

Toxin-Free Living Checklist: What to Watch For on Labels

1. Fragrances

- ☐ “Fragrance,” “Parfum,” or “Perfume”
- ☐ Synthetic musks (e.g., galaxolide, tonalide)
- ☐ Isothiazolinones

2. Parabens

- ☐ Methylparaben
- ☐ Ethylparaben
- ☐ Propylparaben
- ☐ Butylparaben
- ☐ Isobutylparaben
- ☐ Benzylparaben

3. Sodium Lauryl Sulfate (SLS) / Sodium Laureth Sulfate (SLES)

- ☐ Sodium lauryl sulfate
- ☐ Sodium laureth sulfate
- ☐ SLS/SLES

4. Phthalates

- ☐ Diethyl phthalate (DEP)
- ☐ Dibutyl phthalate (DBP)
- ☐ Dimethyl phthalate (DMP)
- ☐ Di(2-ethylhexyl) phthalate (DEHP)

5. PFAs (Forever Chemicals)

- ☐ PFOA
- ☐ PFOS
- ☐ PFHxS
- ☐ PFNA
- ☐ “PFAs”

6. Other Key Ingredients to Avoid

- ☐ Formaldehyde releasers (quaternium-15, DMDM hydantoin, imidazolidinyl urea, diazolidinyl urea, bronopol)
- ☐ Polyethylene glycol (PEG) compounds
- ☐ Triclosan, triclocarban
- ☐ Isothiazolinones (methylisothiazolinone, methylchloroisothiazolinone)
- ☐ BHT (butylated hydroxytoluene), BHA (butylated hydroxyanisole)