

INGREDIENTS TO AVOID IN SKINCARE PRODUCTS

SLS / SODIUM LAURYL SULPHATE

Uses in skin products:

- Detergent (foaming agent)
- Base for cleaners, liquid soaps, shampoo, bubble bath

Possible side effects:

- Skin and scalp rash and irritation
- Oil and moisture loss
- Eye irritation
- Forms carcinogenic nitrates
- Absorbed in bloodstream
- Greater uptake in rapidly dividing cells and young tissues (e.g. children)
- Retained in organs (brain, heart, liver, eyes)

PROPYLENE GLYCOL

Uses in skin products:

- Emollient (provides 'slip')
- Solvent
- Viscosity decreaser
- Penetration enhancer

Possible side effects:

- Eye/skin irritant
- Rapid skin penetration which may cause brain, liver, kidney abnormalities (EPA requires workers to use protective clothing)

SYNERGIE'S COMMITMENT

Synergie practices a 'Clean Science' philosophy whereby all products are both scientifically effective and free of questionable ingredients.



ISOPROPYL ALCOHOL

(PETROLEUM DERIVED)

Uses in skin products:

- Solvent
- Skin dehydrator

Possible side effects:

- Skin dryness/irritation
- Penetration enhancer of undesirable ingredients
- Toxic vapours if excess inhaled
- Fatal if 30ml or more ingested
- Headaches
- Nausea

MEA DEA ,TEA

(MONOETHANOLAMINE /
DIETHANOLAMINE / TRIETHANOLAMINE)

Uses in skin products:

- pH controller
- Foam enhancer

Possible side effects:

- Possibility of some forms of cancer
- Skin irritant

PEG (POLYETHYLENE GLYCOL)

Uses in skin products:

- Skin lubricant
- Penetration enhancer
- Emulsifier in many skin products

Possible side effects:

- Produces carcinogens
- Irritation to damaged skin
- Increases penetration of undesirable ingredients
- Possible irritation from impurities

MINERAL OIL / PETROLATUM

(E.G. BABY OIL)

Uses in skin products:

- Gives the 'illusion' of moisturising due to oily nature but sits on surface only
- Petroleum derived occlusive

Possible side effects:

- Pore clogging
- Irritation and allergy due to possible contaminants from petroleum refining
- May impair natural skin processes ('cling wrap' effect) and prevent nutrient absorption/toxin release

INGREDIENTS TO AVOID IN SKINCARE PRODUCTS

SYNTHETIC COLOUR

(LOOK FOR D&C OR FD&C DYES)

Uses in skin products:

Appearance only - no functional benefit.

Possible side effects:

- May form carcinogens in the body (e.g. FD&C Red 40 linked to breast cancer)
- Allergy
- Skin irritant
- Can penetrate skin and carry impurities due to particle size

SYNTHETIC FRAGRANCE

(LOOK FOR 'FRAGRANCE 1/- NUMBER' OR 'PARFUM 1/- NUMBER')

Uses in skin products:

- No functional skin benefit.
- It may take a mixture of > 200 artificial chemicals to achieve a pleasant fragrance.

Possible side effects:

- Forms carcinogens in the body
- Allergy and irritation
- Photosensitivity
- Nausea
- Headaches (also due to inhaled vapour)

PARABENS AND OTHER ARTIFICIAL PRESERVATIVES

Examples:

- Parabens (methyl, ethyl and propyl)
- MDM Hydantoin (formaldehyde)
- Urea (Imidozolidinyl Urea or Germa)
- Methyl Isothiazoline
- Methyl Chloroisothiazolone
- Phthalates

Uses in skin products:

Prevents microbial contamination in skincare.

Possible side effects:

- Respiratory irritation (asthma trigger)
- Allergy and skin irritation
- Forms carcinogens
- Artificial preservatives release 'formaldehyde donors' and forms carcinogens

PTHALATES

Examples:

- Dibutylphthalate (DBP)
- Dimethylphthalate (DMP)
- Diethylphthalate (DEP)

**Phthalates are not mandatory to be listed on labels as part of artificial fragrance ingredients.*

Dibutyl phthalate is banned in the EU.

Uses in skin products:

- Flexible film formers (hairspray)
- Solvents
- Perfume fixatives

Possible side effects:

- Hormone disruptor
- Organ and system toxicity
- Prenatal exposure linked to decreased male fertility and ADHD

CHEMICAL ABSORBING SUNSCREENS

(ALSO CALLED ORGANIC SUNSCREEN)

Examples:

- Octyl Methoxycinnamate
- Oxybenzone
- Butyl Methoxydibenzoylmethane
- Octylcrylene
- Avobenzone
- Octinoxate
- Octisalate
- Oxybenzone
- Homosalate
- PABA

Uses in skin products:

UVA and UVB sun protection.

Possible side effects:

- Hormone disruptors
- Early puberty
- Estrogenic effect on tumours
- Low fertility
- May contribute to breast and prostate cancer
- Low molecular weight enables absorption into blood stream
- Accumulates in cells
- Allergy
- Photosensitivity
- Skin irritation
- Creates free radicals which can damage DNA

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