

# Ingredients to watch out for



# Hormone-Disrupting Ingredients in Makeup: What to Watch Out For

Understanding which ingredients may interfere with your hormones is key to making cleaner, safer beauty choices. Here's a quick guide to common endocrine disruptors found in cosmetics:

---

## 1. Parabens

*Look for:* Methylparaben, Propylparaben, Butylparaben

*Used as:* Preservatives

*Effect:* Mimic estrogen; linked to hormonal imbalance and breast cancer risk.

## 2. Phthalates

*Look for:* Often hidden under "Fragrance" or "Parfum"

*Used as:* Fragrance stabilizers

*Effect:* Disrupt reproductive hormones; harmful to fetal development.

## 3. Triclosan

*Look for:* Triclosan

*Used as:* Antibacterial agent

*Effect:* Disrupts thyroid function and estrogen levels.

## 4. Oxybenzone (and other benzophenones)

*Look for:* Oxybenzone, Benzophenone-3, BP-4, BP-8

*Used as:* UV filters in SPF makeup

*Effect:* Mimics estrogen; linked to thyroid and fertility issues.

## 5. BHA & BHT

*Look for:* Butylated Hydroxyanisole (BHA), Butylated Hydroxytoluene (BHT)

*Used as:* Preservatives

*Effect:* Possible endocrine disruptors; BHA is a potential carcinogen.

## 6. Ethoxylated Compounds

*Look for:* PEGs, Ceteareth, Polysorbates

*Used as:* Emulsifiers and texture enhancers

*Effect:* Can be contaminated with 1,4-dioxane, a known toxin.

## 7. Siloxanes

*Look for:* Cyclopentasiloxane, Cyclotetrasiloxane

*Used as:* Smoothing agents in primers and foundations

*Effect:* Linked to reproductive and endocrine disruption.

## 8. Aluminum Compounds

*Look for:* Aluminum starch octenylsuccinate, Aluminum powder

*Used as:* Opacifying agents and pigments

*Effect:* May disrupt estrogen function.

---

### Tips for Safer Makeup Choices:

- Choose products labeled "**Paraben-free**" and "**Phthalate-free**"
- Avoid products with "**Fragrance**" unless naturally derived
- Look for **EWG VERIFIED™** or check with apps like **Think Dirty** or **Yuka**
- Choose brands that are transparent with their ingredient lists

---

**Your health matters. Clean beauty isn't just a trend, it's a step toward hormonal harmony.**