

Ingredients in cosmetics we recommend you avoid

	Cosmetic ingredient(s)	Main use in cosmetics	Examples where used
1	Triclosan and Triclocarban	preservative (antimicrobial agent)	antibacterial soaps; toothpaste, creams antiperspirants, shaving products
2	Methylisothiazolinone (MIT) Methylchloroisothiazolinone (MCIT)	preservative (antimicrobial agent)	shampoo, hair colour, sunscreen, mascara, shaving cream, hairspray, makeup remover, liquid soaps
3	*Formaldehyde and formaldehyde-releasing preservatives	preservative (antimicrobial agent)	nail polish, eyelash glue, hair gel, hair-smoothing products, shampoo, soap
4	Parabens methyl/ethyl/propyl/butyl paraben	preservative (antimicrobial agent)	shampoos, conditioners, lotions, facial and shower cleansers, scrubs
5	Butylated hydroxytoluene (BHT) and Butylated hydroxyanisole (BHA)	preservative (antioxidant; prevents product deterioration)	cosmetics e.g. lipstick, eye shadow, moisturiser, sunscreen, facial cleanser, fragrance, shampoo
6	Lilial (butylphenyl methylpropional)	fragrance ingredient	shampoo, and other hair products, moisturiser, sunscreen, body wash, lipstick, nail polish, facial cleanser
7	Benzyl salicylate	fragrance ingredient	shampoo and other hair products, moisturiser, sunscreen, body wash, facial cleanser lipstick, nail polish
8	Synthetic musks including tonalide, galaxolide, musk xylene, musk ketone	fragrance ingredient	perfume, cologne, scented soap, body wash, lotions, hair products
9	Methyl salicylate	fragrance ingredient; ‡denaturant	Mouthwash, body powder, rash cream, moisturiser
10	Benzyl benzoate	Fragrance ingredient; solvent	shampoo and other hair products moisturiser, body wash, lipstick, nail polish, facial cleanser
11	Diethyl phthalate	solvent, fixative in fragrances; ‡denaturant	Colour cosmetics, hair care products, lotion, body wash, nail polish, perfume
12	Cyclosiloxanes Decamethylcyclopentasiloxane (D ₅) Octamethylcyclotetrasiloxane (D ₄), cyclomethicone	solvent carriers, conditioning and spreading agents	deodorant, skin lotions, hair care products
13	4-methylbenzylidene camphor (4-MBC)	UV filter; protects product against UV damage	sunscreen, skin creams, lotions
14	Padimate O	UV filter; protects product against UV damage	sunscreen, skin creams, hair care products
15	Benzophenones (BP) (BP-3, BP-4, BP-5)	UV filter; protects product against UV damage	sunscreen, lip balm, nail polish, skin creams, hair care products, fragrance
16	Homosalate	UV filter; protects product against UV damage	sunscreen, skin care products
17	Octinoxate	UV filter; protects product against UV damage	sunscreen, hair colour products, lipstick, nail polish, skin creams
18	Ethylhexyl salicylate	UV filter; protects product against UV damage; fragrance ingredient	sunscreen, skin creams
19	p-phenylenediamine	oxidation reagent; used to produce colour	hair dyes
20	Aluminium salts in antiperspirants	blocks sweat ducts	active ingredient in antiperspirants

* all compounds are suspected or known endocrine disrupting chemicals, except formaldehyde

‡ Denaturant refers to alcohol denaturant (so products containing alcohol are unfit for oral consumption)

Further information

For more details about the chemicals listed in the table, including endocrine disrupting effects, specific breast cancer links, alternative chemical names and cas numbers, EU regulations, classifications and other health effects see [here](#).

For a description of criteria used for inclusion of a chemical and comments from scientific evaluators see [here](#). A list of references can be found [here](#).

About Breast Cancer UK

Breast Cancer UK aims to prevent breast cancer through scientific research, collaboration, education and policy change. We educate and raise awareness of the risk factors for breast cancer and provide practical information to help people reduce these risks. We campaign to ensure government policies support the prevention of breast cancer. And we fund scientific research that helps to better understand what risk factors contribute to breast cancer, and how to address them

Disclaimer: This brief is for information purposes only and does not cover all breast cancer risks. Nor does it constitute medical advice and should not be used as an alternative to professional care. If you detect a lump or have any concerns, seek advice from your GP. Breast Cancer UK has made every effort to ensure the content of this leaflet is correct at the time of publishing but no warranty is given to that effect nor any liability accepted for any loss or damage arising from its use.

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