

Avoid These 5 Toxic Beauty Ingredients If You're Trying to Get Pregnant!

1. Phthalates

Commonly found in? Synthetic fragrance, nail polish, and hairspray.

Why could it be harmful for you? [An animal study showed](#) that exposure to phthalates can alter sex hormones and increase the likelihood of losing a fetus. [Another study](#) of infertile couples found that infertile women had an increase of exposure to certain types of phthalates. Furthermore, Phthalates have also been known to [cause male reproductive issues](#) as well.

2. Parabens

Commonly found in? Body lotion, shampoo, face cleanser, body wash, foundation, and pomade.

Why could it be harmful for you? Parabens mimic estrogen in the body. Estrogen is a hormone responsible for the development and regulation of the female reproductive system. One recent study suggests that a mother's exposure to certain types of parabens during pregnancy can lead to increased anxiety and behavioral changes in her offspring.

3. BHA and BHT

Commonly found in? Lipsticks, eye shadow, moisturizers, diaper creams, blush, and face powder.

Why could it be harmful for you? [Animal studies](#) have shown that exposure to high doses of BHA and BHT may result in problems with both the male and female reproductive systems.

4. Octinoxate and Oxybenzone

Commonly found in? Sunscreen, moisturizers, aftershave, lipstick, nail polish, skin creams, foundations, fragrance, hair products.

Why could it be harmful for you? [Animal studies](#) have shown that Octinoxate can change the weight and structure of both male and female reproductive organs. [Another study shows](#) that high exposure to oxybenzone-related chemicals affects the ovaries of female fish, reducing their egg production. It is also a concern for the male reproductive system.

4. Triclosan

Commonly found in? Antibacterial liquid soap, shaving cream, soap bars, and toothpaste.

Why could it be harmful for you? [A study suggests](#) that Triclosan, an endocrine disruptor, could lead to implantation failure, which is when a fertilized egg does not attach to the uterus properly, therefore preventing pregnancy. Triclosan has also been linked to decreased sperm quality in men as well.

Make sure to check the ingredients on your beauty product's bottle for all 5 of those potentially harmful chemicals. And remember, if a product has an undisclosed fragrance (as in there is no list of ingredients for the fragrance at all), then there still could be harmful chemicals in the product. If 'fragrance/parfum' is the only thing listed as an ingredient, then the company is purposefully keeping the chemicals used in the product a secret, which means the ingredients used may or may not be harmful. Just to be safe, avoid these products.