

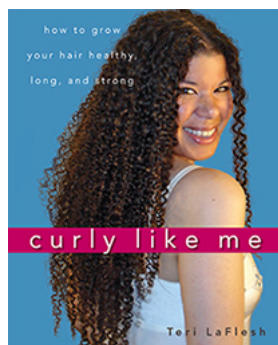


Ingredients Starting With N

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In the ingredient descriptions: **Good** means that I like to see this in a product's list of ingredients. **Okay** means this product appears safe for a curly person like me to use. **Caution** means that this ingredient may not be good in some hair care products, or for some people. **Avoid** means this ingredient may hurt your hair. If you see this ingredient in a hair product, it's best to put it down and walk away.

Please select a letter to search for ingredients:

0 1 2 3 4 5 6 7 8 9 A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

Natural fragrance (aka *Proprietary essential oil blend*)

Caution

Please see Proprietary essential oil blend.

See also: Proprietary essential oil blend

Neem oil (aka *Melia azadirachta seed oil*)

Caution

A brownish-yellow liquid oil that smells like garlic. It has been shown to have some anti-bacterial and anti-fungal activity in the lab [Winter (7th edition) page 370]. This can be really irritating to the skin, especially in higher concentrations. Do not use products with this high up on the ingredients list on any being that cannot tell you it is in pain.

Source(s): Winter

Neroli

Caution

Orange blossom that may irritate sensitive skin. Best not to use on a baby's skin.

See also: Irritant

Source(s): <http://www.cosmeticscop.com/>

Neroli oil

Caution

Fragrant plant oil that may irritate sensitive skin. Best not to use on a baby's skin.

See also: Irritant

Source(s): <http://www.cosmeticscop.com/>

Nettle extract (aka *Urtica dioica extract; Stinging nettle*)

Okay

Plant-based anti-inflammatory for scalp [Begoun (Hair) page 236]. This herbaceous (pacific northwest native) plant is covered in stinging hairs that are deactivated by heat (such as by cooking). Per Winter [(7th edition) pages 371-372, nettles have a long history in folk medicine, and have been used as an astringent, as well as stopping external bleeding with topical use. It's also used as a hair tonic and antidandruff remedy, and a poultice made of the leaves is supposed to help with burns, bites and wounds. Uncooked plants, however, can cause kidney damage and poisoning.

See also: Urtica Dioica Extract

Source(s): Begoun Winter

Niacinamide (aka *Vitamin B3; Niacin; Nicotinic acid*)

Okay

Used as a hair conditioning ingredient [Winter pg 366]. A white, odorless, crystal solid that's water soluble. This is found in tiny amounts in living cells. It's not likely that the teeny amounts used in a product can do anything for the hair, so it's mainly put in products for its marketing appeal, because it is a vitamin [Hunting (Conditioning) pg 289-290].

Source(s): Winter Hunting

Nicotinamide (aka *Vitamin B3; Niacin; Nicotinic acid; Niacinamide*)

Okay

Used as a hair conditioning ingredient [Winter pg 366]. A white, odorless, crystal solid that's water soluble. This is found in tiny amounts in living cells. It's not likely that the teeny amounts used in a product can do anything for the hair, so it's mainly put in products for its marketing appeal, because it is a vitamin [Hunting (Conditioning) pg 289-290].

See also: Vitamins

Source(s): Hunting Winter

Nicotinic acid N-oxide

Okay

Marketed as a growth ingredient, but there is no evidence to support this.

Source(s): Begoun

Nitrosamines

Avoid

When chemicals with nitrates combine with those with an amine, they more form carcinogens (cancer-causing ingredients). "Nitrosamines have been found in air, water, tobacco smoke, cured meats, cosmetics, pesticides, and alcoholic beverages. It is also believed that they may be formed in our bodies." Pg 368.

See also: Amines

Source(s): Winter

Non-ionic

Okay

Molecules with a neutral charge.

See also: Ion

Non-ionic surfactant

Okay

The cleanser is made of neutral molecules (these don't have an electrical charge). They are great at grease removal, often used in laundry products, household cleansers and dishwashing liquids. Non-ionic cleansers are not

affected by hard water in the way anionic cleansers are.

See also: Surfactant Ion Hard water Anionic surfactants

Source(s): http://www.scienceinthebox.com/en_UK/glossary/surfactants_en.html

Nonoxynol-10 (aka PEG-10 nonyl phenol)

Caution

Used to keep the ingredients in a product from separating. This can be a skin irritant and a severe eye irritant. Often used in dish washing liquids because it foams and cleanses so well [Hunting (Conditioning) pg 290-291].—*In conditioners, this may be used to help the conditioner break up and wash down the drain. If it's really far down the ingredients list, it's probably in a product in such small amounts that it wouldn't be a problem. However, I would use extreme caution using this on a child because of what an eye irritant it is.*—T

See also: Emulsion stabilizer

Source(s): Hunting

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