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National Geographic, 432 W. 45th Street, New York, NY 10036
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THE Green GUIDE from

CHEMICALS IN COSMETICS

Dirty Dozen

S M A R T S H O P P E R ' S



12 ingredients to avoid in personal care products:

Antibacterials

Coal tar colors: FD&C Blue 1, Green 3

Diethanolamine (DEA)

1,4-Dioxane

Formaldehyde (diazolidinyl urea, imidazolidinyl urea and quaternium compounds)

Fragrance (containing phthalates)

Lead and mercury

Nanoparticles

Parabens (methyl-, propyl-, butyl-, ethyl-, isobutyl-)

Petroleum distillates

p-Phenylenediamine (PPD)

Hydroquinone

Updated October 1, 2007