

# The Fertility Godmother

## Choosing Safer Personal Care Products

Endocrine disrupting chemicals, carcinogens, and even neurotoxins are commonly used in the make-up and personal care products we use each day.

The goal here is to phase out the use of conventional skincare, makeup, and personal care products, and seek out safer nontoxic alternatives.

### Stay away from the word fragrance

Any product that lists “fragrance” as an ingredient should be avoided. The word fragrance by law is trade secret, therefore companies do not need to disclose the ingredients within it. There can be 1, 2, 5 or even 1200 ingredients hiding in your products.

### Know what you're buying

Read labels and pay attention to ingredient names.

### When shopping, check the ingredient list and avoid the following:

#### Your body

Triclocarban (bar soap)

Triclosan (liquid soap)

#### Your teeth

Triclosan in toothpaste

#### Your lips

Retinyl palmitate or retinol

#### Sunscreen

SPF above 50

Retinyl palmitate

Aerosol sprays

Oxybenzone

Insect repellent

#### Hair products

“Fragrance”

PEG, cetareth and polyethylene

Parabens: propyl, isopropyl, butyl, isobutyl

DMDM hydantoin

#### Nails

Formaldehyde or formalin in polish, hardeners or other nail products

Toluene

Dibutyl phthalate (DBP)

#### Moisturizing

Retinyl palmitate or retinol in daytime skin products

