

PERSONAL CARE PRODUCTS AND TOXIC INGREDIENTS

To be a good parent, you need to take care of yourself so that you can have the physical and emotional energy to take care of your family.

-Michelle Obama

Could the products you put on your hair and skin be harmful to your growing baby? Research from the past years has shown yes, many chemicals are bad your health and for a baby in the womb. Sadly, there are so many products out there that science is slow to test all the chemicals and the government is slow to control their use. Learning about ingredients and reading product labels is the best way to make smart choices about what products to use, and what products to avoid. This is not a list of all known parts of care products, but it is a good place to start.



INGREDIENTS TO AVOID

Butylated hydroxyanisole (BHA)/butylated hydroxytoluene (BHT)

Coumarin (found even in some baby products)

DMDM Hydantoin

Ethanolamine

Guanidine Hydroxide

Hydroquinone

Parabens (methyl -, propyl-, iso-, butyl-)

Phthalates (dibutyl) (sometimes listed as "fragrance")

P-phenylenediamine

Placental extracts

Synthetic fragrances or "parfume"

Sodium Hydroxide or **Calcium Hydroxide**

Sodium Laureth Sulfate

Toluene

HERE ARE PHONE APPS AND WEBSITES WHERE YOU CAN EASILY LOOK UP HOW SAFE A PRODUCT IS

EWG.org/skindeep
(also has an app)

CosDNA.com

Think Dirty, Buy Clean
phone app

*adapted from the Toxic-Free Beauty Pocket Guide by Black Women for Wellness, LA