

In the following pages, you will be informed of the chemicals in your food and makeup that you should look out for in the ingredients listing. The purpose of this pamphlet is not so you should stop wearing cosmetics or eating certain foods. Its purpose is to make you more aware of what you are eating or applying to your skin.

Tartrazine (Yellow 5)

This food dye is used in potato chips, jams, candy, drinks, and pet food. It is also used in vitamins, certain medications, shampoo, and other cosmetic products. Food dyes are not healthy. They are banned in certain European countries and cause a high risk of cancer.

High Fructose Corn Syrup

This is a sweetener from corn. They are frequently used to preserve food.

<http://corn.org/products/sweeteners/high-fructose-corn-syrup/> It may sound natural and safe, but the reality is that it isn't. It contains dangerous chemicals and contaminants. This is a big contribution to diabetes and can also cause strokes, heart attacks, and dementia.
http://www.huffingtonpost.com/dr-mark-hyman/high-fructose-corn-syrup_b_4256220.html

Aluminum Powder

This is a metallic substance composed of finely ground particles of aluminum. It is mainly used as a colorant. It can lead to neurotoxicity and enhanced skin absorption. This is rated a high concern. This product is considered far worse than mercury and long term exposure can impair the body's ability to excrete mercury. https://www.ewg.org/skindeep/ingredient/700324/ALUMINUM_POWDER/

Propylene Glycol

This is a synthetic liquid substance that absorbs water. It is used as an antifreeze in food. It is also used to absorb water and maintain moisture in both food and cosmetics. It can cause severe irritation, rashes, and blisters.

<http://www.atsdr.cdc.gov/substances/toxsubstance.asp?toxid=240>

Retinyl Acetate

This is a synthetic vitamin A ingredient used for skin conditioning. It can cause bio-chemical or cellular level changes and is restricted in Canada.

[https://www.ewg.org/skindeep/ingredient/705543/RETINYL_ACETATE_\(VITAMIN_A_ACETATE\)/#](https://www.ewg.org/skindeep/ingredient/705543/RETINYL_ACETATE_(VITAMIN_A_ACETATE)/#)

Parabens

These are anti-fungal agents used in food to add color and prevent the food from spoiling. But they can also be found in deodorants, toothpaste, makeup, and shampoo. Although parabens prevent bacteria, they can age your skin terribly and increase estrogen in the body.

http://www.ehow.com/info_8792121_pros-cons-parabens.html

Ethylene Oxide

This is used to sterilize surgical equipment, yet it is found in shampoo and body wash. It is used in these to buffer the harshness of scrubbing agents. It can cause irritation and lead to cancer.

https://www.ewg.org/skindeep/ingredient/726229/ETHYLENE_OXIDE/