

Stay away from these:

Alcohol, Isopropyl (SD-40)
Drying, irritant. Strips natural immune barrier. May cause headaches, dizziness, depression, nausea, vomiting, narcosis, anesthesia, & coma.

DEA (Dethanolamine), MEA(monothanolamine) & TEA (triethanolamine)
Skin and eye irritants. Easily absorbed through skin and accumulates in body organs, even brain.

Dioxin
A class of super-toxic chemicals. You won't see this named, but it is often in antibacterial ingredients such as triclosan, emulsifiers, PEGs, and ethoxylated cleansers such as Sodium Laureth Sulfate. Dioxin literally modifies the functioning and genetic mechanism of a cell, causing many dangerous effects.

DMDM Hydantoin and Urea (imidazolidinyl)
Releases formaldehyde, which may cause joint pain, skin reactions, allergies, depression, headaches, chest pains, ear infections, chronic fatigue, dizziness, heart palpitations, asthma, and lost of sleep.

Phthalates
Hormone disruptors, commonly found though not often listed. Health effects include: liver & kidney damage, birth defects, decreased sperm counts, early puberty and early breast development in boys and girls. In nail polish, perfume, hair spray, and skin care lotions, as well as personal care and household products. more >

FD & C Color Pigments
Made from coal tar. Contain heavy metal salts that deposit toxins onto skin, causing sensitivity and irritation. Can cause depletion of oxygen. Likely carcinogenic.

Fluoride
Linked to fluorosis in children, acne, alzheimer's, kidney damage, gastrointestinal problems, cancer, genetic damage, neurological impairment, bone and tooth decay, etc.

Fragrances
May be made of over 4,000 ingredients each, many toxic or carcinogenic. Symptoms reported to FDA include headaches, nausea, rashes, skin discoloration, coughing, vomiting, & skin irritation.

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The Deadly Dozen
Toxic ingredients to avoid

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Polyethylene glycol (PEG)
Dangerous levels of dioxin have been found as a manufacturing by-product. Found in a wide variety of personal care, baby care, & sunscreen products.

Propylene Glycol and Butylene Glycol
Petroleum plastics. They easily penetrate the skin and can weaken the cellular structure. Skin contact can cause brain, liver, and kidney abnormalities. Stick deodorants may have higher concentrations.

Sodium Laurel Sulfate (SLS) and Sodium Laureth Sulfate (SLES)
May damage the skin's immune system. When combined with other chemicals, SLS can be transformed into nitrosamines, a potent class of carcinogens. Found in 90% of personal care products that foam, car washes, garage floor cleaners and engine degreasers.

Triclosan
A registered pesticide similar to Agent Orange! A risk to human health and the environment. Hormone disruptor. You can find triclosan in antibacterial cleansers, toothpastes, and household products.