



# THE 15 HIDDEN TOXIC INGREDIENT GROUPS

**IN YOUR DAILY ROUTINE**

BY DAISY — CLEAN LIFESTYLE EDUCATOR & TOXIN-FREE ADVOCATE

*Learn what's really hiding behind "clean-looking" labels — and start making safer choices with confidence.*

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## ABOUT DAISY



**Hi, I'm Daisy!**

**Clean Lifestyle Educator & Toxin-Free Advocate** 🌿

I'm so happy you're here. If you're reading this, it means you're ready to understand what's really inside the products you use every day and how to make cleaner, safer choices for you and your home.

Just a few years ago, I felt overwhelmed by long labels, hidden chemicals, and "greenwashed" products that looked clean but weren't. I wished someone would just explain things simply. So now, I've become that person for you. My mission is to help women transition to a toxin-free lifestyle without stress, confusion, or complicated science.

This guide is your first step toward that clarity.

**Inside, you'll learn:**

- The most common toxic ingredients hidden in beauty, personal care & home products
- Why they matter
- How to start recognizing them immediately
- What to avoid next time you shop

**You deserve a home and routine free of hidden toxins — and I'm here to help you make it simple.**

**Let's begin this journey together.**

📌 **[Follow me on Pinterest for daily toxin-free tips:](https://www.pinterest.com/ToxinFreeLifeWithDaisy)**  
**[Pinterest.com/ToxinFreeLifeWithDaisy](https://www.pinterest.com/ToxinFreeLifeWithDaisy)**



## A BEGINNER'S GUIDE TO COMMON TOXIC INGREDIENTS

**Here is a quick overview of some of the most harmful ingredients that still appear today in beauty products, personal care items, household cleaners, and laundry products:**

- Parabens
- Phthalates
- Fragrance / Parfum
- Mineral Oil & Petroleum
- Formaldehyde Releasers
- Talc
- Aluminum Compounds
- Retinol / Retinyl Palmitate
- Ethanolamines (MEA/DEA/TEA)
- Synthetic Dyes
- Chemical Sunscreens
- BHT & BHA
- Isothiazolinones
- Heavy Metals

**These chemicals are not only found in creams, makeup, and shampoo.**

**They can also appear in:**

- Laundry detergents
- Fabric softeners
- All-purpose cleaners
- Dish soap
- Wet wipes
- Baby products
- Air fresheners
- Fibers and dyes in clothing

**This means exposure is daily and constant—through your skin, the air, textiles, water, and every surface you touch. That's why recognizing these names is the first step toward choosing truly safer alternatives.**

# QUICK GUIDE

## Toxic Ingredient Groups & Their Chemical Names

### Toxic Ingredient Groups

Group Name	Chemical Name / Examples
Parabens	Methyl-, Ethyl-, Propyl-, Butyl-paraben
Phthalates	DEP, DBP, DMP, BBP
Fragrance / Parfum	Hidden mix of 3,500+ chemicals
Mineral Oil & Petroleum	Petrolatum, Paraffin, Mineral Oil
Formaldehyde Releasers	DMDM Hydantoin, Bronopol, Quaternium-
Talc	Hydrous Magnesium Silicate
Aluminum Compounds	Aluminum Hydroxide, Aluminum Chlorohyd
Retinol / Retinyl Palmitate	Retinol, Retinyl Palmitate
Ethanolamines	MEA, DEA, TEA, Cocamide DEA
Synthetic Dyes	Red 40, Yellow 5, Blue 1, Carmine
Chemical Sunscreens	Oxybenzone, Octinoxate, Homosalate
BHT & BHA	BHT, BHA
Isothiazolinones	MI, MCI, Benzisothiazolinone
Heavy Metals	Lead, Mercury, Cadmium, Arsenic
Ethoxylated Compounds (PEGs)	PEGs, Polysorbates Phenoxyethanol, all -eth ingredients
	PEGs, Polysorbates Phenoxyethanol, all *th ingredients



# TOP 15 INGREDIENTS TO AVOID

A quick reference list of the most common toxic ingredients found in beauty, personal care, home cleaning, and laundry products

- **Aluminum:**

Aluminum Hydroxide

**TRICK:** 48-hour deodorant

**WHY:** Speeds up sun damage on skin

**Common products:** Antiperspirants.

- **Allergy Bombs:**

Benzalkonium Chloride  
Benzisothiazolinone  
Methylisothiazolinone  
Methylchloroisothiazolinone  
Iodopropynyl  
Butylcarbamate (IPBC)  
Triclosan

**TRICK:** Wet-wipes that itch

**WHY:** Kills germs but kills your skin too

**Common products:** Baby wipes, hand sanitizer, antibacterial soap.

- **BHA & BHT:**

Butylated Hydroxyanisole (BHA)  
Butylated Hydroxytoluene (BHT)

**TRICK:** 16-hour lipstick

**WHY:** Harms fertility & maybe causes cancer.

**Common products:** Lipstick, eye shadow, moisturizer.

- **Chemical Sunscreens:**

Homosalate (HMS)  
Octinoxate  
Oxybenzone

**TRICK:** Smells like Hawaii (beach).

**WHY:** Soaks into blood & mimics hormones

**Common products:** Daily SPF

- **Coal-Tar Dyes:**

Carmines  
Coal Tar

**TRICK:** Bright red lips

**WHY:** Petrol dye → allergy + cancer risk

**Common products:** Red lipstick, blush, nail polish.



# TOP 15 INGREDIENTS TO AVOID

- **Ethoxylated Compounds (PEGs & 1,4-Dioxane family):**

PEG-  
Polysorbate  
Anything ending in -eth  
Phenoxyethanol

**TRICK:** Ends in “-eth” → ditch it

**WHY:** Leaves a known carcinogen behind  
**Common products:** Shampoo, body wash, face cleanser.

- **Ethanolamines:**

MEA  
DEA  
TEA  
Cocamide DEA

**TRICK:** Foamy shampoo

**WHY:** Turns into cancer-causing nitrosamines

**Common products:** Hair dye, bubbly shampoo.

- **Formaldehyde Releasers:**

Bronopol  
DMDM  
Hydantoin  
Quaternium-15

**TRICK:** Smells like a morgue

**WHY:** Slowly leaks embalming fluid

**Common products:** Mascara, nail polish, keratin treatments.

- **Heavy Metals & Wild Cards:**

Mercury, BPA  
Borax  
Nanoparticles  
Hydroquinone

**TRICK:** Ask “3rd-party tested?”

**WHY:** Invisible poisons → brain & hormone damage

**Common products:** Cheap red lipsticks, skin-lightening creams, loose powders.

- **Hidden Fragrance:**

Undisclosed Fragrance / Flavor

**TRICK:** Just says “Fragrance”

**WHY:** Hides 3,500 chemicals + phthalates

**Common products:** EVERY scented thing: lotion, perfume, detergent.



# TOP 15 INGREDIENTS TO AVOID

- **Parabens:**

Methyl-  
Ethyl-  
Propyl-  
Butyl-paraben

**TRICK:** Ends in “-paraben”

**WHY:** Fake estrogen linked to breast cancer

**Common products:** Moisturizer, toothpaste, foundation.

- **Petroleum:**

Mineral Oil  
Petrolatum  
Paraffin

**TRICK:** Feels greasy & shiny

**WHY:** Clogs pores + cancer-causing PAHs

**Common products:** Lip balm, eye cream.

- **Phthalates:**

DEP → Diethyl ,  
DBP → Dibutyl Phthalate,  
DMP → Dimethyl Phthalate,  
BBP → Benzylbutyl Phthalate

**TRICK:** Hides as “fragrance” or “parfum” → 80 % chance of hidden DEP.

**WHY:** Banned in EU toys → harms baby hormones

**Common products:** Nail polish, hair spray, fragrance.

- **Synthetic Retinol:**

Retinyl Palmitate

**TRICK:** “Vitamin A” in day cream

**WHY:** Sun + retinol = faster skin tumors

**Common products:** Daytime anti-aging creams.

- **Talc:**

Hydrous Magnesium  
Silicate

**TRICK:** Baby powder clouds

**WHY:** Often mixed with asbestos → lung & ovary cancer

**Common products:** Face powder, blush, baby powder.



## EXPRESS SUMMARY



In the U.S., federal regulation is extremely limited – which means many harmful chemicals are still allowed in everyday products.

This is why ingredients such as parabens, phthalates, and formaldehyde releasers continue to appear in beauty, personal care, home cleaning, and even laundry products.

Making safer choices starts with learning how to recognize these ingredients and choosing products that avoid them

### **THE GOOD NEWS: YOU HAVE THE POWER.**

#### **CHOOSE TOXIN-FREE PRODUCTS WITH LABELS SUCH AS:**

- **EWG Verified:** it is a strict certification that ensures a product avoids toxic ingredients, discloses all components, and meets top safety standards set by the Environmental Working Group.
- **Labels can help you shop safer:**

Claims like “fragrance-free,” “paraben-free,” “phthalate-free,” or “sulfate-free” indicate products made without common toxic ingredients. Choosing products with clear labels and trusted certifications is an easy way to reduce your daily exposure to hidden toxins.



# THANK YOU FOR READING

**Want more toxin-free tips for your daily routine?**

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**You can also find my favorite toxin-free picks on Pinterest, Amazon, and ShopMy.**

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Your toxin-free journey starts here.  
I'm so happy you're taking this step

