

first cut out guide, then fold here

Environmental Working Group's

shopper's guide to safe cosmetics



INGREDIENTS TO AVOID

DMDM hydantoin and Imidazolidinyl urea
toxic contaminants

Fragrance and dyes
allergies, cancer, nervous system

Methylchloroisothiazolinone and Methylisothiazolinone
allergies, nervous system

Parabens or "-paraben"
hormone effects

"PEG" and "-eth"
toxic contaminants

Sodium lauryl or laureth sulfate
skin damage, toxic contaminants

Triclosan and triclocarban
thyroid and environmental concerns

Triethanolamine (TEA)
allergies, toxic contaminants

With no required safety testing, cosmetics companies can use almost any chemical they want, regardless of risks. Read labels before you buy.

PRODUCTS TO AVOID

Anti-aging creams with lactic, glycolic, AHA, and BHA acids

Hair dyes with ammonia, peroxide, p-phenylenediamine, diaminobenzene; all dark permanent hair dyes

Liquid hand soaps with triclosan

Nail polish and removers with formaldehyde

Skin lighteners with hydroquinone

For more information on this list, visit cosmeticsdatabase.com

Safer shopping tips

- Use fewer, simpler products.
- Don't trust claims like "dermatologist-tested," "natural," or "organic." Read the ingredient label instead.
- Take label warnings seriously. They indicate hazardous chemicals.
- Look up your products' reviews at EWG's cosmeticsdatabase.com.

SUNSCREENS

- Stay in the shade from 10 am to 4 pm
- Wear a hat, sunglasses, & protective clothing
- Use SPF 30 or higher
- Avoid sprays and the ingredient oxybenzone
- Use 7% or higher zinc oxide or titanium dioxide
- Avoid added bug repellent

CHILDREN'S PRODUCTS

- Avoid boric acid and sodium borate in diaper cream
- Avoid 2-bromo-2-nitropropane-1,3-diol in baby wipes
- Avoid toothpaste with fluoride for children under 2
- Avoid play makeup like lipstick, perfume, and nail polish

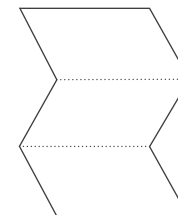
More tips and product reviews at cosmeticsdatabase.com

- **Subscribe to EWG's newsletter.**
[Sign up at ewg.org/signup](http://ewg.org/signup)
- **Support the Kid-Safe Chemicals Act.**
[Learn more at ewg.org/kidsafe](http://ewg.org/kidsafe)



Make your own safe cosmetics guide

1. Cut along dotted line.
2. Fold guide in half down the middle.
3. Fold guide into thirds, like an accordion, to make it pocket-sized.



fold guide into thirds at these two points

