

Protect Yourself From Harmful Ingredients in Your Personal Products

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Cosmetics/Personal Care Products (PCPs)

Definition + Responsibilities

Cosmetics/PCPs

Topical products intended to cleanse, beautify, promote attractiveness, alter appearance¹

Consumers²

Must consider the products placed on their body and the effects

Can take steps to reduce risks caused by cosmetics and PCPs

Manufacturers

Make claims on labels to guide consumer selection³

Must not include ingredients that are on a prohibited list³

Can voluntarily enroll in a government review program^{1,3}

Government^{1,2}

Tell manufacturers to not mislead consumers

Do not review an ingredient prior to use, unless it is a color additive

International harmony is not present in regulation and is less stringent in the US, comparatively

Facts & Statistics

%

2004 to 2017 review

41% of all voluntarily reported cosmetic-related adverse events were cancer-related¹

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2018 review

11 ingredients have been declared unsafe, which does not ban their use in marketed products²

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Marketing Inequality

More hormone-disrupting chemicals have been found in products marketed to African American women²

\$

By 2030

Global market is expected to reach \$560.50 billion with a 5.1% yearly growth³

What Can You Do?²



Be skeptical of labels & Put yourself first

Many companies will remove ingredients known to cause problematic adverse events, and replace them with ingredients that cause the same problems.

Use your resources



The *Detox Me* app created by the Silent Spring Institute allows product barcode scanning and will provide notification if there is a safer option.

YOU GOT THIS



Research your options

The Environmental Working Group has a database where common products have been researched and provide safety information based on ingredients.

Switch to safer products



Utilize resources and research to determine if there are safer products available. Don't hesitate to make the change and start using safer products as soon as possible.

1. Nohynek GJ, Antignac E, Re T, Toutain H. Safety assessment of personal care products/cosmetics and their ingredients. *Toxicol Appl Pharmacol.* 2010;243(2):239-259. doi:10.1016/j.taap.2009.12.00
2. President and Fellows of Harvard College. Toxic Beauty. Harvard Health Publishing. April 1, 2020. Accessed February 15, 2023. <https://www.health.harvard.edu/womens-health/toxic-beauty>
3. Ferreira M, Matos A, Couras A, Marto J, Ribeiro H. Overview of cosmetic regulatory frameworks around the world. *Cosmetics.* 2022;9(4):72. doi:10.3390/cosmetics9040072
4. Cornell, EM, Janetos, TM, Xu, S. Time for a makeover-cosmetics regulation in the United States. *J Cosmet Dermatol.* 2019;18:2041-2047. doi:10.1111/jocd.12886

