



# Endocrine Disrupting Ingredients: A Guide for Parents

This document provides a comprehensive list of endocrine disrupting ingredients commonly found in children's skincare, haircare, and perfume products. It aims to educate parents about potentially harmful chemicals and offers guidance on how to identify and avoid these ingredients when shopping for their children's personal care items. The guide also includes quick tips for parents to make informed choices and mentions the upcoming website [www.thebeautydaddy.com](http://www.thebeautydaddy.com) as a resource for non-toxic product information.



# Understanding Endocrine Disruptors

Endocrine disrupting ingredients are chemicals that can interfere with the body's hormonal system. These substances are often found in everyday personal care products, including those marketed for children. It's important to note that many companies use alternative names or dubious methods to hide these ingredients. For example, they may label a product as "unscented" while still using synthetic masking fragrances.

To help parents navigate this complex issue, a list of endocrine disrupting ingredients has been compiled. This list will be regularly updated as new information about malpractices in the industry comes to light. Additionally, the website [www.thebeautydaddy.com](http://www.thebeautydaddy.com) is being developed to provide information and assist in finding non-toxic products.





# Common Endocrine Disruptors: Phthalates and Parabens

## Phthalates

Commonly found in: Fragrances, lotions, shampoos, nail polishes.

Labeling tip: Often hidden under "fragrance" or "parfum." Look for "phthalate-free" or "DEP-free" labels.

## Parabens

Commonly found in: Moisturizers, shampoos, lotions, and other skincare products.

Labeling tip: Avoid any ingredient ending in "-paraben." Examples include Methylparaben, Ethylparaben, Propylparaben, and Butylparaben.

# Formaldehyde and Benzophenone Compounds

## Formaldehyde and Formaldehyde-Releasing Preservatives

Commonly found in: Shampoo, conditioner, body washes.

Names to watch for: DMDM hydantoin, imidazolidinyl urea, diazolidinyl urea, quaternium-15, and bronopol (2-bromo-2-nitropropane-1,3-diol).

## Benzophenone and Related Compounds

Commonly found in: Sunscreens and lip balms.

Specific compounds: Oxybenzone, Avobenzone, Octinoxate

Labeling tip: Look for "oxybenzone-free" sunscreens or those labeled as mineral-based with zinc oxide or titanium dioxide.



# Triclosan, Synthetic Fragrances, and Siloxanes

- 1 Triclosan and Triclocarban**

Commonly found in:  
Antibacterial soaps, hand sanitizers, toothpaste.  
Labeling tip: Avoid products labeled as "antibacterial" if they don't specify "triclosan-free."
- 2 Synthetic Fragrance (Artificial Fragrance or Parfum)**

Commonly found in:  
Perfumes, body sprays, lotions, and soaps.  
Labeling tip: Choose "fragrance-free" or "phthalate-free fragrance" products whenever possible.
- 3 Siloxanes (D4, D5, D6)**

Commonly found in: Hair conditioners, deodorants, moisturizers. Labeling tip: Check for ingredients ending in "-siloxane" or "-methicone."

# Additional Harmful Ingredients to Avoid

Ingredient	Common Products	Labeling Tips
Polyethylene Glycol (PEG Compounds)	Creams, moisturizers, hair conditioners	Look for PEG followed by a number, like PEG-12 or PEG-40
BHA and BHT	Moisturizers, lip balms, diaper creams	Look for BHA-free and BHT-free labels
Sodium Lauryl Sulfate (SLS) and Sodium Laureth Sulfate (SLES)	Shampoos, body washes, toothpaste	Look for "sulfate-free" shampoos and soaps
Toluene	Nail polish, hair dyes	Look for "3-free" or "5-free" nail polishes
Mineral Oil	Lotions, creams, baby oils	Sometimes labeled as "paraffinum liquidum" or "petrolatum"



# Final Ingredients to Watch Out For



## Retinyl Palmitate (Synthetic Vitamin A)

Commonly found in: Sunscreens, moisturizers.  
Labeling tip: Avoid any product with synthetic vitamin A unless specified for sensitive use.



## Artificial Colors and Dyes

Commonly found in: Bath products, shampoos, lotions. Labeling tip: Avoid products with FD&C or D&C colors, as well as numbers like "Blue 1" or "Red 40."

# Quick Tips for Parents

1

## Look for "Fragrance-Free" Products

Avoid "unscented" as it may still contain masking fragrances.

2

## Choose Mineral-Based Sunscreens

Opt for sunscreens with zinc oxide or titanium dioxide as safer options for kids.

3

## Select Certified Organic or EWG Verified Products

These have stricter safety standards.

4

## Always Read Labels

If an ingredient sounds chemical or complex, it's best to do a quick check or avoid it.

5

## Avoid Common Triggers

Stay away from anything with phthalates, parabens, sulfates, or artificial dyes and scents as these are common triggers for hormonal disruption.