



EDC Pocket Guide

Your guide for identifying endocrine disruptors in personal care products

Endocrine Disruptors

Ingredients	Products
Benzophenones – benzophenone, benzophenone-2 (BP2), benzophenone-3 (BP3)	Sunscreen, nail polish, makeup, fragrance, hair products, moisturizers
Parabens – methyl-, propyl-, butyl-, ethyl paraben, other ingredients ending in -paraben	Shampoo, conditioner, lotion, facial cleansers, bodywash
Sulfates – sodium lauryl sulfate (SLS), sodium laureth sulfate (SLES)	Hand soap, shampoo, toothpaste, facial cleansers, bodywash
Per and Polyfluoroalkyl substances (PFAS) – polytetrafluoroethylene (PTFE)	Makeup, hair products, dental floss
Phthalates – dibutyl phthalate (DBP), dimethylphthalate (DMP), and diethylphthalate (DEP), Di-(2-ethylhexyl) phthalate (DEHP), fragrance	Makeup, fragranced lotion, bodywash, hair products, nail polish
Butylated Compounds – butylated hydroxytoluene (BHT), butylated hydroxyanisole (BHA)	Makeup, hair products, sunscreen, deodorant, fragrance, lotion
Homosalate – homosalate, homomenthyl salicylate, HMS, HS	Sunscreen
Nitrosamines – diethanolamine (DEA), triethanolamine (TEA), monoethanolamine (MEA), ethanolamine (ETA)	Almost every kind of personal care product
Oxybenzone	Sunscreen
Resorcinol – resorcinol, 1,3-benzenediol, resorcin, 1,3-dihydroxybenzene	Acne treatment products, hair products
Triclosan – triclosan (TSC), triclocarban (TCC)	Antibacterial hand soaps, toothpaste, deodorant, shaving products, lotion

Safer Alternative Ingredients

Ingredients	Safer Alternatives
Parabens	Phenoxyethanol, Benzyl Alcohol, Sodium Benzoate, Potassium Sorbate – all preservative ingredients
PFAS	Paraffin – emulsifying, skin conditioning, viscosity controlling Acrylates Copolymer – water resistance, thickening Decyl Glucoside – emulsifier, surfactant
Triclosan	Cetylpyridinium Chloride, Stannous Fluoride – antimicrobials mainly found in dental products Chloroxyleneol, Ethanol – antimicrobials found in variety of products
Butylated Compounds – BHA, BHT	Magnesium Ascorbyl Phosphate, Ascorbic Acid or Vitamin C, Sodium Ascorbyl Phosphate, Tocopheryl or Vitamin E – all antioxidant ingredients
Oxybenzone	Zinc Oxide, Titanium Dioxide – UV Filter

What we Recommend

- Use Clearya, EWG Skin Deep, or Think Dirty to scan ingredient lists.
- Use the endocrine disruptors chart on this guide to identify chemicals in products.
- Choose products that...
 - are fragrance free.
 - disclose fragrance ingredients.
 - have certified labels such as MADE SAFE and EWG-Verified.



Clearya



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THINK DIRTY.