COSMETICS

What is a cosmetic?

Meant for "cleansing, beautifying, promoting attractiveness, altering the appearance" per the regulations and must be free of allergens, harmful chemicals, harmful fragrances or hidden drug products.

Use of these products is essential for personal hygiene and supports mood and social interactions - important elements of **SAFEST BRAINS.** Examples provided below:

INFANTS	CHILDHOOD-ADOLESCENCE	ADULTHOOD	ELDERLY

Fragrance-free or sensitive-skin personal-care products, Moisturizers and emollients, Hair/scalp care, Lip care, Body and Facial cleansers and moisturizers, Deodorants as age appropriate, Makeup as age appropriate, Shaving and after-shave products, Nail products, Specialized skin care products.

FDA DOES *NOT*

Review and approve most cosmetics before they go on the market.

FDA DOES

Approve most color additives, provide labeling guidance, and act against unsafe or misbranded products.

Know how a product is designated

COSMETIC

Intended to cleanse or beautify.
Examples: moisturizer or makeup without a drug claim.

DRUG OR BOTH

Products that treat or prevent disease may be drugs.
Examples: Sunscreen, acne treatment, anti-dandruff shampoo (both).

MAKE THE RIGHT CHOICE

Check cosmetic claims, labels, safety

READ LABEL

Follow directions and warnings. Check ingredients, intended use, and storage instructions.

LOOK PAST CLAIMS

Terms like *hypoallergenic cosmeceutical, organic, essential oils,* are not FDA-recognized & do make a product better/safer.

CHECK CONDITION

Keep containers clean and closed. Discard products that change color or smell, or irritate your skin or eyes.

Cosmetic Safety

Hair dyes with coal tar: Permanent, semi-permanent, temporary
'Caution' statement on label about skin irritation and eye protection

Harmful ingredients in any cosmetic

- Like Benzene, Bithionol, Chlorofluorocarbon propellants, Chloroform, Ammonia
- Kohl in eye cosmetics - may contain harmful heavy metals
- Certain permanent eyelash and eyebrow tints/dyes

Contaminants in any cosmetic

- Dioxane, metals like lead (particularly in lipsticks), arsenic, cadmium, mercury

Nail product chemicals that may have safety concerns

- Acetonitrile, Formaldehyde, Methacrylate Monomers (Acrylics), Phthalates, Toluene

Tattoos, Permanent Makeup

- Skin injection safety of color pigments not reviewed by FDA

Decorative contact lenses
Likely to cause irritation, can lead to serious eye infections, blindness

IF YOU EXPERIENCE A HARMFUL EFFECT

STOP USING THE PRODUCT AND SEEK MEDICAL CARE

Report serious problems to the FDA. www.FDA.gov/MedWatch

Make informed choices

Learn more about cosmetic safety

www.vysta.org/cosmetics