoo, body wash/cleanser, mascara and acne treatment and can often be found in bubble baths, shampoos and hand soap.

7. FORMALDEHYDE



Formaldehyde and formaldehyde-releasing preservatives (FRP's) preservatives are used in many cosmetic products to help prevent bacteria growth.

What's wrong with Formaldehyde?

Formaldehyde was deemed as a human carcinogen by The International Agency for Research on Carcinogens (IARC) and has been linked to occupational related cancers, nasal and nasopharyngeal. It is known to cause allergic skin reactions and it may also be harmful to the immune system. It can be found in nail polish, body washes, conditioners, shampoos, cleansers, eye shadows and nail polish treatments.



8. SYNTHETIC COLOURS

When you think about synthetic colours - don't just think bright colours! Synthetic colours can be in brown and white products too. Often used in sunscreens to make it super white. These synthetic colours are derived from petroleum and coal tar sources and synthetic colours are a suspected human carcinogen, a skin irritant and is linked to ADHD in kids. Look out for those bright coloured icy poles - especially zooper doopers! Just as we don't want to eat these, it's also not ideal to have them in our personal care products.



9. TOLUENE



Toluene is a petrochemical derived from petroleum or coal tar sources. You may see it on labels listed as: **1 - Benzene, 2 - Toluol, 3 - Phenylmethane, 4 - Methylbenzene.**

What's wrong with Toluene?

Toluene is a potent solvent able to dissolve paint and paint thinners. Eeek!! It can affect your respiratory system, cause nausea and irritate your skin. This is one to be very aware of if you are pregnant because exposure to toluene vapors may cause issues and development delays to the foetus. Toluene has also been linked to immune system toxicity. It can be found in nail polish, nail treatments and hair color/bleaching products.



10. PROPYLENE GLYCOL



Propylene glycol is a small organic alcohol commonly used as a skin-conditioning agent.

What's wrong with Propylene Glycol?

It's classified as a skin irritant and penetrator. It's been associated with causing dermatitis as well as hives in humans. This is often the chemical that can cause rashes and redness and increased skin sensitivity.



So that's the main list! The takeaway message here is to become an **ingredient detective**. While it's impossible to avoid every single synthetic chemical, you can do your part in limiting the amount of toxins your body is exposed to. You can also really support companies who are doing the right thing - who have full ingredient disclosure and try to use products that are certified organic or contain only naturally derived ingredients. Remember when it comes to sunscreen you want a mineral based sunscreen with no other nasties. Be mindful of full ingredient disclosure.

Educate yourself and do your research before you buy. You have the power to vote every time you purchase. You have the power to make great choices to support your family's health.

If you are looking for a brilliant natural sunscreen, **Hello Sunshine** is 100% preservative and paraben free, does not contain oxybenzone or anything that harms our oceans and is naturally spreadable. And the best thing is kids love it!

You can find out more about Hello Sunshine www.123nourishme.com.au

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