Your Check List & Guide To Choose Safe

Make Your Home Toxin FREE!

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Do You Know What's In Your Makeup Or In Your Shampoo...?

Ingredients in cosmetics, skin care and personal care products are still unregulated in many countries. Therefore, there are many products made from poorly tested chemicals that may cause health issues in the short or long run.

According to the Environmental Working Group (EWG - a Washington D.C. research organization) we are on average **exposed to 126 chemicals** through makeup and personal care products **EVERY day.**

Even Though The Doses Of The Chemicals Are Small - This Is Something To Be Concerned About

The reason why we should be concerned about this is that the **small doses of these chemicals can easily enter our bodies and bloodstream through the skin.** Then they can accumulate and build up in our systems and organs and **cause health problems** in the future.

Right now, cosmetics companies can put almost any ingredient they want into makeup and personal care products, without having to prove that it's safe. EWG's research has found everything from **hormone disruptors to carcinogens in products we use every day**, such as makeup, shampoos, shower gel and moisturizers.

What Can You Do To Avoid Having These Toxins Accumulating In Your Body?

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The Simple Answer is: Choose SAFE Products!

Make A Decision Today To Make Sure The Products In Your Home Are As Safe And Toxin FREE As Possible.

To start with, study and then cut out the **check list** on the right hand side, to see what ingredients should be avoided in your personal care items.

Put the list in your handbag or wallet to check the products' ingredients next time you go shopping.

The substances listed on the check list are ingredients commonly used in cosmetics, shampoos and other personal care products.

Since they are regarded as potentially harmful to our health, it's safer to **avoid them!**

Please note: This is not a complete list of ALL possible toxins and potentially harmful ingredients in personal care products.

This list presents the ingredients that *SISEL's scientists and researchers recommend avoiding.

***Source for this Check List:** "SiselSafe Checklist PDF"; SISEL International Distributor Booklet

(see: SiselSafe Checklist PDF)

Check List:

Ingredients to avoid in makeup, shampoo and other personal care items.

Alpha-Hydroxy Acids or Exfoliating Agents
Aluminium
Benzophenones
Bisphenol A
DEA (Diethanolamine) or MEA
1,4 Dioxane (Dioxins)
Fluoride
Formaldehyde or Formalin
Glycerin
Lanolin
Laureth
Mineral Oil
PABA (Para Amino Benzoic Acid)
Parabens (Methyl, Isobutyl, Ethyl, Butyl, Propyl)
PEG (Polyethylene Glycol)
Polysorbates
Propylene
Phtalates
Quaternium 15 and 51
Retinyl Palmitate
Sodium Lauryl Sulfate (SLS) and Sodium Laureth Sulfate (SLES)
Talc
Toulene
TEA (Triethanolamine)

Here below is some further information about the potentially harmful ingredients mentioned in the Check List, including what health problems they may potentially cause.

Ingredients to Avoid in Cosmetics and Personal Care Items:

Alpha-Hydroxy Acids or Exfoliating Agents
*Used in cosmetics, skin creams and facial peels.
*Frequently cause redness, peeling and irritation of skin.

Aluminium
*Used in antiperspirants and cosmetics.
*Research suggests a possible link between aluminium 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 (Diethanolamine) or MEA
*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 (Dioxins)
*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 contain1,4-Dioxane. Studies show it readily penetrates human skin. Look for ingredients ending in Laureth or ethylene.
(It's an unlabeled ingredient because it's an unwanted substance often generated as a by-product in chemical processes – and then it can contaminate other ingredients.)

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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.
*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.

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There is also research indicating that some types of Parabens may be carcinogenic and hormone disruptors as well =>www.ewg.org/skindeep/tpo-tips-for-safer-products/

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.

Phtalates
*Used in nail polishes, hair sprays, deodorants and other personal care items.
*Studies have shown that phthalates may damage the liver, kidneys, lungs and the 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.

Sodium Lauryl Sulfate (SLS) and Sodium Laureth Sulfate (SLES)
*Used in shampoos, bubble baths, shaving foams, toothpastes and household cleansers as a detergent and foaming agent.
* In the manufacturing process of SLS/SLES, they are often contaminated with unwanted byproducts, like e.g. 1.4 dioxane – a suspected carcinogen. Common ingredients likely to be contaminated with 1,4-dioxane include PEG-100 stearate, sodium laureth sulfate, polyethylene and ceteareth-20. It's also suspected that SLS / SLES might be hormone disruptors.

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.

Toulene
*Used in nail polishes.
*Toulene is a potential carcinogen and endocrine disruptor which may cause liver and respiratory damage, as well as potential birth defects.

TEA (Triethanolamine)
*Used in household cleaners, cosmetics and personal care products.
*Similar to DEA and MEA, TEA is used to adjust pH levels in cosmetics and to modify fatty acids to create the base for cleaners. This compound may cause dry skin and hair, eye problems and may be toxic if absorbed over long periods of time.

Source: "SiselSafe Checklist PDF"; SISEL International Distributor Booklet (see: SiselSafe Checklist PDF)

Do You Want To Avoid These Potentially Harmful Ingredients In Your Home?

Here is an easy and fast way to do it.

1) **Start checking the labels on the products you and your family are using.**
2) **Get rid of products you find containing any of the potentially harmful ingredients listed in the Check List.**
3) **Replace the products you throw away with SISEL Safe products!**

What Is "SISEL Safe"?

SISEL International is an American company with the mission to manufacture **products without any toxic or potentially health damaging ingredients.**

The SISEL Safe seal represents the company's commitment to **develop and manufacture** only safe and effective products, made of powerful ingredients of highest quality.

SISEL Safe Packaging

Besides only using safe ingredients, SISEL has also thought about the **packaging.** Because **toxic chemicals like phthalates, BPA, PVC and other known carcinogens are commonly found in plastics.**

These chemicals can **leach out of the plastic containers and enter the material within,** ultimately finding their way into our bodies. There they may remain for decades and cause serious havoc to our health.

BPA and some other synthetic chemicals in plastic material (and fragrances) are also known endocrine disruptors, which can affect the developing fetus and young children by **causing a variety of endocrine and reproductive system defects.**

SISEL Uses Only Ingredients And Packaging That Are Considered SAFE.

Are You Interested To Learn More About SISEL's Products?

Then go to this page:

https://www.carolinekonline.com/safe-products

[https://sisel.net/naturalwellness]

And if you'd like to buy something, you can **shop at your own convenience on this site as well.**

All you have to do is register as a Preferred Customer (or Distributor) and you'll automatically get access to discounted prices. Please make sure you join with my ID no: **Sisel ID No: 10139321** Here's how to order: https://www.carolinekonline.com/sisel-shop-online/

If you have any questions about the products or if you'd like product advice and recommendations for your specific needs - or if you're not sure how to order, I'd be happy to hear from you!

You can find my contacts here: http://www.carolinekOnline.com/contact/

When buying SISEL's products - you don't have to study the ingredients listed on the labels on each and every product, because you'll KNOW that they are SAFE to use!

I'm an Independent Distributor for SISEL International, I *use and love the products!

Not only because I know they are safe to use and I don't have to worry about getting any harmful ingredients from my personal care or skin care products.

But they also have **fantastic quality** and they are wonderful to use. Besides personal care and skin care products, Sisel offers also i.a. weight loss products and nutritional supplements. Lots of people who use Sisel's products experience amazing results and health benefits (for testimonials, go to carolinekonline.com).

You're welcome to visit my blog, where you can get tips and inspiration about how to boost and support your health, anti-aging, and how to live a healthier lifestyle so that you can LOOK and FEEL your best!

Best Wellness Regards,

Caroline Karlsson
Independent Distributor for SISEL

Sisel ID No: 10139321

*PS: If you want to know the products that are among my favorites, click here:

>>My Favorite Products