

# 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.

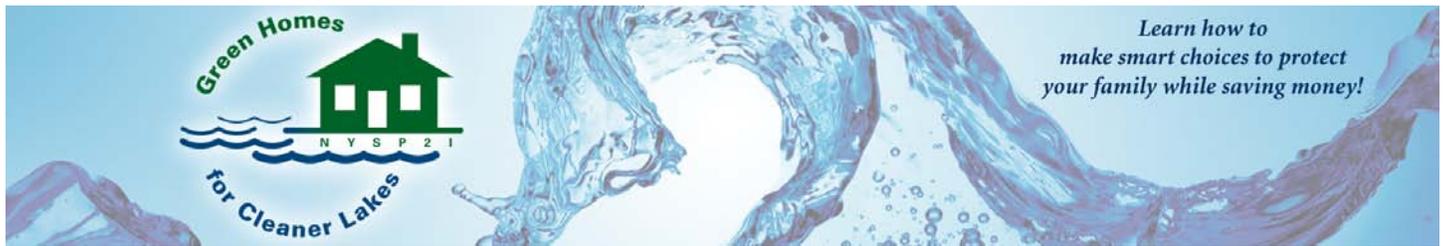
### Personal Care Product Word Bank

- |                          |                     |
|--------------------------|---------------------|
| antiperspirant deodorant | lengthening mascara |
| bubble bath              | lip gloss           |
| conditioner              | lipstick            |
| dry skin moisturizer     | mascara             |
| face cleanser            | nail polish         |
| hair gel                 | shimmery lipstick   |
| hair spray               | spray tan solution  |

### Other Product Word Bank

- |                        |                    |
|------------------------|--------------------|
| antibacterial soap     | specimen preserver |
| drywall filler         | shower curtain     |
| engine degreaser       | Silly Putty®       |
| food service sanitizer | soda bottle        |
| laundry soap           | soda can           |
| pharmaceuticals        | toner              |
| plywood                | women's stockings  |

- |  |   |
|--|---|
| 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.<sup>2</sup>
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.<sup>1</sup>
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.<sup>1</sup>
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.<sup>1</sup>
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.<sup>3</sup>
13. Dry skin moisturizer and Silly Putty contain polydimethylsiloxane, aka dimethicone, which is a silicone typically considered inert and non-toxic.

<sup>1</sup> US Centers for Disease Control, Agency for Toxic Substances & Disease Registry, ToxFAQs, <http://www.atsdr.cdc.gov/toxfaqs/index.asp#>

<sup>2</sup> US Centers for Disease Control, Agency for Toxic Substances & Disease Registry, Public Health Statement, <http://www.atsdr.cdc.gov/phs/phs.asp>

<sup>3</sup> US Centers for Disease Control, Guideline for Disinfection and Sterilization in Healthcare Facilities, 2008, [http://www.cdc.gov/hicpac/Disinfection\\_Sterilization/9\\_0PceticAcidHydroPoxide.html](http://www.cdc.gov/hicpac/Disinfection_Sterilization/9_0PceticAcidHydroPoxide.html)



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