

# Convert Your Household Checklist

Use this form to begin replacing the harmful items in your home today.



## BATH

---

### Hair Shampoo

May contain: Sodium Lauryl / Laureth Sulfate, Diethanolamine (DEA), Dioxins, Formaldehyde (or Formalin), MEA, Parabens.

Replace with **Exquisite Revitalizing Shampoo**

### Hair Conditioner

May contain: Sodium Lauryl / Laureth Sulfate, Diethanolamine (DEA), Dioxins, Formaldehyde (or Formalin), MEA, Parabens.

Replace with **Replenish Moisturizing Conditioner**

### Hair Spray

May contain: Phthalates, Bisphenol-A, Benzophenones, Dioxins, Parabens.

Replace with **Sisel Hairspray**

### Hair Gel

May contain: Phthalates, MEA, DEA, Bisphenol-A, Benzophenones, Dioxins, Parabens.

Replace with **Sisel Firm Hold Hair Gel**

### Toothpaste

May contain: Sodium Lauryl / Laureth Sulfate, Fluoride, Dioxins Parabens.

Replace with **SupraShine Toothpaste**

### Mouth Rinse

May contain: Dioxins, Parabens.

Replace with **Terminator Mouth Rinse**

### Bath & Shower Gel

May contain: Sodium Lauryl / Laureth Sulfate, MEA, DEA, Parabens.

Replace with **Vitae Spa Bath & Shower Gel**

### Bubble Bath

May contain: Sodium Lauryl / Laureth Sulfate, Diethanolamine (DEA), Dioxins, Formaldehyde (or Formalin), MEA, Parabens.

Replace with **Vitae Spa Bubble Bath**

### Hand Cleanser

May contain: Sodium Lauryl / Laureth Sulfate, DEA, Dioxins, MEA, Parabens.

Replace with **Absolve Hand Cleanser**

### Hand & Body Lotion

May contain: Glycerin, DEA, MEA, Lanolin, Mineral Oil, Propylene Glycol, Dioxins, Parabens.

Replace with **Sisel Hand and Body Lotion**

### Facial Cleanser

May contain: Sodium Lauryl / Laureth Sulfate, DEA, Dioxins, MEA, Parabens.

Replace with **Sisel Firming Facial Cleanser**

### Moisturizing Mist

May contain: Glycerin, DEA, MEA, Lanolin, Mineral Oil, Propylene Glycol, Dioxins, Parabens.

Replace with **SkinDu Moisturizing Mist**

### Shaving Gel

May contain: Polyethylene Glycol, Propylene Glycol, DEA, Dioxins, MEA, Parabens.

Replace with **Supra Shave Shaving Gel**

### Face & Neck Cream

May contain: Glycerin, DEA, MEA, Lanolin, Mineral Oil, Propylene Glycol, Dioxins, Parabens.

Replace with **Actify 6000 Face & Neck Cream**

## KITCHEN

---

### Dish Soap

May contain: Sodium Lauryl / Laureth Sulfate, Diethanolamine (DEA), Dioxins, Formaldehyde (or Formalin), MEA, Parabens.

Replace with **Asepti-Clean Dish Soap**

## LAUNDRY

---

### Laundry Detergent

May contain: Sodium Lauryl / Laureth Sulfate, Diethanolamine (DEA), Dioxins, Formaldehyde (or Formalin), MEA, Parabens.

Replace with **Vibrant Laundry Detergent**

## POWDER ROOM

---

### Wrinkle Complex

May contain: Glycerin, DEA, MEA, Lanolin, Mineral Oil, Propylene Glycol, Dioxins, Parabens.

**Replace with Ultra Intensive Wrinkle Complex**

### Wrinkle Pen

May contain: Glycerin, DEA, MEA, Lanolin, Mineral Oil, Propylene Glycol, Dioxins, Parabens.

**Replace with Ultra Intensive Wrinkle Pen**

### Wrinkle Lotion

May contain: Glycerin, DEA, MEA, Lanolin, Mineral Oil, Propylene Glycol, Dioxins, Parabens.

**Replace with Intensive Wrinkle Lotion**

### Skin Cream

May contain: Glycerin, DEA, MEA, Lanolin, Mineral Oil, Propylene Glycol, Dioxins, Parabens.

**Replace with Brightening Cream**

### Lip Care

May contain: Glycerin, DEA, MEA, Lanolin, Mineral Oil, Propylene Glycol, Dioxins, Parabens.

**Replace with Lip Plumper**

### Night Cream

May contain: Glycerin, DEA, MEA, Lanolin, Mineral Oil, Propylene Glycol, Dioxins, Parabens.

**Replace with Rapid Repair Night Cream**

### Lipstick

May contain: Glycerin, DEA, MEA, Lanolin, Mineral Oil, Propylene Glycol, Dioxins, Parabens.

**Replace with Mineral Lipstick**

### Lip Gloss

May contain: Glycerin, DEA, MEA, Lanolin, Mineral Oil, Propylene Glycol, Dioxins, Parabens.

**Replace with Mineral Lip Gloss**

### Lip Pencil

May contain: Glycerin, DEA, MEA, Lanolin, Mineral Oil, Propylene Glycol, Dioxins, Parabens.

**Replace with Mineral Lip Pencil**

### Primer

May contain: Quaternium 15 and 51, Triethanolamine, Polyethylene Glycol, Aluminum.

**Replace with Mineral Primer**

### Shimmer Powder

May contain: Quaternium 15 and 51, Triethanolamine, Polyethylene Glycol, Aluminum.

**Replace with Mineral Shimmer Powder**

### Liquid Foundation

May contain: Quaternium 15 and 51, Triethanolamine, Polyethylene Glycol, Aluminum.

**Replace with Mineral Liquid Foundation**

### Pressed Foundation

May contain: Quaternium 15 and 51, Triethanolamine, Polyethylene Glycol, Aluminum.

**Replace with Mineral Pressed Foundation**

### Blush

May contain: Quaternium 15 and 51, Triethanolamine, Polyethylene Glycol, Aluminum.

**Replace with Mineral Blush**

### Mascara

May contain: Quaternium 15 and 51, Triethanolamine, Polyethylene Glycol, Aluminum.

**Replace with Mineral Mascara**

### Eye Pencil

May contain: Quaternium 15 and 51, Triethanolamine, Polyethylene Glycol, Aluminum.

**Replace with Mineral Eye Pencil**

### Eye Shadow

May contain: Quaternium 15 and 51, Triethanolamine, Polyethylene Glycol, Aluminum.

**Replace with Mineral Eye Shadow**

### Make Up Remover

May contain: Alpha-hydroxy acids, DEA, and MEA.

**Replace with Sisel Make Up Remover**

### Bronzer

May contain: Quaternium 15 and 51, Triethanolamine, Polyethylene Glycol, Aluminum.

**Replace with Mineral Bronzer**

# Sisel Safe®

*The Sisel Safe seal represents our commitment to develop and manufacture only the most powerful, safe, and effective products which are free of potentially harmful ingredients. At Sisel, we take your health seriously. Here is a helpful “watch list” of potentially harmful ingredients that may be contained in common personal care and cosmetics products you use every day.*



## Alpha-Hydroxy Acids or Exfoliating Agents

- Used in cosmetics, skin creams, and facial peels
- Frequently cause redness, peeling, and irritation of the skin.

## Aluminum

- Used in antiperspirants and cosmetics.
- Research suggests a possible link between aluminum and disorders of the central nervous system, such as Alzheimer's disease.

## Benzophenones

- Used in all types of personal care products to protect fragrances from being damaged by UV light. Also used in some sunscreens.
- Are derivatives of highly toxic benzene, and are known skin, eye, and respiratory irritants.

## Bisphenol A

- Used as a coating or ingredient for bottles, plastics, and food containers.
- Research suggests a possible link between bisphenol A and increased risk of diabetes and heart disease. It is also an endocrine disruptor and has been shown to have negative prenatal effects.

## DEA, MEA, and TEA

- Used in shampoos, body washes, skin creams and shaving creams as a solvent, wetting agent, or emulsifier.
- Research performed by the U.S. Department of Health's National Toxicology Program has shown clear carcinogenic activity related to DEA, and has recommended warning labels be placed on products containing this substance.

## 1, 4-Dioxane

- A hidden, unlabeled ingredient commonly found in plastic bottles, certain types of lotions, and shampoo formulas.
- Known as endocrine disruptors and carcinogens.
- Ingredients containing ethoxylated wetting agents and solvents, many foaming agents, and emulsifiers may contain 1,4 - Dioxane. Studies show it readily penetrates human skin. Look for ingredients ending in Laureth or ethylene.

## Fluoride

- Used in toothpaste to help prevent tooth decay.
- Various animal studies suggest that fluoride contributes to bone disease and may be carcinogenic. In higher quantities, fluoride can be fatally toxic.

## Formaldehyde or Formalin

- Used in antiperspirants, nail polishes, perfumes, dyes, shampoos, and more.
- Formaldehyde is a suspected carcinogen and known neurotoxin.
- Some cosmetic preservatives contain formaldehyde or release it. Examples are Quaternium 15, DMDM Hydantoin.

## Glycerin

- Used in moisturizers and lotions.
- Glycerin attracts moisture from the air to your skin, but can also attract moisture from your skin, therefore drying it out.

## Lanolin

- Used as a moisturizer in numerous skin creams.
- Naturally, lanolin is not harmful, but is often contaminated with harmful pesticides and harsh chemicals that are used on the sheep wool from which this substance is derived. The majority of lanolin is contaminated to some degree.

## Laureth

- Produced by a chemical reaction between ethylene dioxide and lauryl alcohol.
- Used in several cosmetics, and they could contain 1, 4-Dioxane (a toxin found in Agent Orange), which is often created in the manufacturing process.
- 1, 4-Dioxane has the potential to create cancerous tumors on the skin and in the body.

## Mineral Oil

- Used in many skin care products to soften or moisturize skin, baby oil is 100% mineral oil.
- Mineral oil is a petroleum by-product and has numerous negative health effects. It dries skin and clogs pores, which can lead to acne and premature aging of the skin. It also slows down development of new skin cells.

## PABA (Para Amino Benzoic Acid)

- Used in sunscreens and as a dietary supplement.
- PABA is a controversial substance once thought to be essential for the body. Updated research has proven that it is not essential, and that it carries numerous potential side effects. Sisel has deemed that the risks of using PABA outweigh any potential benefits. Side effects of PABA include dry skin, nausea and vomiting, depletion of Vitamin D, and even carcinogenic activities in certain people.

## Parabens (Methyl, Isobutyl, Ethyl-, Butyl-, Propyl-)

- Used as preservatives to extend shelf life and limit microbial growth.
- Parabens are still used frequently even though they are clearly known to be toxic. These preservatives have been shown repeatedly to cause skin rashes and irritation to the eyes and respiratory tract. Parabens are highly toxic and can be very harmful if swallowed.

## PEG (Polyethylene Glycol)

- Used in cosmetics, shaving cream, and other personal care items.
- PEG is considered so toxic that industrial workers are required to wear protective clothing, gloves, and goggles while disposing of it. It is a petroleum derivative that penetrates the skin and can weaken proteins and cellular structure, causing brain, liver, and kidney abnormalities.

## Polysorbates

- Oily liquids derived from PEG-ylated sorbitan (a derivative of sorbitol) esterified with fatty acids.
- Often used in cosmetics to bind essential oils to water-based formulas.
- Could contain 1, 4-Dioxane (a toxin found in Agent Orange).
- 1, 4-Dioxane has the potential to create cancerous tumors on the skin and in the body.

## Propylene Glycol

- Used in moisturizers, shaving creams, deodorants, and baby products as a humectant.
- PEG can cause dermatitis, kidney, and liver damage. Has been shown to cause dry skin, rashes, and skin irritation.

## Phthalates

- Used in nail polishes, hair sprays, deodorants, and other personal care items.
- Studies have shown that phthalates may damage the liver, kidneys, lungs, and reproductive system, and may be carcinogenic.
- Found also in some types of packaging containers for personal care and cosmetics.

## Quaternium 15 and 51

- Used in cosmetics and personal care items.
- Quaternium is a known allergen and can release formaldehyde. It can cause contact dermatitis, as well as the dangers associated with formaldehyde.

## Retinyl Palmitate

- Used in sunscreens.
- Retinyl Palmitate is an antioxidant that slows skin aging. When used on skin exposed to sunlight, however, it demonstrates photocarcinogenic properties. In other words, it can result in cancerous tumors.

## Talc

- Used in cosmetics, baby powders, and foot preparations, often as a dry lubricant.
- Talc is a known carcinogen. Research has shown that use of talc in the genital areas in women leads to 60% greater risk of ovarian cancer.

## Toluene

- Toluene is a potential carcinogen and endocrine disrupter which may cause liver and respiratory damage, as well as potential birth defects.

