LOOK OUT FOR THE TOXIC TEN WHEN YOU SHOP

On average, Canadians use 15 personal care products with over 100 toxic ingredients before breakfast. These chemicals have been linked to cancer, allergies, birth defects, infertility, and a long list of other serious health concerns.

JOIN US AND HELP KICK OUT THE TOXICS FOR GOOD

PROTECT YOUR HEALTH
read the label

TAKE ACTION
kickouttoxics.ca/takeaction
keeping an eye out for toxics in your personal care products is a good idea, but they shouldn’t be there in the first place.

Join us in asking Canada to improve toxic chemical regulation.

MAKEOVER YOUR PERSONAL CARE ROUTINE
environmentaldefence.ca/justbeautiful
Learn more about what chemicals to avoid and safer alternatives.

GET THE LATEST NEWS
environmentaldefence.ca/newsletter
Sign up for our Toxics Update newsletter.

FIND SAFER ALTERNATIVES AND TAKE ACTION AT environmentaldefence.ca

PARABENS
Ethylparaben, Methylparaben, Butylparaben, or Propylparaben
Found in: Various cosmetics, and moisturizers. Why it made the list: Allergens, male reproductive toxicants, immune system toxicants and endocrine disruptors.

PHTHALATES
Dibutyl Phthalate, DEHP, DEP
Found in: Nail products, scented products. Why it made the list: Allergens, linked to asthma, reproductive and developmental toxicants, endocrine disruptors.

SILICONE CHEMICALS
Cyclomethicone, Cyclotetrasiloxane, Cyclopentasiloxane, Cyclohexasiloxane
Found in: Various hair products, moisturizers, and cosmetics. Why it made the list: Skin irritants and environmental contaminants due to bioaccumulation.

TRICLOSAN
Found in: Products labelled "antibacterial", such as antiperspirants/deodorants, cleansers, and hand sanitizers. Why it made the list: Endocrine disruptor and environmental toxicant.

COAL TAR DERIVED COLOURS
P-Phenylenediamine (PPD)
Found in: Hair dye. Why it made the list: Allergens, neurotoxins and possible carcinogens.

1,4-DIOXANES
found in: Sodium Laureth Sulfate (SLES), a chemical used in products that lather, like shampoo, toothpaste, and body wash. Why it made the list: SLES can be contaminated with 1,4-dioxane during the manufacturing process. Also a skin irritant and probable carcinogen.

ARTIFICIAL MUSKS
Nitromusks such as musk xylene, musk ketone
Found in: Some products that contain Fragrance or Parfum, various hair products, moisturizers, cosmetics, even those labelled "unscented". Why it made the list: Endocrine disruptors and potential environmental contaminants due to bioaccumulation.

BHA & BHT
Butylated Hydroxyanisole, Butylated Hydroxytoluene
Found in: Moisturizers, makeup, and some fragrances. Why it made the list: Allergens, developmental toxicants and endocrine disruptors.

FORMALDEHYDE RELEASE AGENTS
Quaternium-15, DMDM Hydantoin, Diazolidinyl Urea, Imidazolidinyl Urea, Methenamine, and Sodium Hydroxymethylglycinate
Found in: Various hair products, moisturizers, and cosmetics. Why it made the list: Immune system toxicants and endocrine disruptors.

PETROLATUM
Petroleum Jelly
Found in: Various lip, skin, and hair products. Why it made the list: Can be contaminated with PAHs which are carcinogens, skin allergens and skin irritants.