

Ingredients

TO AVOID IN PRODUCTS

○ **BHA, BHT, Phthalates & Triclosan:**

- Beta hydroxy/salicylic acid (BHA)
- Butylated hydroxytoluene (BHT)
- Triclosan
- Phthalates
- Benzylbutyl phthalate (BzBP)
- Di-n-butyl phthalate
- Dibutyl phthalate (DBP)
- Diethyl phthalate (DEP)

○ **Formaldehyde:**

- DMDM hydantoin,
- Diazolidinylurea
- Imidazolidinyl urea
- Quaternium-15

○ **Retinol:**

- Retinyl Acetate
- Retinal
- Retinyl Retinoate
- Retinyl linoleate
- Retinyl palmitate

○ **Sodium Laureth Sulfate:**

- (anything ending with 'ieth')
- Cetareth
- Laureth-4
- Laureth-23

○ **PEG and PPG:**

- PPG-20, 30, 80...
- PEG-20, 30, 80...
- Polysorbate-20, 30, 80

○ **Synthetic Fragrances**

- fragrance
- parfum

○ **Isopropyl (SD-40):**

○ **Formaldehyde:**

- Formaldehyde
- Formalin
- Urea
- Diazolidinyl urea
- Imidazolidinyl urea
- DMDM hydantoin
- Quaternium-15
- 2-bromo-2-nitropropane-1
- 3-diol
- Sodium hydroxylmethylglycinate

○ **Parabens:**

- alkyl parahydroxybenzoate
- butylparaben
- methylparaben
- ethylparaben
- propylparaben
- isobutylparabens

○ **Petrolatum:**

- petrolatum
- petroleum jelly
- mineral oil

○ **Nitrosamines:**

- Cocamidopropyl Betaine
- Diethanolamine (DEA)
- Triethanolamine (TEA)
- Monoethanolamine (MEA)

Resources/More Information at:

- <http://livingprettypnaturally.com/ingredients-to-avoid/>
- <http://blog.attitudeliving.com/personal-care-products-when-pregnant/>