



**GOOD CHEMISTRY**

Green Tips for Better Health

## Cosmetics

### What should I know about cosmetics?


- Every day we use many personal care products that contain ingredients that may be absorbed through the skin, inhaled, or ingested. The chemicals in just one product may not be enough to be harmful but think about how many products you use in a single day — from toothpaste to soap, shampoo to deodorant, lotion to makeup. Due to repeated exposure, toxic chemicals get into our bodies and have the potential to do harm.
- Because the Food and Drug Administration (FDA) does not have to approve the chemical ingredients that go into cosmetics, some products contain chemicals that have been linked to cancer, infertility, and other health problems.
- While many companies use harmful ingredients, others are committed to making safer products. Go to [www.cosmeticsdatabase.com](http://www.cosmeticsdatabase.com) for a list of companies that have signed the “Compact for Safe Cosmetics” — a voluntary pledge to remove harmful substances from their products.



 **Planned Parenthood**<sup>®</sup>  
of Northern New England

1-800-230-PLAN | [www.ppnne.org](http://www.ppnne.org)

EVERYDAY, WE EAT, DRINK, BREATHE, AND TOUCH CHEMICALS THAT EXIST AROUND US — SOME OF WHICH CAN AFFECT OUR HEALTH. PLANNED PARENTHOOD IS COMMITTED TO GIVING YOU THE INFORMATION YOU NEED TO MAKE CHOICES FOR BETTER HEALTH AND A GREENER ENVIRONMENT.

 Printed with soy ink on 100% post-consumer paper

## What can I do to use safer cosmetics?

- Because all personal care products may contain toxic chemicals or ingredients that can interfere with hormones, it is difficult for us to give advice on the products to avoid. Here is the best advice we can give:

- Use fewer items daily
- Use items less frequently
- Use safer cosmetics (*from the cosmetics database*)

- If you like to read ingredient labels, here are three ingredients to keep out of your personal care products:

- **PLACENTA:**

sometimes used in hair relaxers, lotions, and toners



**BUY PRODUCTS THAT SAY  
“CONTAINS NO ANIMAL PRODUCTS”**

- **MERCURY:**

often listed as thimerosal; found in mascara, eye drops, and ointments

**BUY MASCARA AND OINTMENTS THAT  
DO NOT HAVE THIMEROSAL ON THEIR LABELS**

- **FRAGRANCE:**

used in all perfume and several deodorants, moisturizers, hair sprays, shampoos, nail polishes, and other personal care products

**BUY PRODUCTS THAT SAY THEY ARE  
“FRAGRANCE FREE”**

## Take action for safe cosmetics!

If you are interested in learning more, or if you want to join The Campaign for Safe Cosmetics, visit [www.safecosmetics.org](http://www.safecosmetics.org). You can take action with others dedicated to eliminating toxic chemicals from personal care products.