

What Dr.'s REMEDY 10-FREE NAIL POLISH MEANS FOR YOUR HEALTH

10

ANIMAL INGREDIENTS

Ingredient names such as guanine, tallow, gelatin, milk, lanolin, honey, beeswax, royal jelly, and carmine, are all derived from our animal friends. The process of deriving these ingredients can often kill or torture the animals in the process.

1

FORMALDEHYDE

Long term or repetitive exposure can lead to asthma and damage to the inner nose and throat lining.

2

TOLUENE

Affects the brain and nervous system, but animals exposed to toluene also show harmful effects in their liver, kidneys, and lungs.

3

DBP

Has a potential impact on developmental growth and the reproductive system.

9

PHTHALATES

Pronounced THAL-ates, these chemicals, which are linked to endocrine disruption, developmental and reproductive toxicity, and cancer, have been banned from cosmetics in the European Union, but still remain prevalent in U.S. products.

4

CAMPHOR

One of the ingredients responsible for the sharp, bitter odor of nail polish, but it can also cause nails to become chronically dry, brittle, and discolored. Camphor is easily absorbed through broken skin and can reach toxic levels in the body.

8

TPHP

Triphenyl phosphate is a chemical that when absorbed in the human body, affects hormones and can have effects such as obesity and early puberty.

7

PARABENS

Of greatest concern is that parabens are known to disrupt hormone function, an effect that is linked to increased risk of breast cancer and reproductive toxicity.

6

XYLENE

Has not been verified as a carcinogen yet, but has an immediate impact on the body. Side effects include headache, dizziness, nausea, and more.

5

FORMALDEHYDE RESIN

Formed from the reaction of toluenesulfonamide and formaldehyde. Sensitivity to the resin may cause allergic contact dermatitis.