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Mica

Mica is a naturally occurring mineral dust often used in makeup foundations, as filler in cement and asphalt, and as insulation material in electric cables.



Mica is a naturally occurring mineral dust often used in makeup foundations, as filler in cement and asphalt, and as insulation material in electric cables. Workers in cosmetic manufacturing factories are at high risk of mica exposure through inhalation.^[1]

What is Mica?

Mica minerals are often used as color additives in cosmetics.^[2] They also have reflective properties, allowing for a shimmery effect in mineral foundations.^[3] Long term inhalation of mica poses a health risk to workers, specifically those working in muscovite (the most common form of mica) mills and other occupations such as agriculture and construction work.^[4]

Found In

- Makeup products
- Shingles
- Wallpaper
- Insulation
- Cement and asphalt

What to look for on the label

- Mica
- Muscovite

Health Concerns

Irritation: Several occupational exposure case studies document workers from muscovite/mica mills, construction sites and rubber factories developing respiratory problems after being exposed to mica over the course of several years.^{[5][6][7][8][9]} Long-term inhalation of mica dust may cause lung scarring which leads to symptoms such as coughing, shortness of breath, weakness, and weight loss.^[10]

Vulnerable Populations

Workers (<https://www.safecosmetics.org/population/workers/>)

Regulations

The National Institute for Occupational Safety and Health has set recommended exposure limits and the Occupational Safety and Health Administration has set permissible exposure for an average workday.^[11]

How to Avoid?

Proper industrial hygiene practices should be followed, such as appropriate.^[12] Mica use in cosmetics is not a concern for consumers.

FAQs

What is mica powder?



What is mica powder good for?



Is mica powder toxic?



Are mica colors safe? Is mica in makeup dangerous?



Is mica naturally occurring?



Is mica harmful to the skin?



Explore other Chemicals

Resorcinol (<https://www.safecosmetics.org/chemicals/resorcinol/>)

Polytetrafluoroethylene (PTFE, Aka Teflon®)
(<https://www.safecosmetics.org/chemicals/polytetrafluoroethylene/>)

Fragrance (<https://www.safecosmetics.org/chemicals/fragrance/>)

[Preservatives \(https://www.safecosmetics.org/chemicals/preservatives/\)](https://www.safecosmetics.org/chemicals/preservatives/)

[Toluene \(https://www.safecosmetics.org/chemicals/toluene/\)](https://www.safecosmetics.org/chemicals/toluene/)

[Coal Tar \(https://www.safecosmetics.org/chemicals/coal-tar/\)](https://www.safecosmetics.org/chemicals/coal-tar/)

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Your Action Helps

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