

## Ingredients to avoid

More than 38,000 cosmetic injuries requiring medical attention are reported annually in the United States according to Dr. Samuel S. Epstein (Safe Shopper's Bible Pages 182 & 183). Ingredients in shampoos, toothpastes, skin creams, and other personal care products, fabric softeners, make-up, hair care products, colognes, perfumes and other scented products can be dangerous to your health. In 1989, the United States National Institute of Occupational Safety and Health recognized 884 poisonous substances (many synthetically derived from petrochemicals) from a list of 2,983 chemicals used in the fragrance industry that are capable of causing cancer, birth defects, central nervous system disorders, allergic respiratory reactions, skin and eye irritations.

Many chemicals found in cosmetics don't cause obvious immediate signs of toxicity, but slowly poison us through repeated use.

In America, a 1993 survey found levels of the highly toxic and carcinogenic 1,4 dioxane in 27 out of 30 children's shampoo and bath products tested. In the same study, of 54 cosmetic raw ingredients tested, all contained 1,4 dioxane. A study conducted by the University of California on 58,000 beauty therapists, hairdressers and manicurists, revealed that they developed cancer at four times the rate of the general population.

Many drugs on the market today are administered through transdermal skin patches, which have been shown to be up to 95% more effective than oral medication. This proves that the skin, the largest organ of the body and our first line of immunity, is permeable to all chemicals.

### START CHECKING ALL PRODUCT LABELS: AVOID THESE HARMFUL, HAZARDOUS "TOUCH-ME-NOT" INGREDIENTS!

- Alcohol, Isopropyl (SD-40): a very drying and irritating solvent and dehydrator that strips your skin's moisture and natural immune barrier, making you more vulnerable to bacteria, molds and viruses. It is made from propylene, a petroleum derivative and is found in many skin and hair products, fragrance, antibacterial hand washes as well as shellac and antifreeze. It can act as a "carrier" accelerating the penetration of other harmful chemicals into your skin. May promote brown spots and premature aging of skin. A Consumer's Dictionary of Cosmetic Ingredients says it may cause headaches, flushing, dizziness, mental depression, nausea, vomiting, narcosis, anesthesia, and coma. Fatal ingested dose is one ounce or less
- DEA (diethanolamine), MEA (monoethanolamine), & TEA (triethanolamine): hormone-disrupting chemicals that can form cancer-causing nitrates and nitrosamines. Already restricted in Europe due to known carcinogenic effects, but Americans may be exposed 10-20 times per day! Used to create "foam"

in products like shampoo, shaving creams, and bubble bath. Dr. Samuel Epstein (Professor of Environmental Health at the University of Illinois) says that repeated skin applications... of DEA-based detergents resulted in a major increase in the incidence of liver and kidney cancer. The FDA's John Bailey says this is especially important since "the risk equation changes significantly for children."

- DMDM Hydantoin & Urea (Imidazolidinyl): just two of many preservatives that often release formaldehyde which may cause joint pain, skin reactions, allergies, depression, headaches, chest pains, ear infections, chronic fatigue, dizziness, and loss of sleep. Exposure may also irritate the respiratory system, trigger heart palpitations or asthma, and aggravate coughs and colds. Other possible side effects include weakening the immune system and cancer. Alternative: Lonicera Japonica

- FD&C Color Pigments: synthetic colors made from coal tar, containing heavy metal salts that deposit toxins onto the skin, causing skin sensitivity and irritation. Absorption of certain colors can cause depletion of oxygen in the body and death. Animal studies have shown almost all of them to be carcinogenic. No alternative necessary

- Fragrances: mostly synthetic ingredients, often containing animal urine or feces! Fragrance on a label can indicate the presence of up to four thousand separate ingredients, many toxic or carcinogenic. Symptoms reported to the FDA include headaches, dizziness, allergic rashes, skin discoloration, violent coughing and vomiting, and skin irritation. Clinical observation proves fragrances can affect the central nervous system, causing depression, hyperactivity, irritability, inability to cope, and other behavioral changes. Alternatives: Aromatherapeutic, organic essential oils.

- Mineral Oil: petroleum by-product that coats the skin like plastic, clogging the pores. Interferes with skin's ability to eliminate toxins, promoting acne and other disorders. Slows down skin function and cell development, resulting in premature aging. Used in many products (baby oil is 100% mineral oil!) Alternatives: Moisture Magnets (Saccharide Isomerate) from beets; Ceramides, Jojoba and other vegetable oils, etc.

- Polyethylene glycol (PEG): potentially carcinogenic petroleum ingredient that can alter and reduce the skin's natural moisture factor. This could increase the appearance of aging and leave you more vulnerable to bacteria. Used in cleansers to dissolve oil and grease. It adjusts the melting point and thickens products. Also used in caustic spray-on oven cleaners. One Alternative: Planteren TM (Decyl Glucoside)

- Propylene Glycol (PG) and Butylene Glycol: petroleum plastics which act as "surfactants" (wetting agents and solvents). They easily penetrate the skin and can weaken protein and cellular structure. Commonly used to make extracts from herbs. PG is strong enough to remove barnacles from boats! The EPA considers PG so toxic that it requires workers to wear protective gloves, clothing and goggles and to dispose of any PG solutions by burying in the ground. Because PG penetrates the skin so quickly, the EPA warns against skin contact to prevent consequences such as brain, liver, and kidney abnormalities. But there isn't even a warning label on products such as stick deodorants, where the concentration is greater than in most industrial applications. Alternatives: water extracted herbs, Essential Oils, etc.

- Sodium Lauryl Sulfate (SLS) & Sodium Laureth Sulfate (SLES): detergents and surfactants that pose serious health threats. Used in car washes, garage floor cleaners and engine degreasers—and in 90% of personal-care products that foam. Animals exposed to SLS experienced eye damage, depression, labored breathing, diarrhea, severe skin irritation, and even death. Young eyes may not develop properly if exposed to SLS because proteins are dissolved. SLS may also damage the skin's immune system by causing layers to separate and inflame. When combined with other chemicals, SLS can be transformed into nitrosamines, a potent class of carcinogens. Your body may retain the SLS for up to five days, during which time it may enter and maintain residual levels in the heart, liver, the lungs, and the brain. Alternative: Ammonium Cocoyl Isethionate.

- Triclosan: a synthetic “antibacterial” ingredient—with a chemical structure similar to Agent Orange! The EPA registers it as a pesticide, giving it high scores as a risk to both human health and the environment. It is classified as a chlorophenol, a class of chemicals suspected of causing cancer in humans. Its manufacturing process may produce dioxin, a powerful hormone-disrupting chemical with toxic effects measured in the parts per trillion; that is only one drop in 300 Olympic-size swimming pools! Hormone disruptors pose enormous long-term chronic health risks by interfering with the way hormones perform, such as changing genetic material, decreasing fertility and sexual function, and fostering birth defects. It can temporarily deactivate sensory nerve endings, so contact with it often causes little or no pain. Internally, it can lead to cold sweats, circulatory collapse, and convulsions. Stored in body fat, it can accumulate to toxic levels, damaging the liver, kidneys and lungs, and can cause paralysis, suppression of immune function, brain hemorrhages, and heart problems. Tufts University School of Medicine says that triclosan is capable of forcing the emergence of 'super bugs' that it cannot kill. Its widespread use in popular antibacterial cleansers, toothpastes and household products may have nightmare implications for our future. Alternative: BGSE

## Ten Synthetic Cosmetic Ingredients to Avoid

By Aubrey Hampton

If you want natural products, you have to be willing to search them out. Learn to read labels, and refuse to settle for half-natural hair and skin care. Below I've listed and described my "ten most wanted" I most want to see off the labels of so-called natural hair and skin care products.

1. imidazolidinyl Urea and Diazolidinyl Urea — These are the most commonly used preservatives after the parabens. They are well established as a primary cause of contact dermatitis (American Academy of Dermatology). Two trade names for these chemicals are Germall II and Germall 115. Neither of the Germall chemicals have a good antifungal, and must be combined with other preservatives. Germall 115 releases formaldehyde at just over 10°. These chemicals are toxic.

2. Methyl and Propyl and Butyl and Ethyl Paraben — Used as inhibitors of microbial growth and to extend shelf life of products. Widely used even though they are known to be toxic. Have caused many allergic reactions and skin rashes. Methyl paraben combines benzoic acid with the methyl group of chemicals. Highly toxic.
3. Petrolatum — I see this on lip products from time to time, which is humorous to me because they're usually advertised as protecting the lips from sunburn, chapping and so forth. Petrolatum is mineral oil jelly, and mineral oil causes a lot of problems when used on the skin photosensitivity (i.e., promotes sun damage), and it tends to interfere with the body's own natural moisturizing mechanism, leading to dry skin and chapping. You are being sold a product that creates the very conditions it claims to alleviate. Manufacturers use petrolatum because it is unbelievably cheap.
4. Propylene Glycol — Ideally this is a vegetable glycerin mixed with grain alcohol, both of which are natural. Usually it is a synthetic petrochemical mix used as a humectant. Has been known to cause allergic and toxic reactions.
5. PVP/VA Copolymer — A petroleum-derived chemical used in hairsprays, wavesets and other cosmetics. It can be considered toxic, since particles may contribute to foreign bodies in the lungs of sensitive persons.
6. Sodium Lauryl Sulfate — This synthetic substance is used in shampoos for its detergent and foam-building abilities. It causes eye irritations, skin rashes, hair loss, scalp scurf similar to dandruff, and allergic reactions. It is frequently disguised in pseudo-natural cosmetics with the parenthetical explanation "comes from coconut."
7. Stearalkonium Chloride — A chemical used in hair conditioners and creams. Causes allergic reactions. Stearalkonium chloride was developed by the fabric industry as a fabric softener, and is a lot cheaper and easier to use in hair conditioning formulas than proteins or herbals, which do help hair health. Toxic.
8. Synthetic Colors — The synthetic colors used to supposedly make a cosmetic "pretty" should be avoided at all costs, along with hair dyes. They will be labeled as FD&C or D&C, followed by a color and a number. Example: FD&C Red No. 6 / D&C Green No. 6. Synthetic colors are believed to be cancer-causing agents. If a cosmetic contains them, don't use it.
9. Synthetic Fragrances — The synthetic fragrances used in cosmetics can have as many as 200 ingredients. There is no way to know what the chemicals are, since on the label it will simply say "Fragrance." Some of the problems caused by these chemicals are headaches, dizziness, rash, hyperpigmentation, violent coughing, vomiting, skin irritation by a cosmetic that has the word "Fragrance" on the ingredients label.
10. Triethanolamine — Often used in cosmetics to adjust the pH, and used with many fatty acids to convert acid to salt (stearate), which then becomes the base for a cleanser. TEA causes allergic reactions including eye problems, dryness of hair and skin, and could be toxic if absorbed into the body over a long period of time.

To Summarize: Look for natural ingredients in the products you buy. Do not use cosmetics that are artificially colored. Is the shampoo bright green or blue? Very likely it contains a coal tar color. Does the product contain synthetic fragrances? Don't buy it. You may find that some of your allergy problems will suddenly disappear when you no longer use cosmetics formulated with petrochemicals and other synthetics.

Some disposable nappies contain a chemical called Organotins, which are suspected of disrupting hormones in the human body.

Flavourants or flavour enhancers have been linked to asthma attacks, gout, hyperactivity, and allergies. The most well known flavourant is Monosodium Glutamate (MSG). MSG is found in chips, soups, cold meats, Bovril, Soya products, pasta-and-sauces, stock powders and many other savoury foods. MSG has been linked to hyperactivity. It can kill nerve cells, resulting in diseases such as Huntington's, Alzheimer's and Parkinson's. Pregnant women, children and those with heart disease must be especially careful of MSG. MSG can sometimes be hidden under the name hydrolysed vegetable protein (HVP). Wherever possible buy foods that have natural flavours.

Methyl, Propyl, Butyl, Ethyl Parabens - Commonly used preservative that causes dermatitis and cancers.

Mineral Oil - Comes from crude oil (petroleum) used in industry as metal cutting fluid and can suffocate the skin by forming a heavy oil film.

Diazolydinyl, Imidazolydinyl Urea - Preservative that is commonly associated with adverse skin reactions. Causes severe dermatitis.

Sodium Lauryl/Laureth - Detergent that can have a drying effect on the skin that can cause skin irritation, hair loss, scalp conditions, and harsh skin rashes. Potentially the most harmful skin care ingredient in the industry.

Tetrasodium EDTA - Pesticide widely found in disinfectant bathroom cleaners.

Dimethicone - Silicone derived emollient which coats the skin trapping moisture beneath it and a widely known tumor promoter. Non-biodegradable causing a negative impact on the environment.

Triethanolamine (TEA) - Causes allergic reactions such as dryness of hair and skin, eye problems and is toxic when absorbed through the skin.

PEG-100 Stearate - Contains significant impurities linked to breast cancer.

Formaldehyde - Preservative found in nail polish, nail hardeners and other cosmetics commonly associated with adverse skin reactions.

Propylene Glycol - Moisture carrying agent used in cosmetics. Usually derived from petroleum, although it is possible to derive it from vegetable glycerin.

Isopropyl Alcohol - Anti-bacterial agent obtained from petroleum (sometimes used in anti-freeze).

Lanolin - Any chemicals used on sheep will contaminate the lanolin obtained from the wool. The majority of lanolin used in cosmetics is highly contaminated with chlorinated pesticides like DDT.

DMDM Hydantoin - Formaldehyde that is a known carcinogen (causes cancer). Causes allergic, irritant and contact dermatitis, headaches and chronic fatigue. The vapor is extremely irritating to the eyes, nose and throat (mucous membranes).

Fragrance Oil - Fragrance on a label can indicate the presence of up to four thousand separate ingredients, many toxic or carcinogenic. Symptoms reported to the USA FDA include headaches, dizziness, allergic rashes, skin discoloration, violent coughing and vomiting, and skin irritation. Clinical observation proves fragrances can affect the central nervous system, causing depression, hyperactivity, and irritability.

Carboxymethylcellulose is a stabilizer, used in ice cream, salad dressing, cheese spreads and chocolate milk. It has produced cancer in 80% of rats in an experiment on laboratory animals

## Buying Tips

Read labels!

Buy products that are labelled "Preservative free", "MSG free", "Tartrazine free", "Pesticide free", "Organic" etc. (And while you are at it, why not also buy products which are "GMO free", "cruelty free", "hormone free" as well as "free range" animal products too?)

Wherever possible, buy organically grown food. Besides being free of chemicals, these foods have been shown to have a higher nutritional value.

Try to use the alternatives to plastic products whenever possible. For example, buy food in glass, paper or cardboard containers. At home, avoid heating food in plastic containers, or storing fatty foods in plastic containers or plastic wrap and avoid all PVC and styrene products.

Be especially vigilant when buying products for pregnant woman, children and people with already weakened immune systems (especially those who are HIV positive). The first 20 years of life are believed to be the most crucial in terms of preventing or contracting serious illnesses associated with chemical exposure.

Wherever possible avoid buying the following products:

pesticides,

foods which primarily contain flavourants, colourants and preservatives (such as some fruit squashes, fizzy drinks, polony, most sweets & chips)

air fresheners (unless they are free of propellants, formaldehyde and artificial fragrances)

benzene

leaded paint

hair spray

firelighters

jejes fluid

spot removers

Aerosol products (deodorants, hair sprays, furniture polish, Spray 'n Cook etc), unless they are pump action and do not contain propellant

PVC toys, teethers, dummies or teat

Perfumed products (for example, perfumed bleach or detergents, scented furniture polish, perfumed lotions and face creams etc).

??

## LIST OF PROHIBITED AND RESTRICTED COSMETIC INGREDIENTS

(THE COSMETIC INGREDIENT "HOTLIST")

December, 2004

This December 2004 Cosmetic Ingredient "Hotlist" replaces the April 2004 version. Section 16 of the Food and Drugs Act states that no person shall sell a cosmetic product that has in it any substance that may injure the health of the user when the cosmetic is used according to its customary method. To help cosmetic manufacturers satisfy this requirement, Health Canada has developed the Cosmetic Ingredient Hotlist - a list of substances which are restricted and prohibited in cosmetics.

The Cosmetic Ingredient Hotlist is a science-based document that is reviewed and updated a few times per year as new scientific data becomes available. In this way, the Hotlist serves to keep the cosmetic industry aware of new substances of concern. It is recommended to check the Cosmetics Program website regularly, or contact the Cosmetics Division directly to ensure the most accurate information.

If a cosmetic contains an ingredient which appears on the Hotlist, the manufacturer may be advised to:

Remove the substance from the formulation;

Reduce the concentration of the ingredient to an acceptable level;

Consider marketing the product as a drug, with appropriate claims and apply for a Drug Identification Number (DIN);

Provide evidence that the product is safe for its intended use;

Confirm that the product is labelled as required;

Confirm that the product is sold in a child-resistant package.

Depending on the response of the manufacturer, the cosmetic may be found to be unacceptable for sale in Canada. In such a case, the product would be:

Referred to a regional Product Safety Officer for appropriate action;

Referred to the Health Products and Food Branch (HPFB) Inspectorate.

The Hotlist appears below, listing ingredients in alphabetical order. Substances are designated as prohibited unless followed by a condition of use, in which case they are restricted. Caution statements and directions for safe use must appear on the label in English and French.

NOTE:

1) If a cosmetic contains a restricted ingredient, the notifying company must indicate, in their cosmetic notification form, the exact concentration at which it is present in the product.

2) Unless otherwise stated, substances listed on the Cosmetic Ingredient Hotlist are prohibited in cosmetic products. Substances listed with specific condition(s) outlined are restricted in cosmetic products.

Example: 8 - Hydroxyquinoline and its sulfate

Permitted as stabilizers for hydrogen peroxide in hair-care preparations, with a concentration equal to or less than

a) 0.3% in rinse-off preparations

b) 0.03% in leave-on preparations

This means that 8-Hydroxyquinoline and its sulfate are prohibited in cosmetics unless used as a stabilizer in a hair product at the indicated concentrations.

Please be aware of discrepancies between nomenclature, as one substance may have several synonyms. Whenever possible, ingredients on the Hotlist will appear under International Nomenclature of Cosmetic Ingredients (INCI) form, followed by a Chemical Abstracts Service number (CAS #). In the case that an INCI name or CAS # does not exist, ingredients may be listed by one of the following:

1. Latin name
2. International Non-Proprietary Names (INN) recommended by the World Health Organization
3. European or U.S. Pharmacopoeia name
4. International Union of Pure and Applied Chemistry (IUPAC) name or Chemical Abstracts Service (CAS) name
5. Common name

Synonyms can be found by performing an internet search engine query. If in doubt, please contact the Cosmetics Division.

Cosmetics Division

Consumer Product Safety Bureau

Health Canada

MacDonald Bldg, A.L. 3504D

123 Slater Street

Ottawa, ON K1A 0K9

Tel: (613) 946-6452

Fax: (613) 952-3039

email: [cosmetics@hc-sc.gc.ca](mailto:cosmetics@hc-sc.gc.ca)

Website: [www.hc-sc.gc.ca/cosmetics](http://www.hc-sc.gc.ca/cosmetics)

Cosmetic Ingredient Hotlist

December, 2004

Acenocoumarol (152-72-7)

Acetonitrile (75-05-8)

Acetylcholine (\$-acetoxyethyl trimethyl ammonium hydroxide) (51-84-3)

Acetylsalicylic acid (50-78-2)

Aconitine (302-27-2) and its salts

Aconitum napellus L. leaves, roots and galenical preparations

Adonis vernalis L. and its preparations

Alkali earth metal sulfides (including, but not limited to barium sulfide (21109-95-5), calcium sulfide (20548-54-3), magnesium sulfide (12032-36-9), or strontium sulfide (1314-96-1))

Limited to 6% sulfur in depilatory formulations.

Alkali sulfides (including, but not limited to lithium sulfide (12136-58-2), potassium sulfide (1312-73-8), or sodium sulfide (1313-82-2))

Restricted to 2% as sulfur in depilatory products.

Alkali pentacyanonitrosylferrate (2-)

O-Alkyldithiocarbonic acids, salts of

Alkyne alcohols and their esters, ethers and salts

Alloclamide (5486-77-1) and its salts

Allyl isothiocyanate (57-06-7)

2-(4-Allyl-2-methoxyphenoxy)-N,N-diethylacetamide and its salts

Alpha-hydroxy acids (including, but not limited to citric acid (77-92-9), glycolic acid (79-14-1), lactic acid (50-21-5), malic acid (6915-15-7), glycolic acid + ammonium glycolate, alpha-hydroxyethanoic acid + ammonium alpha-hydroxyethanoate, alphahydroxyoctanoic acid, alpha-hydroxycaprylic acid, hydroxycaprylic acid, mixed fruit acid, triple fruit acid, tri-alpha hydroxy fruit acids, sugarcane extract, alpha hydroxy and botanical complex, L-alpha hydroxy acid and glycomer in cross-linked fatty acids alpha nutrium)

Permitted only at concentrations equal to or less than 10%, with a pH equal or greater than 3.5, provided they are safe for their intended use and label claims are restricted to “facial scrub”, “helps reduce/prevent the look of aging”, “smooths wrinkles”, “mild exfoliation”, “mild face peel”, “makes your skin feel smooth and supple”. Please consult the Guidelines for Cosmetic Advertising and Labelling Claims for further information.

Preparations containing higher concentrations of AHAs may be permitted if the manufacturer provides Health Canada with evidence of their safety, pH levels, and the directions for use and cautionary statements are such that contact of the product with the skin is of limited frequency and duration. Bath bombs may contain levels of citric acid exceeding 10%. The requirements outlined above do not apply to bath bomb products. Cautionary statements consistent with the following should be present on the labels of cosmetic alpha hydroxy acid products:

“Use only as directed. Avoid contact with the eyes. It is recommended that prior to exposure to the sun, users cover areas to which AHAs have been applied, with sunscreen. If irritation persists, discontinue use and consult a physician”.

Amibenonium salts

2-Amino-1,2-bis(4-methoxyphenol) ethanol (530-34-7) and its salts

Aminocaproic acid (1319-82-0) and its salts

2-Amino-4-nitrophenol (99-57-0)

2-Amino-5-nitrophenol (121-88-0)

4-Amino-2-nitrophenol (119-34-6)

Aminophylline (58-55-9, 317-34-0)

4-Aminosalicylic acid (65-49-6) and its salts

Amitriptyline (50-48-6) and its salts

Ammi majus and its galenical preparations

Amydracaine (alypine) (1,1-bis (dimethylaminomethyl) propyl benzoate) (963-07-5) and its salts

Amylocaine (644-26-8) and its salts

Anaesthetic effects, substances with

Analgesics

Anamirta cocculus L. fruit

Androgenic effects, substances with

Aniline (62-53-3), its salts and, its halogenated and sulfonated derivatives

Anthracene (120-12-7) oil

Antiandrogens with steroid structure

Antibiotics

Antihistamines

Antimony (7440-36-0) and its compounds

Apocynum cannabinum L. and its preparations

Apomorphine (58-00-4) and its salts

Apronalide (528-92-7)

Arecoline (63-75-2)

Aristolochic acid (313-67-7) and its salts

Arsenic (7440-38-2) and its compounds

Atropa belladonna L. and its preparations

Atropine (51-55-8), its salts and derivatives

Azacyclonol (115-46-8) and its salts

Azamethonium salts

Barbiturates

Barium salts

Permitted only in the form of barium sulfate (7727-43-7), used as a colouring agent or as a lake for preparation of other colouring agents and barium sulfide (21109-95-5).

Basic Violet 1 (CI 42535) (8004-87-3)

Basic Violet 3 (CI 42555, CI 42555:1, CI 42555:2) (548-62-9)

Basic Violet 10 (CI 45170) (81-88-9)

Bemegride (64-65-3)

Benactyzine (302-40-9)

Bendroflumethiazide (73-48-3) and its derivatives

Benzodiazepines

Benzalkonium chloride (8001-54-5, 61789-71-7, 68391-01-5, 68424-85-1, 85409-22-9)

Permitted at concentrations up to 0.1% as a preservative (i.e. benzalkonium chloride with chain lengths  $\leq 14$  C) in all products. Permitted at concentrations up to 3% as a conditioning agent (i.e. benzalkonium chloride with chain lengths  $\leq 16$  C) in rinse-off products.

Benzatropine (86-13-5) and its salts

Benzazepines

Benzene (71-43-2)

Benzethonium chloride (121-54-0)

Not permitted in products to be applied to mucous membranes. Permitted only at concentrations equal to or less than 0.2% in leave-on products and 0.3% in rinse-off products.

Benzidine (92-87-5)

Benzilium bromide (1050-48-2)

Benzimidazol-2(3H)-one

Benzoyl peroxide (94-36-0)

Permitted at concentrations equal to or less than 10% for use only as a catalyst in products to be applied to the fingernails or in hair dyes. Not permitted in products to be applied to the skin.

Benzylidene acetone (122-57-6)

4-Benzyloxyphenol (monobenzone) (103-16-2)

Beryllium (7440-41-7) and its compounds

Betoxycaine (3818-62-0) and its salts

Bietamiverine (479-81-2)

Biphenamine (3572-52-9) and its salts

Bispyrithione (3696-28-4)

Bithionol (97-18-7)

Boric acid (10043-35-3, 11113-50-1) and its salts

Permitted only at concentrations equal to or less than 5% provided the label of the cosmetic product contains a statement to the effect:

“Do not use on broken or abraded skin. Not to be used by children under three years of age.” Warning is not required when boric acid is used as a pH adjuster and the concentration is less than 0.1%.

Bovine tissues and ingredients derived from the skull, brain, trigeminal ganglia, eyes, tonsils, spinal cord, and dorsal root ganglia of cattle aged 30 months or older and the distal ileum of cattle of all ages.

This prohibition does not apply to tallow derivatives, or for gelatin, collagen and hydrolyzed proteins prepared from bovine hides and skins.

Bretylium tosylate (61-75-6)

Bromine (7726-95-6), elemental

Bromisoval (496-67-3)

2-Bromo-2-nitropropane-1,3-diol (52-51-7)

Permitted at a concentration equal to or less than 0.1%. Not permitted in formulations that contain amines or amides.

5-Bromo-5-nitro-1,3-dioxane (30007-47-7)

Permitted at a concentration equal to or less than 0.1%. Not permitted in formulations that contain amines or amides.

Brompheniramine (86-22-6) and its salts

Brucine (357-57-3)

Permitted at concentrations equal to or less than 0.1%

Butanilicaine (3785-21-5) and its salts

Butopiprine (55837-15-5) and its salts

1-Butyl-3-(N-crotonoylsulfanyl) urea (52964-42-8)

4-tert-Butylphenol (98-54-4)

4-tert-Butylpyrocatechol (98-29-3)

Cadmium (7440-43-9) and its compounds

Calcium peroxide (calcium dioxide) (1305-79-9) (see peroxide and peroxide generating compounds)

Camphor (76-22-2)

The inner label and the outer label of a cosmetic, in liquid form, that contains more than 30% camphor shall carry a statement to the effect:

“This product is for external use only, is poisonous if ingested, and is to be kept out of reach of children. In case of accidental ingestion, seek medical attention immediately”.

Cantharides

Cantharidin (56-25-7)

Cantharis vesicatoria

Captan (N-(trichloromethylthiol)-4-cyclohexene-1,2-dicarboximide) (133-06-2)

Captodiame (486-17-9)

Caramiphen (77-22-5, 125-85-9) and its salts

Carbamide (urea) peroxide (124-43-6) (see peroxide and peroxide generating compounds)

Carbazol (86-74-8), nitroderivatives of

Carbon disulfide (75-15-0)

Carbon tetrachloride (56-23-5)

Carbromal (77-65-6)

Carbutamide (339-43-5)

Carisoprodol (78-44-4)

Catalase (9001-05-2)

The inner label and the outer label of the cosmetic product must carry a warning statement to the following effect:

“This product is not intended for use on broken or abraded skin.”

Cephaeline (483-17-0) and its salts

Cephaelis ipecacuanha Brot. and related species roots, powder, and galenical preparations

Chenopodium ambrosioides essential oil (8006-99-3)

Chloral hydrate (302-17-0)

Chlorhexidine (55-56-1) and its salts

Permitted in cosmetic products at concentrations equal to or less than a) 0.14%, calculated as chlorhexidine (55-56-1) free base;

b) 0.19%, calculated as chlorhexidine diacetate (56-95-1);

c) 0.20%, calculated as chlorhexidine digluconate (18472-51-0); and

d) 0.16%, calculated as chlorhexidine dihydrochloride (3697-42-5)

Chlorine (7782-50-5)

Chlormethine (51-75-2) and its salts

Chlormezanone (80-77-3)

Chloroacetamide (79-07-2)

N-5-Chlorobenzoxazol-2-ylacetamide and its salts

Chloroethane (75-00-3)

N,N-bis(2-Chloroethyl)methylamine N-oxide and its salts

Chloroform (67-66-3)

Chlorophacinone (2-(2-4-chlorophenyl)-2-phenylacetyl indan-1,3-dione) (3691-35-8)

Chlorphenoxamine (77-38-3)

Chlorpropamide (94-20-2)

Chlorprothixene (113-59-7) and its salts

Chlortalidone (77-36-1)

Chlorzoxazone (95-25-0)

Cholecalciferol (67-97-0)

Average daily absorption must be equal to or less than 25 :g per day.

Choline (62-49-7) salts and their esters

Chromic acid (1308-14-1, 7738-94-5,13530-68-2) and its salts

Chromium (7440-47-2)

Chrysoidine citrate hydrochloride

CI 12140 (3118-97-6)

CI 13065 (587-98-4)

CI 42640 (1694-09-3)

Cinchocaine (85-79-0) and its salts

Cinchophen (132-60-5), its salts, derivatives and salts of these derivatives

Claviceps purpurea Tul., its alkaloids and galenical preparations

Clobetasone (54063-32-0)

Clofenamide (671-95-4)

Clofenotane (50-29-3)

Coal tar dye, coal tar dye base or coal tar dye intermediate

According to section 14 of the Cosmetic Regulations, “no person shall sell a cosmetic for use in the area of the eye that contains any coal tar dye, coal tar dye base or coal tar dye intermediate.” “Area of the eye” is defined by the area bound by the supraorbital and infraorbital ridges and includes the eyebrows, the skin underlying the eyebrows, the eyelids, and eyelashes, the conjunctival sac of the eye, the eyeball and the soft tissue that lies below the eye and within the infraorbital ridge.

Permitted in hair dye provided:

a) The inner label and the outer label of the cosmetic product carry the following warning:

“CAUTION: this product contains ingredients that may cause skin irritation on certain individuals and a preliminary test according to accompanying directions should first be made. This product must not be used for dyeing the eyelashes or eyebrows. To do so, may cause blindness.”

"MISE EN GARDE: Ce produit contient des ingrédients qui peuvent causer de l'irritation cutanée chez certaines personnes: il faut donc d'abord effectuer une épreuve préliminaire selon les directives ci-jointes. Ce produit ne doit pas servir à teindre les sourcils ni les cils: en ce faisant, on pourrait provoquer la cécité.” and

b) Instructions to the following effect accompany each package of hair dye:

i) The preparation may cause serious inflammation of the skin in some persons and a preliminary test should always be carried out to determine whether or not special sensitivity exists, and

ii) To make the test, a small area of skin behind the ear or on the inner surface of the forearm should be cleansed, using either soap and water or alcohol, and a small quantity of the hair dye as prepared for use should be applied to the area and allowed to dry. After 24 hours, the area should be washed gently with soap and water. If no irritation or inflammation is apparent, it is usually assumed that no hypersensitivity to the dye exists. The test should, however, be carried out before each application. On no account should the hair dye be used for dyeing eyebrows or eyelashes as severe inflammation of the eye or even blindness may result.

Coal tars (crude and refined) (8007-45-2)

Permitted only in shampoos or conditioners which are to be washed off after a brief exposure (less than 20 minutes), provided that the product is not represented, directly or indirectly, for a therapeutic purpose (e.g. for the control/treatment of dandruff, seborrhoea, psoriasis, etc.), the coal tars do not pose a hazard or safety concern at the concentration present in the product and no reference to their presence is made on the product labelling, other than in a complete ingredient declaration without undue emphasis.

Cobalt benzenesulfonate

Colchicine (64-86-8), its salts and derivatives

Colchicoside (477-29-2) and its derivatives

Colchicum autumnale L. and its galenical preparations

Coniferyl alcohol (4-hydroxy-3-methoxycinnamyl alcohol) (458-35-5), except for naturally occurring in plant extracts.

Coniine (458-88-8)

Conium maculatum L. fruit, powder and galenical preparations

Convallatoxin (508-75-8)

Coumetarol (4366-18-1)

Creosote (coal tar creosote (8001-58-9), wood creosote (8029-39-4))

Crimidine (2-chloro-6-methylpyrimidin-4-yl-dimethylamine) (535-89-7)

Croton tiglium oil

Curare (8063-06-7, 2251-14-9)

Curarine (22260-42-0)

Curarizants, synthetic

Cyclarbamate (5779-54-4)

Cyclizine (82-92-8) and its salts

Cyclocoumarol (518-20-7)

Cyclomenol (5591-47-9) and its salts

Cyclophosphamide (50-18-0) and its salts

Datura stramonium L. and its galenical preparations

Deanol aceglumate (3342-61-8)

Decamethylenebis (trimethylammonium) salts

Dextromethorphan (125-71-3) and its salts

Dextropropoxyphene (469-62-5)

O,O'-Diacetyl-N-allyl-N-normorphine

Dialkanolamines, secondary

2,4-Diaminophenylethanol and its salts

5-(*o*, *p*-Dibromophenethyl)-5-methylhydantoin (511-75-1)

Dibromosalicylanilides

Dichloroethanes (ethylene chlorides)

Dichloroethylenes (acetylene chlorides)

2,3-Dichloro-2-methylbutane (507-45-9)

Dichlorosalicylanilides

Dicoumarol (66-76-2)

3-Diethylaminopropyl cinnamate

Diethyl 4-nitrophenyl phosphate (311-45-5)

Diethyl toluamide (DEET) (134-62-3)

Difenclozazine (5617-26-5)

Digitaline (71-63-6)

*Digitalis purpurea* L., all heterosides of

Dihydrotachysterol (67-96-9)

4,4'-Dihydroxy-3,3'-(3-methylthiopropylidene) dicoumarin

5,5'-Diisopropyl-2,2'-dimethylbiphenyl-4,4'-diyl dihydroiodide

Dimethoxane (2,6-dimethyl-1,3-dioxan-4-yl acetate) (828-00-2)

Dimethylamine (124-40-3)

Dimethylformamide (68-12-2)

1,3-Dimethylpentylamine (105-41-9) and its salts

Dimethyl sulfoxide (67-68-5)

Dimevamide (60-46-8) and its salts

Dinitrophenol isomers (25550-58-7)

Dioxane (123-91-1)

Dioxethedrin (497-75-6) and its salts

Diphenhydramine (58-73-1) and its salts

Diphenoxylate hydrochloride (3810-80-8)

5,5-Diphenyl-4-imidazolidone (3254-93-1)

Diphenylpyraline (147-20-6) and its salts

Disulfiram (97-77-8)

Doxylamine (469-21-6) and its salts

Emetine (483-18-1), its salts and derivatives

Endrin (72-20-8)

Ephedrine (299-42-3) and its salts

Epinephrine (51-43-4)

1,2-Epoxybutane (106-88-7)

Ergocalciferol (50-14-6)

Average daily absorption should be equal to or less than 25 :g per day.

Eserine (57-47-6) and its salts

Estil (305-13-5) and its salts

Estradiol (50-28-2)

Estrogens

Estrone (53-16-7)

Ethinylestradiol (57-63-6)

Ethionamide (536-33-4)

Ethoheptazine (77-15-6) and its salts

Ethoxyethanol (110-80-5)

Ethoxyethanol acetate (111-15-9)

4-Ethoxyphenol (622-62-8)

4-Ethoxy-m-phenylenediamine (5862-77-1) and its salts

Ethyl biscoumacetate (548-00-5) and salts of the acid

Ethylenediamine (107-15-3)

Ethylene oxide (75-21-8)

Ethyl methacrylate (97-63-2)

Label must contain a caution to clearly inform the user to avoid skin contact.

Ethyl PABA (benzocaine) (94-09-7)

Ethylphenacemide (90-49-3)

§-Eucaine (500-34-5)

Fenadiazole (1008-65-7)

Fenozolone (15302-16-6)

Fenylramidol (553-69-5)

Fluanisone (1480-19-9)

Fluoresone (2924-67-6)

Fluoride (16984-48-8) containing substances (including, but not limited to sodium fluoride (1333-83-1, 7681-49-4), calcium fluoride (7789-75-5), stannous fluoride (7783-47-3) and sodium monofluorophosphate (10163-15-2)) Not permitted in dentifrices, mouthwashes or breath drops.

Fluorouracil (51-21-8)

Formaldehyde (50-00-0)

Permitted in non-aerosol cosmetics, provided the concentration is less than or equal to 0.2% and is the minimum concentration to provide effective antimicrobial preservation, except in nail hardeners where the concentration can be equal to or less than 5% and in oral care products where concentrations are equal to or less than 0.1%. Nail hardeners containing formaldehyde must be sold with nail shields, directions for use, and a caution regarding sensitization potential.

Furazolidone (67-45-8)

Furfuryltrimethylammonium salts

Furocoumarins (66-97-7), except for naturally occurring in plant extracts. Permitted in sun tanning products at concentrations less than 1 mg/kg.

Galantamine (357-70-0)

Gallamine triethiodide (65-29-2)

Glucocorticoids (1524-88-5)

Glutarimide (1121-89-7) and its salts

Glutethimide (77-21-4) and its salts

Glycyclamide (664-95-9)

Gold salts

Guaifenesin (93-14-1)

Guanethidine (55-65-2) and its salts

Haloperidol (52-86-8)

Hexachloroethane (67-72-1)

Hexachlorophene (2,2'-dihydroxy-3,3',5,5',6,6'-hexachlorodiphenylmethane) (70-30-4)

Hexaethyl tetraphosphate (757-58-4)

Hexamethonium salts

Hexapropymate (358-52-1)

Human origin, substance of (including, but not limited to human placental extracts, human placental enzymes, human placental lipids, human placental protein, human umbilical extract, hydrolyzed human placental protein (73049-73-7), hydrolyzed keratin from human hair, lyophilized human placental extract)

Manufacturers using substances of human origin must provide the following information to the Cosmetics Division of the Consumer Product Safety Bureau:

- 1) source of the substance;
- 2) a description of the method of production;
- 3) quality control data, particularly those relating to microbial limits (including viruses) and the absence of estrogenic substances;
- 4) product labelling.

Hydrastine (118-08-1) and their salts

Hydrastinine (6592-85-4) and their salts

Hydrazides and their salts

Hydrazine (302-01-2), its derivatives and their salts

Hydrofluoric acid (7664-39-3), its normal salts, its complexes and hydrofluorides

Hydrogen cyanide (74-90-8) and its salts

Hydrogen peroxide (7722-84-1) (see peroxide and peroxide generating compounds)

Hydroquinone (123-31-9)

Not permitted in products to be applied on the skin or mucous membranes.

p-Hydroxyanisole (4-methoxyphenol) (150-76-5)

Permitted at concentrations equal to or less than 0.02% (after mixing), for professional use only, in artificial nail systems. The inner label and the outer label of the cosmetic product must display the following statements:

“For professional use only. Avoid skin contact. Read use directions carefully”.

11-"-Hydroxypregn-4-ene-3,20-dione (80-75-1) and its esters

8-Hydroxyquinoline (148-24-3) and its sulfate (134-31-6)

Permitted as stabilizers for hydrogen peroxide in hair-care preparations, with a concentration equal to or less than

a) 0.3% in rinse-off preparations, and

b) 0.03% in leave-on preparations

Hydroxyzine (68-88-2)

Hyoscine (51-34-3), its salts and derivatives

Hyoscyamine (101-31-5), its salts and derivatives

Hyoscyamus niger L. leaves, seeds, powder, and galenical preparations

3-Imidazol-4-ylacrylic acid (104-98-3) and its ethyl ester (urocanic acid (108-98-3))

Imperatorin (482-44-0)

Inproquone (436-40-8)

Inula helenium oil

Iodine (7553-56-2)

Isocarboxazide (59-63-2)

Isodrin (465-73-6)

Isometheptene (503-01-5) and its salts

Isoprenaline (7683-59-2)

Isopropamide (N-(3-carbamoyl-3,3-diphenylpropyl)-N,N-diisopropylmethylammonium)

salts

Isosorbide dinitrate (87-33-2)

Juniperus sabina L. leaves, essential oil and galenical preparations

Keratin (see Human origin, substances of and/or Bovine tissues and ingredients)

Laurus nobilis L., oil from the seeds of

Lead (7439-92-1) and its compounds, except lead acetate

Lead acetate (301-04-2)

Permitted only in hair dye preparations at concentrations equal to or less than 0.6%, calculated as lead. The inner label and the outer label of the cosmetic product must indicate the following cautionary statements:

“Keep away from children, avoid all contact with the eyes, wash hands after use, do not use to dye eyelashes, eyebrows or moustaches. If irritation develops, discontinue use”.

Levophaceterane (24558-01-8) and its salts

Lidocaine (137-58-6)

Lindane (58-89-9)

Lobelia inflata L. and its galenical preparations

Lobeline (90-69-7) and its salts

Lysergide (50-37-3) and its salts

Magnesium peroxide (1335-26-8) (see peroxide and peroxide generating compounds)

Malononitrile (109-77-3)

Mannomustine (576-68-1) and its salts

Mecamylamine (60-40-2)

Mefeclozazine (1243-33-0) and its salts

Mephenesin (59-47-2) and its esters

Meproamate (57-53-4)

Mercury (7439-97-6) and its compounds (including, but not limited to mercuric oxide (21908-53-2), phenyl mercuric acetate (62-38-4), phenyl mercuric benzoate (94-43-9), phenyl mercuric borate (102-98-7, 6273-99-0) and thimerosal (54-64-8))

No manufacturer or importer shall sell a cosmetic that contains mercury or a salt or derivative thereof unless:

a) The concentration of mercury is equal to or less than 0.007% (either alone or in combination);

b) The cosmetic is intended for use in the area of the eye;

c) The mercury or its salts or derivative thereof is used in the cosmetic as a preservative; and

d) The manufacturer or importer

i) has in their possession evidence demonstrating that the only satisfactory way to maintain the sterility or stability of the cosmetic is to use mercury or a salt or derivative thereof as a preservative, and

ii) upon request, furnishes Health Canada with the above evidence.

The outer label of a cosmetic containing mercury (or a salt or derivative thereof) as a preservative, shall indicate the name of the preservative and its concentration in the cosmetic.

Mescaline (3,4,5-trimethoxyphenethylamine) (54-04-6) and its salts

Metaldehyde (9002-91-9)

Metamfepramone (15351-09-4) and its salts

Metethoheptazine (509-84-2) and its salts

Metformin (657-24-9) and its salts

Methacrylic acid (79-41-4)

The inner label and the outer label of a cosmetic, or a product intended for use as a cosmetic, in liquid form, that contains more than 5% methacrylic acid ( $\text{CH}_2\text{C}(\text{CH}_3)\text{CO}_2\text{H}$ ) shall carry a statement to the effect of:

“This product contains methacrylic acid, is poisonous, is to be kept out of reach of children and, in the case of accidental ingestion, a Poison Control Centre or physician is to be contacted immediately”.

Methapyrilene (91-80-5) and its salts

Metheptazine (469-78-3) and its salts

Methocarbamol (532-03-6)

Methotrexate (59-05-2)

2-(-4-Methoxybenzyl-N-(2-pyridyl)amino) ethyldimethylamine maleate

1-Methoxy-2,4-diaminobenzene (2,4-diaminoanisole, CI 76050) (615-05-4) and their salts

1-Methoxy-2,5-diaminobenzene (2,5-diaminoanisole) (1244-42-1) and their salts

Methoxyethanol (109-86-4)

4-Methoxy-m-phenylenediamine (615-05-4) and its sulfate salts

4-Methoxy-m-phenylenediamine-HCl

Methyl alcohol (67-56-1)

The principal display panel of the inner label and the outer label of the container of a cosmetic, other than a disposal metal container designed to release pressurized contents by the use of a manually operated valve that forms an integral part of the container, that contains an amount of methyl alcohol equal or greater than 5 mL, shall display:

a) The hazard symbol set out in column II of item 1 of Schedule II of the Consumer Chemicals and Containers Regulations, as they read on September 30th, 2001, in accordance with paragraphs 16(a) and (b) of those regulations;

b) For each of the particulars set out in column 1 of items 1 to 5 of the Consumer Chemicals and Containers Regulations, the signal word and statements set out in column III and IV of those items which shall be located on the labels in accordance with paragraphs 15(2)(a) to (c) of those regulations and printed in accordance with paragraphs 17(a) and

(b), 18(a), (b) and 19(1)(a) and (b) and subsection 19(2) of those regulations.

Methylene chloride (75-09-2)

Not permitted in aerosol preparations.

Methyl eugenol (93-15-2)

Permitted only as a naturally occurring component in botanical extracts, provided that the concentrations do not exceed 0.01% in fine fragrances, 0.004% in eau de toilette, 0.002% in a fragrance cream, 0.0002% in other leave-on products and in oral hygiene products, and 0.001% in rinse-off products.

2-Methylheptylamine (540-43-2) and its salts

Methylisothiazolinone (2682-20-4) / Methylchloroisothiazolinone (26172-55-4)

Permitted in cosmetics up to a maximum of 0.0015% (15 :g/mL or 15 ppm) in rinse-off products and 0.00075% (7.5 :g/mL or 7.5 ppm) in leave-on products.

Methyl methacrylate monomer (80-62-6)

Methylphenidate (113-45-1) and its salts

2-Methyl-m-phenylenediamine (823-40-5)

4-Methyl-m-phenylenediamine (95-80-7) and its salts

Methyl salicylate (119-36-8)

Permitted at concentrations equal to or less than 1%.

Methyprylon (125-64-4) and its salts

Metyrapone (54-36-4)

Minoxidil (38304-91-5), its salts and derivatives

Mixed cresols (1319-77-3) and derivatives

Mofebutazone (2210-63-1)

Morpholine (110-91-8) and its salts

Musk ambrette (4-tert-butyl-3-methoxy-2,6-dinitrotoluene) (83-66-9)

Musk tibetene (5-tert-butyl-1,2,3-trimethyl-4,6-dinitrobenzene) (145-39-1)

Nail adhesives that have the capability to quickly bond skin

The innermost package, sold alone or as part of a kit, must be child resistant. Refer to part 4 of the Consumer Chemicals and Containers Regulations as they read on September 30th, 2001 for requirements.

Nalorphine (62-67-9), its salts and ethers

Naphazoline (835-31-4) and its salts

2-Naphthol (135-19-3)

1-and 2-Naphthylamines (134-32-7 and 91-59-8, respectively) and their salts

3-("-Naphthyl)-4-hydroxycoumarin (39923-41-6)

Narcotics, natural and synthetic

Neodymium (7440-00-8) and its salts

Neostigmine (59-99-4) and its salts

Nicotine (54-11-5) and its salts

Nitrites, amyl

Nitrites (14797-65-0), inorganic, except sodium nitrite

Nitrobenzene (98-95-3)

Nitrocresols (12167-20-3) and their alkali metal salts

Nitrofurantoin (67-20-9)

Nitroglycerin (55-63-0)

Nitrosamines (55-18-5)

Nitrostilbenes, their homologues and their derivatives

Nitroxoline (4008-48-4) and its salts

Noradrenaline (51-41-2) and its salts

Noscapine (128-62-1) and its salts

Octamoxin (4684-87-1) and its salts

Octamylamine (502-59-0) and its salts

Octodrine (543-82-8) and its salts

Oleandrin (465-16-7)

Oxanamide (126-93-2) and its derivatives

Oxypheneridine (546-32-7) and its salts

PABA (4-aminobenzoic acid), esters of; with a free amino group

Paramethasone (53-33-8)

Parathion (O,O'-diethyl O-4-nitrophenyl phosphorothioate) (56-38-2)

Parethoxycaine (94-23-5) and its salts

Pelletierine (2858-66-4) and its salts

Pemoline (2152-34-3) and its salts

Pentachloroethane (76-01-7)

Pentaerythrityl tetranitrate (78-11-5)

Pentamethonium salts

Pentyl dimethyl PABA (14779-78-3) (amyl 4-dimethylaminobenzoate), mixed isomers

Peroxide and peroxide-generating compounds (including, but not limited to urea (carbamide) peroxide (124-43-6), calcium peroxide (calcium dioxide) (1305-79-9), hydrogen peroxide (7722-84-1), magnesium peroxide (1335-26-8), and sodium perborate (7632-04-4))

Cautionary labelling statements consistent with the following are required for oral cosmetic products containing peroxides or peroxide-generating compounds:

- a) If irritation (such as redness, swelling, soreness) of the gums or the mouth occurs, discontinue use and consult a dentist.
- b) Products containing peroxides are not recommended for use by children under 12 years of age.
- c) Use for periods of longer than 14 days is to be only under the supervision of a dentist.
- d) Avoid swallowing the cosmetic or part thereof.
- e) Avoid contact of the product with the eye.

In the case of tooth whitening systems (i.e. paint-on gels, trays, strips, etc.), the following statement must also be included :

“Avoid direct contact of the active surface of the tooth whitening product with the gums and/or salivary flow.” In addition, manufacturers of oral products containing peroxides or peroxide-generating compounds must submit the following information to the Cosmetics Division of the Consumer Product Safety Bureau:

- a) Data on the pH of the cosmetic product, when it is applied to the tooth or teeth, to ensure that the product is in compliance with section 13 of the Cosmetic Regulations, i.e. that the pH is greater than or equal to 4.0; and
- b) Product labelling demonstrating that all warning/cautionary statement requirements have been met. If an oral cosmetic contains more than 3% hydrogen peroxide (or equivalent), notifiers must submit evidence that the product does not cause the saliva or soft tissue of the oral cavity to exceed 3% hydrogen peroxide, and is safe when used as directed. Evidence may include analog studies from recognized sources or independent clinical research.

NB:

Please be aware of the conversion factor between hydrogen peroxide and other peroxide-generating compounds. For example, 10% carbamide (urea) peroxide is approximately equivalent to 3% hydrogen peroxide.

Petrichloral (78-12-6)

Phenacemide (63-98-9)

Phenaglycodol (79-93-6)

Phenetamine (3590-16-7)

Phenindione (83-12-5)

Phenmetrazine (134-49-6), its derivatives and salts

Phenolphthalein (77-09-8)

Phenothiazine (92-84-2) and its compounds

Phenprobamate (673-31-4)

Phenprocoumon (435-97-2)

Phenylbutazone (50-33-9)

o-Phenylenediamine (95-54-5) and its salts

p-Phenylenediamine (106-50-3)

Not permitted in products intended for use on the skin.

Permitted only in oxidative hair dyes provided:

a) The inner label and the outer label of the cosmetic product carry the following warning:

“CAUTION: This product contains ingredients that may cause skin irritation on certain individuals and a preliminary test according to accompanying directions should first be made. This product must not be used for dyeing the eyelashes or eyebrows. To do so, may cause blindness.

MISE EN GARDE: Ce produit contient des ingrédients qui peuvent causer de l'irritation cutanée chez certaines personnes: il faut donc d'abord effectuer une épreuve préliminaire selon les directives ci-jointes.

Ce produit ne doit pas servir à teindre les sourcils ni les cils: en ce faisant, on pourrait provoquer la cécité.”, and

b) Instructions to the following effect accompany each package of hair dye:

i) The preparation may cause serious inflammation of the skin in some persons and a preliminary test should always be carried out to determine whether or not special sensitivity exists, and

ii) To make the test, a small area of skin behind the ear or on the inner surface of the forearm should be cleansed, using either soap and water or alcohol, and a small quantity of the hair dye as prepared for use should be applied to the area and allowed to dry. After 24 hours, the area should be washed gently with soap and water. If no irritation or inflammation is apparent, it is usually assumed that no hypersensitivity to the dye exists. The test should, however, be carried out before each application. On no account should the hair dye be used for dyeing eyebrows or eyelashes as severe inflammation of the eye or even blindness may result.

Pheromones

Phosphorus (7723-14-0) and metal phosphides

Physostigma venenosum Balf.

Phytolacca spp. and their preparations

Picric acid (88-89-1)

Picrotoxin (124-87-8)

Pigment Orange 5 (CI 12075) (3468-63-1) and its lakes, pigments and salts

Pigment Red 53 (CI 15585) (2092-56-0)

Pilocarpine (92-13-7) and its salts

Pilocarpus jaborandi Holmes and its galenical preparations

Pipazetate (2167-85-3) and its salts

Piper methysticum extract (kava kava) (9000-38-8)

Pipradrol (467-60-7) and its salts

Piprocuarium salts

Placental extracts (see Human origin, substances of and/or Bovine tissues and ingredients)

Poldine methylsulfate (545-80-2)

Potassium bromate (2139-59-4)

The inner label and the outer label of a cosmetic product, in liquid form, that contains an amount of potassium bromate equal to or greater than 50 mg must carry a statement to the effect of:

“This product contains potassium bromate, is poisonous, and is to be kept out of the reach of children. In case of accidental ingestion, a Poison Control Centre or physician is to be contacted immediately.”

Cosmetics containing potassium bromate must be packaged in a child-resistant container, according to part 4 of the Consumer Chemicals and Containers Regulations as they read on September 30th, 2001.

Pramocaine (140-65-8)

Probenecid (57-66-9)

Procainamide (51-06-9), its salts and derivatives

Progestogens

Propyl Nitrate (2921-92-8)

Propylphenazone (479-92-5)

*Prunus laurocerasus* L.

Psilocybine (520-52-5)

*Pyrethrum album* L. and its galenical preparations

Pyrocatechol (catechol) (120-80-9)

Pyrogallol (87-66-1)

Radioactive substances

*Rauwolfia serpentina* alkaloids and their salts

Retinol (vitamin A) (68-26-8) and its esters; retinyl acetate (127-47-9), retinyl palmitate (79-81-2)

Permitted at concentrations equal to or less than 1%.

Safrole (94-59-7) except when naturally occurring in plant extracts

Salicylic acid (69-72-7)

Permitted in concentrations equal to or less than 2%.

"-Santonin (481-06-1)

*Schoenocaulon officinale* Lind. seeds and galenical preparations

Selenium (7782-49-2) and its compounds, excluding selenium sulfide (7488-56-4).

Silver (7440-22-4) and its salts

Mouthwashes are restricted to concentrations of 0.04% or less. Any cosmetic containing silver and/or its salts must bear the following warning:

“This product contains silver and/ or silver salts. Avoid contact with broken or abraded skin.”

Sodium borate (1303-96-4)

Permitted only at concentrations equal to or less than 5% provided the label of the cosmetic product contains a statement to the effect:

“Do not use on broken or abraded skin. Not to be used by children under three years of age.”

Warnings are not required where sodium borate is used as a pH adjuster, and the concentration is under 0.1%.

Sodium bromate (7789-38-0)

The inner label and the outer label of a cosmetic product, in liquid form, that contains an amount of sodium bromate equal to or greater than 600 mg must carry a statement to the effect of:

“This product contains sodium bromate, is poisonous, and is to be kept out of the reach of children. In case of accidental ingestion, a Poison Control Centre or physician is to be contacted immediately.”

Cosmetics containing sodium bromate must be packaged in a child-resistant container, according to part 4 of the Consumer Chemicals and Containers

Regulations as they read on September 30th, 2001.

Sodium hexacyclonate (7009-49-6)

Sodium perborate (7632-04-4) (see peroxide and peroxide generating compounds)

Sodium picramate (831-52-7)

Permitted only in concentrations equal to or less than 0.1%

Sodium pyrithione (3811-73-2)

Solanum nigrum L. and its galenical preparations

Solvent Blue 35 (CI 61554) (17354-14-2)

Solvent Red 24 (CI 26105) (85-83-6)

Solvent Red 49:1 (CI 45170-1) (81-88-9)

Sparteine (90-39-1) and its salts

Spirolactone (19-00-0)

## Steroids

Strontium (7440-24-6) and its salts, other than nitrite

Permitted if strontium concentration is equal to or less than 6.6% in salt, or equal to or less than 2.1% elemental strontium, whichever represents the smallest amount of strontium (depending on the salt).

Not permitted in aerosol products.

Restricted to 3.5% (as strontium) in depilatory products.

Strontium nitrite (13470-06-9)

Strontium polycarboxylate

Strophantines, their aglucones and derivatives

Strophantus spp. and their galenical preparations

Strychnine (57-24-9) and its salts

Strychnos spp. and their galenical preparations

Succinonitrile (110-61-2)

Sulfinpyrazone (57-97-5)

Sulfonamides (63-74-1) and their salts obtained by substitution of one or more Hatoms of the -NH<sub>2</sub> groups

Sultiame (61-56-3)

Sympathicomimetic amines

Symphytum spp. (Comfrey), with the exception of *Symphytum officinale*

TBHQ (t-butylhydroquinone) (1948-33-0)

Permitted at concentrations equal to or less than 0.1%.

Tefazoline (1082-56-0) and its salts

Tellurium (13494-80-9) and its compounds

Tetrabenazine (58-46-8) and its salts

Tetrabromosalicylanilides

Tetracaine (94-24-6) and its salts

2,3,7,8-Tetrachlorodibenzo-p-dioxin (1746-01-6)

Tetrachloroethylene (127-18-4)

Tetrachlorosalicylanilides

Tetraethyl pyrophosphate (107-49-3)

Tetrahydrozoline (84-22-0) and its salts

Tetrylammonium bromide (71-91-0)

Thalidomide (50-35-1) and its salts

Thallium (7440-28-0) and its compounds

Theophylline (58-55-9)

Thevetia nerifolia Juss. glycoside extract

Thiamazole (60-56-0)

Thioglycolic acid (68-11-1) and its salts

Permitted in hair waving and straightening products at concentrations equal to or less than 8% with a pH of 7 to 9.5.

Directions for use shall include statements to the effect: "Avoid direct skin contact. Wear suitable gloves". Hair waving and straightening products for professional use may contain concentrations of thioglycolic acid equal to or less than 11%. The label of the product shall include, in addition to the above directions, a statement to the effect: "For professional use only". Permitted in depilatory products at concentrations equal to or less than 5% with a pH of 7 to 12.7. The label of the product shall include statements to the effect: "Avoid contact with eyes. In the event of contact with eyes, rinse immediately with plenty of water and seek medical advice".

Thiotepa (52-24-4)

Thiourea (62-56-6) and its derivatives, with the exception of thioglycolic acid and its salts and esters

Thiuram (137-26-8)

Thiuram disulfides

Thiuram monosulfides

Thyropropic acid (51-26-3) and its salts

Thyrothricine (1404-88-2)

Tiratricol (51-24-1)

Tolboxane (2430-48-8)

Tolbutamide (64-77-7)

Tolnaftate (2398-96-1)

Toluene-2,4-diamine (95-80-7)

Toluidines (26915-12-8), their isomers, salts and halogenated and sulfonated derivatives, except 4-hydroxy-2-nitro-toluidine and hydroxyethyl-2-nitro-p-toluidine

Tranlycypromine (155-09-9) and its salts

Tretamine (51-18-3)

Tretinoin (retinoic acid) (302-79-4)

Triamterene (396-01-0) and its salts

Tribromoethanol (75-80-9)

Tribromosalicylanilide (1322-38-9)

Trichlormethine (817-09-4) and its salts

Trichloroacetic acid (76-03-9)

Trichloronitromethane (76-06-2)

Triclosan (3380-34-5)

Limited in cosmetics to a concentration of 0.3% or less. Restricted in mouthwash at 0.03% or less. All triclosan-containing products must also meet the following conditions:

a) Chlorinated dibenzodioxin and dibenzofuran (PCDD/PCDF) impurities must not be present in quantities exceeding those described as follows:

i) The concentration of the impurities, 2,3,7,8-tetra-chlorodibenzo-p-dioxin and 2,3,7,8-tetra chlorodibenzofuran, must not exceed 0.1 ng/g.

ii) The total concentration of all other PCDD/PCDF impurities must not be greater than 10 ug/g, with no individual impurity greater than 5 ug/g.

b) The labelling of oral cosmetics must indicate that the product is not to be used by children under the age of 12. In the case of mouthwashes, users must be cautioned to avoid swallowing the product.

c) Manufacturers must provide the following:

i) Raw material specifications for triclosan;

ii) Identification of the method of analysis used to determine the levels of PCDD's and PCDF's in triclosan;

iii) Finished product specifications; and

iv) Copy of product labelling

Tricresyl phosphate (tritolyl phosphate) (1330-78-5)

Trifluoperidol (749-13-3)

Triparanol (78-41-1)

Tripelennamine (91-81-6)

Tuaminoheptane (123-82-0), its isomers and salts

Urea (57-13-6)

Permitted in concentrations equal to or less than 10%.

Urea (carbamide) peroxide (124-43-6) (see peroxide and peroxide generating compounds)

Uriginea scilla Stern. and its galenical preparations

Vaccines, toxins or serums

Valnoctamide (4171-13-5)

Veratrine (62-59-9), its salts and galenical preparations

Veratrum spp. and their preparations

Versalide (88-29-9)

Vinyl chloride monomer (27-39-8)

Warfarin (81-81-2) and its salts

Xanthinol (2530-97-4)

Xylidines (1300-73-8), their isomers, salts and, halogenated and sulfonated derivatives.

Xylometazoline (526-36-3) and its salts

Yohimbine (146-48-5) and its salts

Zirconium (7440-67-7) and its compounds, except the complexes, zirconium lakes, salts and pigments of zirconium colouring agents

Aluminum zirconium chloride hydroxide complexes  $Al_xZr(OH)_yCl_z$  and aluminum zirconium chloride hydroxide glycine complex are permitted only in deodorants in concentrations equal to or less than 25%, as anhydrous aluminum zirconium chloride and equal to or less than 5.45% as zirconium. The ratio of the number of aluminum atoms to that of the zirconium atoms must be between 2 and 10. The ratio of the number of (Al + Zr) atoms to that of the chlorine atoms must be between 0.9 and 2.1. The inner label and the outer label of the cosmetic product must show a statement to the effect: "do not apply to irritated or damaged skin".

Not permitted in aerosol dispensers.

Zoxazolamine (61-80-3)

THIS LIST ABOVE IS TEMPORARY. WE JUST WANTED TO LET YOU KNOW HOW CANADA RATED INGREDIENTS ON THEIR HOT LIST. WE HAVE ADDED ONES BELOW:

Here Is Our beginner list of Bad Ingredients to Avoid:

We want to thank Living Nature and others for giving us the information we are posting here now. All our brands at this site agree that there is something we can do to make a difference! They're doing their part, now it's our turn. Buy your products from Eco-Wise companies. Now enjoy the information below.

More than 38,000 cosmetic injuries requiring medical attention are reported annually in the United States according to Dr. Samuel S. Epstein (Safe Shopper's Bible Pages 182 & 183). Ingredients in shampoos, toothpastes, skin creams, and other personal care products, fabric softeners, make-up, hair care products, colognes, perfumes and other scented products can be dangerous to your health. In 1989, the United States National Institute of Occupational Safety and Health recognized 884 poisonous substances (many synthetically derived from petrochemicals) from a list of 2,983 chemicals used in the fragrance industry that are capable of causing cancer, birth defects, central nervous system disorders, allergic respiratory reactions, skin and eye irritations.

Many chemicals found in cosmetics don't cause obvious immediate signs of toxicity, but slowly poison us through repeated use.

In America, a 1993 survey found levels of the highly toxic and carcinogenic 1,4 dioxane in 27 out of 30 children's shampoo and bath products tested. In the same study, of 54 cosmetic raw ingredients tested,

all contained 1,4 dioxane. A study conducted by the University of California on 58,000 beauty therapists, hairdressers and manicurists, revealed that they developed cancer at four times the rate of the general population.

Many drugs on the market today are administered through transdermal skin patches, which have been shown to be up to 95% more effective than oral medication. This proves that the skin, the largest organ of the body and our first line of immunity, is permeable to all chemicals.

\*synthetic binders, fillers, emulsifiers, thickeners

\* cortisone, tar, anti-biotics, steroids, phosphates

\* dyes, colorings, fragrances

\* mineral oil, paraffin, lanolin (unless its certified to be clean), petrolatum, PVP/VA copolymer, DEA, TEA, MEA

\* alcohols, formaldehyde, acetone

\* synthetic alpha and beta hydroxy acids

\* preservatives, parabens, ureas, propylene glycol

\* sodium laurel or laureth sulfate, ammonium laurel or laureth sulfate

Dibutyl Phthalate - Found in all persons tested by the CDC (Center for Disease Control, USA) in a 2000 Fall study. Highest levels were found in women of reproductive age. Causes birth defects in animals, and damaging to the male reproductive system (ABC News, Internet Ventures 2000). Used in cosmetics to assist the absorption of other ingredients