



Ruthie Harper M.D.

**Nutritional Medicine Associates  
3901 Medical Parkway Suite 100**

**Austin, TX 78756**

**Phone: (512) 343-WELL**

**Fax: (512) 346-0100**

## **Avoid Toxic Ingredients in Skincare and Cosmetic Products**

Makeup and body care products have been linked to allergic reactions, birth defects, and even cancer. It is a medically recognized fact that our body absorbs significant amounts of what we put on our skin. With Certified Organic food rapidly becoming the nutrition of choice by the health conscious consumers, why accept any less for your skin?

The absence of government oversight for this \$35 billion industry leads to companies routinely marketing products with ingredients that are poorly studied, not studied at all, or worse, known to pose potentially serious health risks.

Cosmetics are the least regulated products under the Federal Food, Drug, and Cosmetic Act (FFDCA). The FFDCA does not require pre-market safety testing, review, or approval for cosmetics. The U. S. Food and Drug Administration (FDA) pursues enforcement action only after the cosmetic enters into the stream of commerce or sometimes after it is on the shelf.

The National Institute of Occupational Safety and Health found that 884 of the chemicals available for use in cosmetics have been reported to the government as toxic substances. A U. S. General Accounting Office report notes that the FDA has committed no resources for assessing the safety problems of those chemicals which have been found to cause genetic damage, biological mutations, and cancer. Because of minimal regulation, products plainly dangerous to your health can be, and are being, sold.

Many skincare product labels have long lists of chemical names, some followed by the phrase “derived from ...” (some natural substance). This is grossly misleading for consumers who are looking for genuine safe skincare products. At The Laser and Skin Care Clinic, we want our clients to avoid these toxic ingredients and have provided a list of such ingredients below.

## **Cancer Risks from Cosmetic and Personal Care Products**

Diethanolamine - (DEA), TEA (Triethanolamine)

Bronopol

1, 2-Dioxane

Artificial Colors

Lanolin

Talc

Silica

## **Endocrine (Hormonal) Disruptors in Cosmetics**

Alkylphenol Ethoxylates

Benzophenone-3 (Bp-3)

Butyl Benzyl Phthalate

Butylated Hydroxyanisole (BHA)

Butyl-methoxydibenzoylmethane (B-MDM)

Dibutyl Phthalate

Diethyl Phthalate

Homosalate (HMS)

Methyl-benzylidene Camphor (4-MBC)

Nitro Musks

Octyl-dimethyl-PABA (OD-PABA)

Octyl-methoxycinnamate (OMC)

Polycyclic Musks

## **Hidden Carcinogens**

### ***Contaminants***

Organochlorine Pesticides

Dioxane

Crystalline Silica

### ***Nitrosamine Precursors***

DEA- Diethanolamine

TEA-Triethanolamine

Bronopol

Padimate O

### ***Formaldehyde Releasers***

Bronopol

Quarternium 15

Diazolidinyl Urea

Imidazolidinyl Urea

DMDM Hydantoin

## **Sunscreen Agents to Avoid**

cinnimates

benzophenones  
PABA  
Salicylates

**Other Toxic Ingredients to Avoid**

Alcohol – Isopropyl, Ethyl, Propyl or SD 40 Alcohol  
Aluminum  
Animal Fat: Tallow  
Avobenzone  
Butylated hydroxytoluene (BHT)  
Collagen  
Elastin  
Fluorocarbon  
Glycerin (Synthetic)  
Lye  
Mineral Oil  
Nitrosamine  
Oxybenzone  
Para-phenyldiamine  
Petroleum/Petrolatum  
Phthalate  
Polyethylene Glycol  
Potassium Hydroxide  
Propylene Glycol  
Sodium Hydroxide  
Sodium Lauryl & Laureth Sulfate  
Toluene

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