

You should know:

- Before she heads out the door, the average woman has sudsed, soaked, slathered, and spritzed herself with 126 chemicals, many of which are toxic
- Three-quarters of all brand-name cosmetics contain phthalates, chemicals that have been strongly linked with hormone disruption
- The U.S. Food and Drug Administration's "safe for human use" approval rating does not in any way reflect an understanding of that product's impact on internal health

To make better shopping choices to reduce your chemical body burden, keep this wallet card with you. Seek out the best-choice brands on the green panel and avoid the ingredients in red.

GillDeacon.ca

Best Brands

AUBREY aubrey-organics.com
BADGER badgerbalm.com
GREEN BEAVER greenbeaver.com
DR. HAUSCHKA drhauschka.com
DR. BRONNER drbronner.com
DRUIDE druide.ca
GABRIEL COSMETICS
gabrielcosmeticsinc.com
LAVERA lavera.com
PANGEA ORGANICS pangeaorganics.com
PURE ANADA pureanada.ca
ROCKY MOUNTAIN SOAP COMPANY
rockymountainsoap.com
THE SOAP WORKS puresoapworks.com
WELEDA weleda.com

Toxins to Avoid ...

Benzene
Benzoic acid
Benzoyl-5
Butylparaben
Coal tar
Cocamide DEA
Diazolidinyl urea
DEA
Diethanolamine
Dimethicone
Ethoxylated
surfactants
Ethylparaben
FD & C
FD & C (colour + number)
Formaldehyde

Hydroquinone Phthalates Lead PEG (1,4) lauryl ether Placental extract Mercurochrome Polyethylene glycol (PEG) Mercuric oxide Polypropylene glycol (PPG) Mercury Propylparabens Methanone Propyl ester Methylparaben Silcone-derived emollients Microban Sodium laurel sulfate (SLS) Mineral oil Sodium laureth sulfate Monoethanolamine Oxomethane Oxybenzone **Thimerosol** Parabens Toluene Paraphenylenediamine (PPD) Triclosan Triethanolamine

This card is printed on Rolland Enviro100 paper, which contains 100% recycled post-consumer fibres, is Ecologo, Processed Chlorine Free ar FSC Recycled certified and manufactured using biogas energy.

Cut along crop lines. Fold. Carry in your wallet.

