Common Allergens

* Latex
* Amyl cinnamal
* Amylcinnamyl alcohol
* Anisyl alcohol
* Benzyl alcohol
* Benzyl benzoate
* Benzyl cinnamate
* Benzyl salicylate
* Cinnamyl alcohol
* Cinnamaldehyde
* Citral
* Citronellol
* Coumarin
* Eugenol
* Farnesol
* Geraniol
* Hexyl cinnamaladehyde
* Hydroxycitronellal
* Hydroxyisohexyl 3-cyclohexene carboxaldehyde (HICC)
* Isoeugenol
* Lilial
* d-Limonene
* Linalool
* Methyl 2-octynoate
* g-Methylionone
* Oak moss extract
* Tree moss extract
* [Methylisothiazolinone](https://www.sgs.com/en/news/2017/07/safeguards-11017-european-commission-tightens-permitted-limit-for-mit-in-cosmetics)
* [External Link Disclaimer](http://www.fda.gov/about-fda/website-policies/website-disclaimer)
* Methylisothiazolinone (MIT)
* Methylchloroisothiazolinone (CMIT)
* Formaldehyde (and releasing ingredients)
  + Bronopol/2-bromo-2-nitropropane-1,3-diol
  + 5-bromo-5-nitro-1,3-dioxane
  + Diazolidinyl urea
  + DMDM hydantoin/1,3-dimethylol-5,5-dimethylhydantoin
  + Imidazolidinyl urea
  + Sodium hydroxymethylglycinate
  + Quaternium-15/Dowicil 200; N-(3-chloroallyl) hexaminium chloride
* p-phenylenediamine (PPD)
* Coal-tar
* Nickel
* Gold

Generally Unsafe Chemicals

* Acrylates (nail products, adverse reaction when breathed in or skin contact)
* Benzophenone (protects products from UV, bioaccumulative)
* Butylated \_\_\_/BHA/BHT (preservative, endocrine disruption)
* Carbon black/Coal tar (cancer)
* Ethanolamine/DEA (many products, liver cancer)
* Formaldehyde (many products, many health concerns)
* Homosalate (SPF, endocrine disruptor)
* Hydroquinone (lightener, cancer/toxicity)
* Lead/Arsenic/Mercury/Aluminum/Zinc/Chromium/Iron (care products, organ toxicity)
* Methylisothiazolinone/Methylchloroisothiazolinone/MIT/CMIT (preservative, lung and neurotoxicity)
* Mica (lung damage)
* Isopropyl acetone/methyl ethyl ketone/methyl-pyrrolidone (organ toxicity)
* -nolamine/DEA/TEA (impurities)
  + Nitrosamines are technical family, chemical names end in nolamine
* Octinoxate/Octyl methoxycinnamate/OMC (uncertain health effects)
* P-phenylenediamine (skin sensitizer, leads to reactions/allergies)
* PABA (UV filters, alters thyroid activity)
* Phenoxyethanol (preservative/stabilizer, eczema to anaphylaxis, neurotoxicity in infants)
* Phthalates (reproductive toxicity and cancer)
* Acrylamide/Polyacrylamide (stabilizer, carcinogen)
* Polyethylene glycol/PEG (carcinogenic)
* Polytetrafluoroethylene/Teflon/PTFE (non-stick agent, affects reproductive development)
* Quaternium-15 (skin toxin)
* Resorcinol (dyes/acne care, endocrine disruptor)
* Retinoic acid/retinyl palmitate (harmful)
* Siloxane (endocrine disruptor)
* Sodium laureth sulfate/SLS (skin irritation)
* Talc (potentially contains asbestos)
* Titanium dioxide/TiO2 (whitening agent, skin irritation, carcinogenic)
* Toluene (nail products, reproductive damage and respiratory damage)
* Triclosan (antibacterial, endocrine disruptor)

Poor Labeling of Ingredients

* Fragrance (unclear, potentially unsafe)

Works Consulted:

[1] “Are Harmful Chemicals Hiding in Your Cosmetics?” *WebMD*, WebMD, [www.webmd.com/beauty/features/harmful-chemicals-in-your-cosmetics](http://www.webmd.com/beauty/features/harmful-chemicals-in-your-cosmetics).

[2] Center for Food Safety and Applied Nutrition. “Allergens in Cosmetics.” *U.S. Food and Drug Administration*, FDA, [www.fda.gov/cosmetics/cosmetic-ingredients/allergens-cosmetics](http://www.fda.gov/cosmetics/cosmetic-ingredients/allergens-cosmetics).

[3] “Chemicals Archive.” *Safe Cosmetics*, [www.safecosmetics.org/chemicals/](http://www.safecosmetics.org/chemicals/).

[4] “Cosmetics Skin Allergy Triggers, Treatments and Prevention.” *WebMD*, WebMD, [www.webmd.com/allergies/cosmetics](http://www.webmd.com/allergies/cosmetics).

[5] De Groot, A. C. “The Allergens in Cosmetics.” *Archives of Dermatology*, vol. 124, no. 10, 1988, pp. 1525–1529., doi:10.1001/archderm.124.10.1525.

[6] Goossens, An. “Contact-Allergic Reactions to Cosmetics.” *Journal of Allergy*, vol. 2011, 2011, pp. 1–6., doi:10.1155/2011/467071.

[7] Northwestern Medicine. “How to Know If You Are Allergic to Your Beauty Products.” *Northwestern Medicine*, [www.nm.org/healthbeat/healthy-tips/are-you-allergic-to-your-makeup#:~:text=Makeup%20allergies%20are%20a%20type,the%20rest%20of%20your%20body](http://www.nm.org/healthbeat/healthy-tips/are-you-allergic-to-your-makeup#:~:text=Makeup%20allergies%20are%20a%20type,the%20rest%20of%20your%20body).