

## Hormone Disruptors

7 ways hormones can hide in your skin care, and what to avoid.



### PRESERVATIVES

AVOID	WHY
PARABENS	<ul style="list-style-type: none"> <li>• potent hormone disruptor</li> <li>• interferes with estrogen metabolism</li> </ul>
PARABEN-LIKE COMPOUNDS <small>p-hydroxybenzoic acid, methyl vanillate, ethyl vanillate</small>	<ul style="list-style-type: none"> <li>• potent hormone disruptor</li> <li>• interferes with estrogen metabolism</li> </ul>
TRICLOSAN / TRICLOCARBAN	<ul style="list-style-type: none"> <li>• shown to alter estrogen, testosterone and thyroid hormones</li> </ul>



### FRAGRANCES

(FRAGRANCE, NATURAL FRAGRANCE, PERFUME, PARFUM, FLAVOR)

Includes several thousand compounds, many of which affect hormone levels

AVOID	WHY
PHthalATES	<ul style="list-style-type: none"> <li>• may not be listed on label</li> <li>• plastic-like compound that has been linked to birth defects, obesity, low sperm count, reproductive cancers, thyroid problems &amp; diabetes.</li> </ul>
TOLUENE, BENZENE, ETHYLBENZENE, XYLENE	<ul style="list-style-type: none"> <li>• toxic solvents found in fragrances, hair dye, nail polish</li> <li>• affects hormones at even small amounts</li> </ul>
ETHYLVANILLATE, METHYLVANILLATE	<ul style="list-style-type: none"> <li>• artificial vanilla-like fragrance</li> <li>• potent hormone disruptor – especially estrogen</li> </ul>



### PACKAGING

AVOID	WHY
PLASTIC PACKAGING	<ul style="list-style-type: none"> <li>• can leach multiple hormone disruptors into personal care products</li> <li>• choose products packaged in glass – especially if acidic ingredients such as AHA (alpha hydroxy acids/fruit acids or hyaluronic acid (HA) are included.</li> </ul>
BPA FREE	<ul style="list-style-type: none"> <li>• BPA is often replaced with or contains BPS which as been shown to be as toxic or more compared to BPA.</li> <li>• estrogenic</li> </ul>



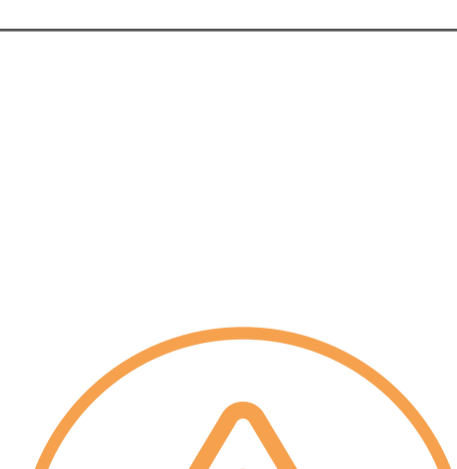
### GMO INGREDIENTS

AVOID	WHY
PESTICIDES	<ul style="list-style-type: none"> <li>• purchase NON-GMO or ORGANIC products whenever possible</li> <li>• shown to be hormone and neurotoxic (brain &amp; nervous system)</li> </ul>



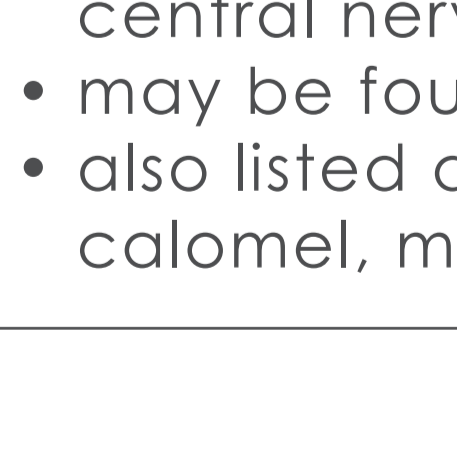
### TRADE SECRETS

AVOID	WHY
TERM FLAVOR / NATURAL FRAGRANCE OR FRAGRANCE	<ul style="list-style-type: none"> <li>• allowed by the FDA to protect trade secrets</li> <li>• leaves specific proprietary ingredients off of ingredient lists</li> <li>• unless followed by "pure essential oils only" - term can be used to hide a multitude of toxic chemical compounds</li> </ul>
OTHERS NOT LISTED	<ul style="list-style-type: none"> <li>• application for "trade secret" status with FDA allows companies to leave ingredients off labels</li> <li>• pay attention to the practices of company</li> <li>• do they act in alignment with what they claim?</li> <li>• can you smell fragrance, but no fragrance is listed?</li> </ul>



### CONTAMINATION / HEAVY METALS

AVOID	WHY
CADMIUM	<ul style="list-style-type: none"> <li>• potent estrogenic action and shown to be carcinogenic (cancer causing)</li> <li>• common contaminant in pigments – think hair dye, nail polish, make-up; also in plastics</li> </ul>
ALUMINUM	<ul style="list-style-type: none"> <li>• common in deodorant &amp; dry shampoo</li> <li>• choose aluminum free deodorant</li> <li>• look for the ingredient "rice starch" to replace aluminum in dry shampoo</li> </ul>
MERCURY	<ul style="list-style-type: none"> <li>• hormone disruptor and toxic to brain / central nervous system</li> <li>• may be found in skin lightening products</li> <li>• also listed as mercurous chloride, calomel, mercurio</li> </ul>



### HERBAL INGREDIENTS

AVOID	WHY
SOY	<ul style="list-style-type: none"> <li>• phytoestrogen (plant estrogen)</li> <li>• common GMO / high in pesticide contamination</li> </ul>
WILD YAM	<ul style="list-style-type: none"> <li>• bioidentical hormones can be made from wild yam</li> <li>• listing "wild yam" can be misleading when actual estrogen, progesterone etc may be present and potent.</li> </ul>
HOPS	<ul style="list-style-type: none"> <li>• phytoestrogen</li> </ul>
RED CLOVER	<ul style="list-style-type: none"> <li>• phytoestrogen</li> </ul>