

Say NO to these ingredients in skincare & cosmetics

sources: EcoHolic, Environmental Defence, & David Suzuki
compiled by: juicygreenmom.ca

- **BHA & BHT**
- **DEA (diethanolamine), MEA, TEA, Cocamide DEA**
- **DMDM hydantoin, diazolidinyl urea, Bronopol, imidazolidinyl urea, methenamine, quaternium-15, Sodium Hydromethylglycinate, 1,4-Dioxane, 2-bromo-2-nitropopane-1,2-diol**
- **Oxybenzone, BP-3/benzophenone, octinoxate (octyl methoxycinnamate)**
- **propylparaben, butylparaben, ethylparaben, methylparaben**
- **Parfum/fragrance, musk xylene, musk ketone**
- **PEGs**, anything with "-eth"
- **Petrolatum, paraffin, mineral oil, petroleum distillate**
- **PPD, phenylenediamine, p-Aminoaniline, 1,4-benzenediamine, p-benzenediamine CI 76060, p-Diaminobenzene, 1,4-phenylenediamine, 1,4-diaminobenzene, 4-aminoaniline, "CI" followed by a five digit number**
- **Dibutyl Phthalate, DEHP, DEP**
- **Retinyl palmitate**
- ending in "**-siloxane**" or "**-methicone**"
- **sodium laureth sulphate, sodium lauryl sulphate**
- **Triclosan/triclocarban**
- **Palm oil** (anything with "**palm**" or "**palmate**")
at your discretion