



TO AVOID!



The Top 10 Worst Beauty Ingredients to Avoid

#1 Parabens

#2 Synthetic Colors

#3 Fragrance

#4 Phthalates

#5 Triclosan

#6 Sodium lauryl sulfate (SLS) &
Sodium laureth sulfate (SLES)

#7 Formaldehyde

#8 Toluene

#9 Propylene glycol

#10 Sunscreen chemicals

Learn more below about why these are so damaging and where to find them at home.

Parabens. Parabens are widely used preservatives that prevent the growth of bacteria, mold and yeast in cosmetic products. They possess estrogen-mimicking properties that are associated with an increased risk of breast cancer and imbalance estrogen and progesterone. These chemicals are absorbed through the skin and have been identified in biopsy samples from breast tumors. They can be found in makeup, body washes, deodorants, shampoos and facial cleansers. You can also find them in food and pharmaceutical products.

Synthetic colors. If you take a look at your product label and notice FD&C or D&C, they represent artificial colors. F — representing food and D&C representing drug and cosmetics. These letters precede a color and number (e.g., D&C Red 27 or FD&C blue 1). These synthetic colors are derived from petroleum or coal tar sources and are suspected to be human carcinogens (cancer-causing), a skin irritant and are linked to ADHD in children. They are banned for use in the European Union.

Fragrance. Fragrance mixes have been associated with allergies, dermatitis, respiratory distress and potential effects on the reproductive system. It can be found in many products such as perfume, cologne, conditioner, shampoo, body wash and moisturizers and is completely

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unregulated because companies don't have to list the individual ingredients that make up a fragrance.

Phthalates. A group of chemicals used in hundreds of products to increase the flexibility and softness of plastics. The main phthalates in cosmetics and personal care products are dibutyl phthalate in nail polish, diethyl phthalate in perfumes and lotions, and dimethyl phthalate in hair spray. They are known to be endocrine disruptors and have been linked to increased risk of breast cancer, early breast development in girls, and reproductive birth defects in males and females. Unfortunately, it is not disclosed on every product as it's added to fragrances (remember that individual ingredients do not have to be listed in fragrances), a major loophole in the law. They can be found in deodorants, perfumes/colognes, hair sprays and moisturizers.

Triclosan. It's a widely used antimicrobial chemical that's a known endocrine (hormone) disruptor — especially thyroid and reproductive hormones, and a skin irritant. Studies raise concerns that triclosan contributes to making bacteria antibiotic-resistant. There also wasn't enough supporting evidence that washing with antibacterial soaps containing triclosan provides any benefit over washing with regular soap and water. Triclosan can be found in toothpaste, antibacterial soaps and deodorants.

Sodium lauryl sulfate (SLS) / Sodium laureth sulfate (SLES). This surfactant can be found in more than 90 percent of personal care and cleaning products (think foaming products). SLS's are known to be skin, lung, and eye irritants. A major concern about SLS is its potential to interact and combine with other chemicals to form nitrosamines, a carcinogen. These combinations can lead to a host of other issues like kidney and respiratory damage. They can be found in shampoo, body wash/cleanser, mascara and acne treatment.

Formaldehyde. Formaldehyde and formaldehyde-releasing preservatives (FRP's) are used in many cosmetic products to help prevent bacteria growth. This chemical was deemed as a human carcinogen by The International Agency for Research on Carcinogens (IARC) and has been linked to occupational-related cancers: nasal and nasopharyngeal. It is known to cause allergic skin reactions and it may also be harmful to the immune system. It can be found in nail polish, body washes, conditioners, shampoos, cleansers, eye shadows, and nail polish treatments.

Toluene. A petrochemical derived from petroleum or coal tar sources. You may see it on labels listed as benzene, toluol, phenylmethane, methylbenzene. It is a potent solvent able to dissolve

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paint and paint thinner. It can affect your respiratory system, cause nausea and irritate your skin. Expecting mothers should avoid exposure to toluene vapors as they may cause developmental damage in the fetus. Toluene has also been linked to immune system toxicity. It can be found in nail polish, nail treatments and hair color/bleaching products.

Propylene glycol. It's a small organic alcohol commonly used as a skin-conditioning agent. It's classified as a skin irritant and penetrator. It has been associated with causing dermatitis as well as hives in humans — these sensitization effects can be manifested at propylene glycol concentrations as low as 2 percent. It can be found in moisturizers, sunscreen, makeup products, conditioners, shampoo and hair sprays.

Sunscreen chemicals. These chemicals function as a sunscreen agent, to absorb ultraviolet light. These chemicals are endocrine (hormone) disruptors and are believed to be easily absorbed into the body. They may also cause cellular damage and cancer in the body. Common names are benzophenone, PABA, avobenzone, homosalate and ethoxycinnmate. They can be found in sunscreen products.

Go here to enter in your body care and makeup products to see how toxic they are:
<http://www.ewg.org/skindeep>

Be sure to discard any body care and makeup products that are unsafe to use and replace them with healthier products. Join the [PCOS Cleanse](#) program now to get Robin's healthy recommendations and heal from symptoms of hormone imbalance. [Go here to learn more.](#)



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