

Breast Cancer Prevention Partners (BCPP) is the leading science-based policy and advocacy organization working to prevent breast cancer by eliminating our exposure to toxic chemicals and radiation.

We have achieved much in our first 25 years. We've passed critical state and federal legislation, issued 31 major scientific reports, and influenced multi-national corporations, such as Unilever, Procter & Gamble and Johnson & Johnson to adopt safer chemical policies.

Join us in creating a healthier world by protecting our families, our communities and future generations from toxic harm. Visit: [bcpp.org](http://bcpp.org) to learn more.

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Exposing The Cause Is The Cure

# Safer Cosmetics & Beauty Products

## Tips To Reduce Your Breast Cancer Risk

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When it comes to health, it's not just about what we put into our bodies that matters. It's about what we put on our bodies, too.

Our safer cosmetics and beauty products tips offer ways you can reduce your breast cancer risk with safer personal care products.

### 1. Read ingredient labels

It is perfectly legal for companies to use ingredients linked to cancer, endocrine disruption, and reproductive harm in the cosmetics and personal care products we use every day. Check out our Glossary of Exposures: [www.bcphp.org/science-policy/glossary-of-exposures/](http://www.bcphp.org/science-policy/glossary-of-exposures/)

### 2. Be in the know

Don't be fooled by short and incomplete ingredient lists, or natural and organic claims. Only buy and use products which disclose all ingredients on the product label to avoid possible exposure to harmful chemicals.

### 3. Avoid fragrance

The word fragrance is a cocktail of ingredients, can mask countless carcinogens and hormone disrupting chemicals, and can be found in nearly half of all personal care products. Avoid purchasing and using products with the word "fragrance" or "parfum" on the label. Be especially vigilant on children's products.

### 4. Use online tools and official seals

Ditch your old daily routine and replace it with safer beauty products. Apps and websites like ThinkDirty, EWG's Skin Deep, and the Good Guide will rate your personal care products for safety and toxicity and MADE SAFE® is making it easier to find safer products by labeling them with a special seal. Visit often and stay up-to-date.