What’s in your personal care products?

Match the personal care product that shares an ingredient with the other product below. Words may be used more than once & the answers are on the back.

<table>
<thead>
<tr>
<th>Personal Care Product Word Bank</th>
<th>Other Product Word Bank</th>
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</thead>
<tbody>
<tr>
<td>antiperspirant deodorant</td>
<td>antibacterial soap</td>
</tr>
<tr>
<td>bubble bath</td>
<td>drywall filler</td>
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<tr>
<td>conditioner</td>
<td>engine degreaser</td>
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<tr>
<td>dry skin moisturizer</td>
<td>food service sanitizer</td>
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<tr>
<td>face cleanser</td>
<td>laundry soap</td>
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<tr>
<td>hair gel</td>
<td>pharmaceuticals</td>
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<tr>
<td>hair spray</td>
<td>plywood</td>
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<td></td>
<td>specimen preserver</td>
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<td></td>
<td>shower curtain</td>
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<td></td>
<td>Silly Putty®</td>
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<td></td>
<td>soda bottle</td>
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<td></td>
<td>soda can</td>
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<tr>
<td></td>
<td>toner</td>
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<tr>
<td></td>
<td>women’s stockings</td>
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</table>

1. Mr. Bubble is the most well known brand
   used to clean under the hood

2. keeps hair looking good all day
   biology class wouldn’t be the same without it

3. one of the few solvent based personal care products
   used to keep water in the tub while showering

4. prevents faces from breaking out
   keeps clothes looking & smelling fresh

5. not as thick as lip stick
   your favorite drink probably comes in this recyclable container

6. used for bright red lips
   keeps hands free from germs

7. super shiny lipcolor
   used to fill in nail holes

8. used before playing sports or other sweaty activity
   soda might come in this

9. makes eyes pop
   used to print text on a page

10. makes lashes longer
    see through leg warmers

11. keeps hair in one place
    cheap building material

12. keeps hair smooth and shiny
    keeps plates and cups clean in the cafeteria

13. prevents skin from drying out
    this children’s toy is packaged in an egg
# Answer Key

1. **Bubble bath** and **engine degreaser** contain sodium lauryl sulfate, a penetration enhancer that makes it easier for other chemicals to pass through skin and into the body. It can irritate the skin and eyes.

2. **Hair gel** and **specimen preserver** contain formaldehyde. The most common health problems in people exposed to formaldehyde include irritation of the eyes, nose, and throat. Animal studies show that breathing it can result in irritation and damage to the lining of the nose and throat. Impaired learning and changes in behavior along with stomach damage has been observed in rats. The Department of Health and Human Services and the International Agency for Research on Cancer (IARC) have characterized formaldehyde as a human carcinogen. ²

3. **Nail polish** and a **shower curtain** contain phthalates. Eating/drinking very high levels of phthalates damaged sperm in mice and high amounts damaged the liver of rats and mice. It cannot easily pass through the skin.

4. **Face cleanser** and **laundry soap** contain triethanolamine, which is linked to allergic skin reactions, and is a suspected immunotoxicant, respiratory toxicant, skin or sense organ toxicant. It may be toxic to fish.

5. **Lip gloss** and a **soda bottle** contain polyethylene terephthalate (PETE), which may leach phthalates and antimony.

6. **Lip stick** and **antibacterial soap** contain triclosan, which is linked to thyroid function and emergence of bacteria resistant to antibacterial products. Studies show it’s interaction with hormone receptors. Toxic to aquatic bacteria at levels found in the environment.

7. **Shimmery lipstick** and **drywall filler** contain mica, a mineral that is approved by the US FDA to be used as a colorant in food.

8. **Antiperspirant** and a **soda can** contain aluminum. Very small amounts of aluminum that you inhale, ingest, or have skin contact with will enter the bloodstream. Uncertain whether it causes Alzheimer’s disease. Animal studies show the nervous system may be affected. ¹

9. **Mascara**, **toner**, and a **thermometer** contain mercury. Exposure to high levels of metallic, inorganic, or organic mercury can permanently damage the brain, kidneys, and developing fetus. May result in irritability, shyness, tremors, changes in vision or hearing, and memory problems. Short-term exposure to high levels of metallic mercury vapors may cause lung damage, nausea, vomiting, diarrhea, increases in blood pressure/heart rate, skin rashes, and eye irritation. ¹

10. **Lengthening mascara** and **women’s stockings** contain nylon, which does not have known health concerns from skin contact.

11. **Hair spray** and **plywood** contain polyvinylpyrrolidone, which may cause allergic skin reactions.

12. **Conditioner** and **food service sanitizer** contain quaternary ammonium cation and breathing or touching may cause asthma and skin irritation.³

13. **Dry skin moisturizer** and **Silly Putty** contain polydimethylsiloxane, aka dimethicone, which is a silicone typically considered inert and non-toxic.

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