THE STORY BEHIND CHEMICALS IN COSMETICS





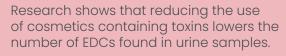
Cosmetics can contain harmful endocrine disrupting chemicals (EDCs) and other compounds of concern.

Labels can be hard to read but ingredients can be a significant source of our daily exposure to such chemicals.

Women can use between 12-16 personal care products a day, which can mean more than 160 chemical ingredients a day.



60% of tested samples of personal care products in the Netherlands in 2020 contained suspected endocrine disrupting chemicals.





Chronic exposure to even low doses of endocrine disruptors can contribute to numerous health disorders, including: infertility and reproduction disorders, breast cancer, and impaired child brain and nervous system development.



Some chemicals that are used to produce make-up and other cosmetics have been found in the amniotic fluid, the mother's placenta as well as breast milk.

WHAT CAN YOU DO



Read your labels.
Watch out for
(suspected) endocrine
disrupting chemicals.



Avoid fragranced products, especially if you are (trying to get) pregnant.



Trusted ecolabels such as Ecocert and Nordic Swan can help reduce your exposure



Ask producers
which substances
they use in their
products.







CHECKLIST:

CHEMICALS TO AVOID WHEN SHOPPING FOR COSMETICS



- According to EU law, containers and any exterior packaging for cosmetics have to be labelled and easy to read.
- Ingredients are listed according to their INCI names, which are internationally recognised to identify cosmetic ingredients.

HOW TO READ YOUR LABELS

Check the ingredients list on the packaging or on the brand's website.

Try to avoid cosmetic products that contain (suspected) endocrine disrupting chemicals.

The following known and suspected er disrupting ch while not exh are frequentl in cosmetics:	ndocrine emicals, austive, y found	BODY LOTION	DEODORANT	LIP BALM	HAND	SHAMPOO	HAIR STYLING	MASCARA	LIPSTICK	FACE CREAM	SUN SCREEN
PRESERVATI	VES										
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FRAGRANCI & PERFUME	E										
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Octocrylene	Э			Ø	0	C	C			Ø	Ø
Homosalate MOISTURISI										V	v

Scan the QR code to take this guide with you when you go shopping!

AGENT

Cyclopentasiloxane



* Suspected and known endocrine disruptors featuring in this table are based on data available through the following sources: European Commission calls for data on ingredients with potential endocrine-disrupting properties used in cosmetic products, EU Chemicals Agency database, ChemSec's SIN-list, the UN Environment Programme/WHO 2012 report on endocrine disruptors. The listed uses of the substances are based on recent product tests from the Danish Consumer Council and study of 111 popular personal care products by Tegengif-Erase all Toxins.





