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# THE NONO LIST of ingredients to AVOID:

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## THE PRESERVATIVES:

- BHA and BHT: particularly BHA that is banned in EU and California. ●●●●
  - Formaldehyde-releasing preservatives: 2-bromo-2-nitro-1,3-propanediol, diazolidinyl urea & imidazolidinyl urea, DMDM hydantoin, methenamine, Quaternium-15, sodium hydroxymethylglycinate. ●●●
  - Super allergens: isothiazolinones (methyl- and methylchloro-), methyldibromo glutaronitrile (MDBGN) banned in the EU, iodopropynyl butylcarbanate (● if inhaled). ●
  - Parabens: butyl- & propyl-paraben that are banned in EU. ●●
  - Triclosan: also involved in antibacterial resistance. Banned in the US and EU but not in Canada. ●●●●
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## THE PARFUM: fragrance

Hides many NONO ingredients such as preservatives & allergenic botanicals. ●●●●

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## THE OTHER INGREDIENTS:

- Ethalonamines (EAs = mono-EA, Di-EA, Tri-EA). ●●
  - Ethoxylated compounds: PEG polyethylene glycol and sodium laureth/lauryl sulfate (SLES and SLS) because of risk of contamination with ethylene oxide and 1,4 dioxane. ●●●
  - Petrolatum (mineral oil): PAH polycyclic aromatic hydrocarbon contamination. Banned in EU. ●●
  - Siloxanes (cyclic silicones): cyclomethicone, cyclotetrasiloxane (D4), cyclopentasiloxane (D5) and cyclohexasiloxane; dimethicone if produced from D4 may be contaminated with D4 and D5. ●●●
  - Hydroquinone (or tocopheryl acetate). ●●
  - EDTA (ethylenediamine tetraacetic acid) and its salts. ●
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## THE ACTIVE IN SUNSCREENS: prefer physical sunscreen if appropriate

AVOID oxybenzone, octinoxate, homosalate, octisalate, octocrylene. ●●●

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## LEGEND

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**Human Toxic:**

Carcinogen or other toxic compound that may lead to the development of cancer, neuro-toxicities and/or other disorders.



**Endocrine Disruptor:**

Crosses the skin and has negative effect on internal hormonal system and functions.



**Allergen (A) or Irritant (I):**

Causes unwanted skin reaction - if avoided resolves in weeks for A, days for I.



**Environment Toxic:**

Toxic to flora and fauna through water, air, land - those ingredients circle back to human.



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