

Personal Care Products During Pregnancy

Ingredients to Avoid

Ingredient	EWG Rating	Skin Care Products	Hair Care Products	Oral Care Products	Makeup Products	Perfume/ Fragrances	Nail Care Products	Sunscreen	Antiperspirant/ Deodorant	Baby Personal Care Products
Aluminum Powder	4 – 9	X			X		X		X	
Ammonium	2 – 9	X	X	X			X			
Adapelene	N/A	X								
BHA	5 – 7	X	X		X	X				X
Benzyl Benzoate	6	X	X		X	X	X	X	X	X
Benzyl Salicylate	7	X	X		X	X	X	X	X	X
Cocamide Diethanolamine (DEA)	7	X	X							
Diazolidinyl urea	6	X	X		X	X	X	X	X	X
Dibutyl phthalate (DBP)	10						X			
Formaldehyde	10				X		X			
Fragrance (Parfum)	8	X	X		X	X	X	X	X	X
Homosalate	4	X			X			X		
Hydroquinone	9	X						X	X	
Octinoxate	6	X	X		X		X			
Octisalate	4	X	X		X	X	X	X		
Oxybenzone	8	X	X		X	X	X			
Parabens	4 – 8	X	X		X			X	X	X
Phenoxyethanol	4	X	X	X						
Phthalates	1 – 10	X	X			X	X			
Retinoids Retinols Retinoic Acid Retinyl Palmitate Tretinoin	9	X	X		X	X				X
Retinyl Linoleate	9	X								
Salicylic Acid	4	X	X		X					
Sodium laureth sulphate	3	X	X		X					X
Talc	3	X	X		X				X	
Tazarotene	N/A	X								
Toluene	10						X			