

To use your pocket guide:

1. Cut along outer black line
2. Fold on dotted lines
3. Share the 2nd one with a friend!

This is not a comprehensive list. It is a sampling of brands that have been rated safest at the CosmeticsDatabase.com. Specific products from these companies may still have an ingredient from the Toxic Ten list, but overall these are much safer choices than their conventional counterparts.

**Things to keep in mind:**

- Avoid**
- Parabens (DEHP, BBP, DBP, DMP, DEP)
  - Phthalates (DEHP, BBP, DBP, DMP, DEP)
  - DMDM Hydantoin
  - Fragrance
  - Triclosan
  - Sodium Lauryl/Laureth Sulfate
  - DEA (diethanolamine) and TEA
  - (triethanolamine)
  - Formaldehyde
  - PEGs (polyethylene glycol)
  - anything with "glycol" or "methyl"
- Choose**
- Products with fewer ingredients.
  - Organic Seal.
  - Locally made products.
  - Products made with recyclable packaging.
- Quick Tips**
- Buy fewer products and use them in smaller amounts.
- Preferred Brands:**
- 365 Everyday Value
  - Messence
  - Nature's Baby
  - Aura Cacia
  - Nourish
  - Avalon Organics
  - Nurture My Body
  - Bella Mira
  - Organics
  - Desert Essence
  - Burt's Bees
  - Perfect Organics
  - Dr. Bronner's
  - Dr. Hauschka
  - Seventh Generation
  - Signature Minerals
  - Earth's Best
  - Earth Mama-Angel Baby
  - Garden of Eve
  - Giovanni
  - Gourmet Body Treats
  - Jason Natural
  - Healing Scents
  - Zosimos Botanicals
  - Velada
  - Terrasentials
  - Tom's of Maine
  - Soyl

\*Note: Healthy Child does not endorse any of the products listed.

**Brand Recognition\***

**Resources**

- CosmeticsDatabase.com - Information on the ingredients and safety of thousands of personal care products.
- SafeCosmetics.org - Find a list of companies that have committed to making safer cosmetics.

**Decode the Label**

- Ingredients are listed in order of concentration, highest to lowest. All ingredients must be listed other than what constitutes the "fragrance" of the product. Fragrance can include hundreds of individual chemicals.
- There are no regulations for using words like "organic" or "natural." The only truly organic products are those with the USDA seal.
- "Fragrance-free" does not necessarily mean so. Read the ingredients list to really find out if there's not fragrance.
- Use Consumer Report's decoding guide at greenerchoices.org/eco-labels.

Healthy Child Healthy World: The non-profit leader inspiring parents to protect young children from harmful chemicals. HealthyChild.org © 2010

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**Healthy Personal Care Products Pocket Shopping Guide**



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