

FULL DISCLOSURE

A Guide to Aluminum-Tainted Everyday Products



Key to Aluminum Compounds:

FD&C — Federal Drug Administration designation for dyes approved for food (F), drugs (D) and/or cosmetics (C).

Lake — pigments or dyes that are precipitated with metal salts such as aluminum, calcium, barium, or others.

Alumina (aka aluminum oxide) — white granular chemical compound of aluminum (derived from refined bauxite ore) and oxygen.

Aluminum Hydroxide — antacid used to treat heartburn and indigestion.

Aluminum Sucrose Octasulfate

Magnesium Aluminum Silicate, Aluminum Tristearate — thickening agent to prevent liquid makeup from separating or becoming runny.

Aluminum Stearate — a colorant and emulsifier in cosmetics.

Aluminum Starch Octenylsuccinate, Aluminum Dimyristate, Sodium AluminoSilicate — anti-caking agents.

Calcium Aluminum Borosilicate — a glass-type material used as a bulking agent.

Aluminum Chlorohydrate, Aluminum Zirconium Octachlorohydrate, Aluminum Sesquichlorohydrate — antiperspirant and astringent agents.

Other antiperspirant agents:

- **Aluminum Chloride** — alters sweat-producing cells
- **Aluminum Zirconium Tetrachlorohydrate** — obstructs pores in the skin to prevent sweat from leaving body
- **Aluminum Zirconium Tetrachlorohydrate Glycerine Complex** — obstructs pores and absorbs moisture
- **Sodium Silver Aluminum Silicate** — inhibits growth of skin bacteria produced by sweat
- **Potassium Alum** — agent used in processing cheese, pickling and as an oral health astringent
- **Sodium Aluminum Phosphate** — stabilizer agent in processed food

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It is a long established medical fact that elevated levels of aluminum are toxic to the human body, specifically to the central nervous system, according to the U. S. Department of Health and Human Services. Studies by respected medical institutions worldwide link aluminum to degenerative brain diseases such as Alzheimer's and Parkinson's diseases as evidenced by autopsies showing elevated levels of aluminum in patients' brains.

Aluminum accumulates in the kidneys, brain, lungs, liver and thyroid where it competes with calcium for absorption and can affect skeletal mineralization. According to the Centers for Disease Control, brain and bone disease caused by high levels of aluminum in the body have been seen in children with kidney disease. Bone disease has also been seen in children taking some medicines containing aluminum. In these children, the bone damage is caused by aluminum in the stomach preventing the absorption of phosphate, a chemical compound required for healthy bones.

To minimize the risk of degenerative brain, bone and other diseases, reductions in oral and topical exposure to aluminum and aluminum compounds are highly recommended. The following is a partial list of well-known aluminum-containing products to **avoid**.

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DENTAL PRODUCTS

ACT

- **Restoring Mouth Wash Anti-Cavity Cool Splash Spearmint**
(Yellow 10 Aluminum Lake)
- **Total Care Rinse**
Fresh Mint, Icy Clean
(FD&C blue 1 Aluminum Lake)



Aquafresh Advanced 2X Whitening with Fluoride

Triple Protection Cavity Protection, Ultimate White Triple Protection
(FD&C blue 1 Aluminum Lake)

Colgate

- **Children's 2-in-1 Toothpaste and Mouthwash**
Watermelon flavor, MaxFresh Fluoride, Triple Action
(FD&C yellow 5 Aluminum Lake)
- **Whitening Baking Soda & Peroxide Toothpaste**
(Alumina)

Crest Toothpaste

- **3D White Vivid Fluoride Anti-Cavity Baking Soda & Peroxide Fluoride Complete Multi-Benefit, Fluoride Anti-Cavity, Neat Squeeze Children's Sparkle Fun, Pro-Health Clinical Plaque Control, Fresh Mint, Pro-Health Enamel Shield, Extra White + Scope Outlast**
(FD&C blue 1 Aluminum Lake)
- **Fixodent Complete Multi-Care Denture Adhesive Mint**
(D&C Red 27 Lake)
- **Listerine Antiseptic Mouthwash**
(FD&C yellow 6 Aluminum Lake, FD&C Blue 1 Aluminum Lake)
- **Plus White Whitening Toothpaste Cool Mint**
(FD&C blue 1 Aluminum Lake)
- **Polident Dentu Cream Triple Mint**
(FD&C blue 1 Aluminum Lake)

- **Rembrandt Whitening Toothpaste with Fluoride Deeply White with Peroxide**
(Aluminum Hydroxide)
- **Sensodyne Iso-Active Toothpaste Foaming Gel, Pronamel Daily Protection**
(FD&C blue 1 Aluminum Lake)

SKINCARE: CLEANSERS, BODY WASHES, LOTIONS

Ahava Purifying Mud Mask

(Magnesium Aluminum Silicate)

Australia Gold Soothing Aloe After Sun Gel

(FD&C blue 1 Aluminum Lake)

Avene

Aftershave Balm, Hand Cream with Cold Cream
(Aluminum Sucrose Octasulfate)

AXE Revitalizing Shower Gel

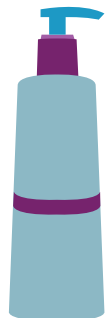
Twist Revitalization, Excite, Rise
(FD&C blue 1 Aluminum Lake)

Banana Boat Soothing Aloe After Sun Gel

(FD&C blue 1 Aluminum Lake)

Bliss

- **A Tan for All Season**
(FD&C yellow 5 Aluminum Lake)
- **Foot Patrol**
(FD&C yellow 5 Aluminum Lake)
- **Sugar Scrub Blood Orange & White Pepper**
(FD&C yellow 5 Aluminum Lake)



Bodycology Body Cream

Brown Sugar Vanilla, Cherry Blossom, Coconut Lime, Midnight Garden, Sweet Petals
(FD&C blue 1 Aluminum Lake)

Boscia Daily Hydration moisturizer

SPH 15 - Oil-free, Vial Daily (2012 formulation)
(Aluminum Hydroxide)

British Sterling by Dana After Shave

(Yellow 6 Aluminum Lake, FD&C Yellow 5 Aluminum Lake, FD&C Blue 1 Aluminum Lake)

Burt's Bees

- **Baby Bee Nourishing Lotion**
(Magnesium Aluminum Silicate)
- **Body Butter**
Cranberry Pomegranate, Mango
Orange, Fragrance Free
(Magnesium Aluminum Silicate)
- **Mama Bee Belly Butter**
(Magnesium Aluminum Silicate)
- **Body Lotion**
Naturally Nourishing Milk & Honey, Ultimate Care
(Magnesium Aluminum Silicate)

Caress Glowing Touch

Silken Body Wash, Moisturizing Body Bar
(Yellow 6 Aluminum Lake, D&C Yellow 10 Aluminum Lake)

Clean & Clear Blackhead Erasing Mask

(FD&C blue 1 Aluminum Lake)

Clearasil

- **Daily Acne Control Vanishing Acne Treatment Cream**
(Aluminum Hydroxide)
- **Stay Clear Daily Facial Scrub**
(FD&C blue 1 Aluminum Lake)

Cortizone 10

Plus Hydrocortisone Anti- Itch Crème, Maximum Strength
(Aluminum Sulfate)

Dermalogica

Pure Light, SPF 30 (2014 Formulation)
(Aluminum Hydroxide)

Dial

- **Daily Care Anti-bacterial Hand Soap**
Moisturizing with Aloe
(FD&C yellow 5 Aluminum Lake, FD&C Blue 1 Aluminum Lake)
- **Healthy Moisture Restoring Body Wash**
Soy & Almond Milk
(FD&C yellow 5 Aluminum Lake, FD&C Red 4, FD&C Blue 1 Aluminum Lake)
- **Nutri-skin Body Wash with Fruit Oil**
(FD&C blue 1 Aluminum Lake)

Dove

- **Body Wash**
Cream Oil Ultra Rich Velvet
(FD&C blue 1 Aluminum Lake, D&C Yellow 5 Aluminum Lake)
- **Gentle Exfoliating Beauty Bars**
White
(FD&C blue 1 Aluminum Lake)
- **Gentle Exfoliating Nourishing Body Wash**
(FD&C blue 1 Aluminum Lake)
- **Go Fresh Body Mist**
Cucumber & Green Tea, Grapefruit & Lemongrass
(FD&C blue 1 Aluminum Lake) (FD&C yellow 5 Aluminum Lake, Yellow 6 Aluminum Lake)
- **Go Fresh Cool Moisture Beauty Bars**
Cucumber & Green Tea
(FD&C blue 1 Aluminum Lake, Yellow 6 Aluminum Lake)
- **Men+Care Body and Face Wash**
(FD&C yellow 5 Aluminum Lake)
- **Pro Age Cream Oil Lotion**
(FD&C yellow 6 Aluminum Lake, FD&C yellow 10 Aluminum Lake)

Earth Science Aftershave Skin Soother for Men

(Potassium Alum)

Edge Shave Gel

Sensitive Skin with Aloe, Soothing Aloe
(FD&C blue 1 Aluminum Lake)

Eucerin Original

Healing Soothing Repair Lotion, Moisturizing Lotion
(Aluminum Stearate)

Freeman Facial Creamy Scrub

Apricot
(Yellow 6 Aluminum Lake, D&C Red 40 Aluminum Lake, Magnesium Aluminum Silicate)

Gillette

- **Fusion Hydra-gel – Clean & Fresh; Moisturizing**
(FD&C blue 1 Aluminum Lake)
- **Satin Care Shave Gel for Women**
Sensitive Skin, Moisturizing
(FD&C blue 1 Aluminum Lake)

J.R. Watkins Naturals

Apothecary Body Wash Aloe & Green Tea
(Magnesium Aluminum Silicate)

Kinerase Gentle Daily Cleanser
(Magnesium Aluminum Silicate)

L'Occitane en Provence Verbena
Cleansing Hand Wash, Harvest Shower Gel
(FD&C yellow 5 Aluminum Lake)

Method Gel Hand Wash
Mandarin Mango, Cucumber, Sea Mineral, Sweet Water
(Yellow 10 Aluminum Lake)

Murad Environmental Shield Essential-C Night Moisture
(Yellow 6 Aluminum Lake)

Neutrogena

- **Age Defense Daily Moisturizer**
SPF 20
(Aluminum Starch Octenylsuccinate)
- **Body Clear Body Scrub**
(Yellow 6 Aluminum Lake)
- **Deep Clean Daily-Long Last Shine Control Scrub**
(FD&C blue 1 Aluminum Lake)
- **Deep Clean Facial Cleanser**
(FD&C yellow 5 Aluminum Lake)
- **Deep Clean Invigorating Foaming Scrub**
(FD&C blue 1 Aluminum Lake)
- **Deep Clean Long-last Shine Control Cleanser/Mask**
(FD&C blue 1 Aluminum Lake)
- **Oil Free Acne Stress Control Cream Wash**
(FD&C blue 1 Aluminum Lake)

Nivea

- **Body Wash Touch of Sparkle Cream Oil**
(FD&C blue 1 Aluminum Lake, FD&C Red 40 Aluminum Lake)
- **Crème**
(Aluminum Stearate)
- **for Men Active 3 Body Wash**
(FD&C blue 1 Aluminum Lake)
- **for Men Hair and Body Wash, Menthol Cool**
(FD&C blue 1 Aluminum Lake)
- **Touch of Happiness Moisturizing Body Wash**
(Yellow 6 Aluminum Lake)

- **Noxzema Shaving Medicated Shave with Aloe & Lanolin**
(FD&C yellow 5 Aluminum Lake, FD&C Blue 1 Aluminum Lake)

Olay

- **Advanced Healing Intensive Lotion**
(Aluminum Starch Octenylsuccinate)
- **Age Defying Instant Hydration Day Cream**
(Aluminum Starch Octenylsuccinate)
- **Age Defying Instant Hydration Night Cream**
(Aluminum Starch Octenylsuccinate)
- **Blackhead Cleansing Scrub**
(FD&C blue 1 Aluminum Lake)
- **Body Quench Plus Touch of Sun Body Lotion**
(Aluminum Starch Octenylsuccinate, FD&C yellow 5 Aluminum Lake)
- **Cleansing Body Wash**
Luscious Embrace
(FD&C blue 1 Aluminum Lake)
- **Complete UV Defense Moisture Lotion**
(Aluminum Starch Octenylsuccinate)
- **Regenerist Deep Hydration Cream**
(Aluminum Starch Octenylsuccinate)
- **Regenerist Eye Cream**
(Aluminum Starch Octenylsuccinate)
- **Body Lotion**
Soothing Cucumber, Ultra Moisture
(Aluminum Starch Octenylsuccinate)

Old Spice Fresh Collection Body Wash

Denali, Fiji, Komodo
(Yellow 10 Aluminum Lake) (FD&C blue 1 Aluminum Lake)

One Natural

- **Body Soap**
Sweet Honey
(FD&C blue 1 Aluminum Lake)
- **Hand and Body Lotion**
Cloud 9
(FD&C blue 1 Aluminum Lake)
- **Organic Wear Tinted Moisturizer**
(Aluminum Hydroxide)

Palmer's Cocoa Butter Formula

Vitamin E Body Lotion, SPF 15, Concentrated Cream
(FD&C yellow 5 Aluminum Lake)

Philosophy

- **Hope in a Jar A to Z cream**
SPF 20
(Aluminum Hydroxide)
- **Shower Gel**
Cinnamon Hot Toddy, Ginger Berry Frost, Snowflake
(Yellow 6 Aluminum Lake) (Calcium Aluminum Borosilicate)
- **The Microdelivery Purifying Enzyme Peel**
(FD&C yellow 5 Aluminum Lake)
- **Pond's Luminous Clean Cream Cleanser**
(Magnesium Aluminum Silicate)

Purell

- **Hand Sanitizer**
Aloe
(FD&C yellow 5 Aluminum Lake)
- **Instant Hand Sanitizer**
Ocean Mist
(FD&C blue 1 Aluminum Lake)

Right Guard Total Defense 5 5-in-1 Deodorizing Hair & Body Wash

Cooling
(FD&C Blue 1 Aluminum Lake)

Skinny Girl Face and Body Tinted Moisturizer

(Magnesium Aluminum Silicate)

Softsoap

- **Body Butter, Mega Moisture Body Wash**
Heavenly Vanilla
(FD&C yellow 6 Aluminum Lake)
- **Body Pampering Wash**
Spa Radiant
(FD&C yellow 5 Aluminum Lake)
- **Moisturizing Body Wash**
Honeysuckle/Orange peel
(FD&C yellow 6 Aluminum Lake)
- **Naturals Clean Protection Antibacterial Soap**
(FD&C yellow 5 Aluminum Lake)

St. Ives

- **Body Wash**
Energizing Citrus, Creamy Vanilla
(FD&C blue 1 Aluminum Lake)
(Yellow 6 Aluminum Lake)
- **Moisturizing Body Wash**
Energizing Citrus, Oatmeal
& Shea Butter
(FD&C blue 1 Aluminum Lake, FD&C
Yellow 5 Aluminum Lake)

Suave

- **Cocoa Butter with Shea Moisturizer**
(FD&C yellow 5 Aluminum Lake,
Yellow 6 Aluminum Lake)
- **For Men Body Wash**
Clean & Fresh
(FD&C blue 1 Aluminum Lake, D&C
Yellow 5 Aluminum Lake)
- **Natural Oatmeal Moisturizer**
(Magnesium Aluminum Silicate)
- **Naturals Body Wash, Cucumber Melon**
(FD&C yellow 5 Aluminum Lake)

Yes to . . .

- **Blueberries Daily Facial Moisturizer**
SPF 30 (2012 formulation)
(Aluminum Hydroxide)
- **Carrots**
Exfoliating Cleanser, Softening
Facial Mask
(Magnesium Aluminum Silicate)
- **Cucumbers moisturizer**
SPF 30
(Aluminum Hydroxide)
- **Tomatoes Clearing Facial Mask**
(Magnesium Aluminum Silicate)
- **Zeasorb Super Absorbent Powder**
Anti-fungal treatment
Athlete's Foot
(Aldioxa)

COSMETICS

Ahava Deadsea Compact Mineral Make-up

(Aluminum Hydroxide)

Almay

- **Intense i-Color Mascara**
(Calcium Aluminum Borosilicate)
- **Intense Liquid liner**
(Magnesium Aluminum Silicate)
- **Line Smoothing Makeup (2010 formulation)**
(Aluminum Hydroxide)
- **Avene Cold Cream Lip Balm**
(Aluminum Sucrose Octasulfate)



Avon

- **Anew Age-Transforming Concealer SPF 15 (2010 formulation)**
(Alumina, Aluminum Hydroxide, Magnesium Aluminum Silicate)
- **Ideal Flawless Liquid Foundation (2012 formulation)**
(Alumina)

Bare Escentuals Lip Guard

SPF 15

(D&C red 6 Aluminum Lake)

Bare Minerals Round the Clock Eyeliner

(Aluminum Powder, FD&C Blue 1 Aluminum Lake and FD&C Yellow 5 Aluminum Lake)

Bliss Fabulips Glossy Balm

citrus mint

(FD&C yellow 5 Aluminum Lake, D&C Red 28 Aluminum Lake)

Bobbi Brown BB Cream

SPF 35

(Aluminum Hydroxide)

Boscia BB Cream Bronze

SPF 27

(Calcium Aluminum Borosilicate)

Chapstick Ultra Lip Balm

SPF 30

(Alumina)

Clinique

- **Age Defense BB Cream**
SPF 30
(Aluminum Hydroxide)
- **Moisture Surge CC Cream Hydrating Color Corrector**
SPF 30
(Alumina)

CoverGirl

- **Continuous Color Lipstick**
(FD&C Blue 1 Aluminum Lake)
- **Exact Eye Lights Waterproof Mascara**
(Aluminum Powder)
- **Eye Enhancers Eye Shadow**
Brown Smolder, Gold Sizzle, Kaboom
Kelly, Knockout Pink
(Calcium Aluminum Borosilicate)
- **Fresh Complexion Concealer**
(Aluminum Starch Octenylsuccinate, aluminum hydroxide)
- **Lip Perfection Lip Stick**
(Yellow 6 Aluminum Lake, FD&C Blue 1 Aluminum Lake, D&C Red 6 Aluminum Lake, FD&C Yellow 5 Aluminum Lake)
- **Queen Collection Compact**
(Aluminum Starch Octenylsuccinate)

Estee Lauder Daywear Anti-oxidant BB Cream

SPF 35

(Alumina, D&C yellow 5 Aluminum Lake, FD&C blue 1 Aluminum Lake)

L'Oreal

- **Colour Paris Colour Riche Collection Exclusive Lip Color**
(Calcium Aluminum Borosilicate, D&C Red 6, FD&C Yellow 5 and 6, Alumina, Aluminum Hydroxide)
- **Infallible Eye Shadow**
(Calcium Aluminum Borosilicate, Aluminum powder, FD&C Blue 1 Aluminum Lake, FD&C Yellow 5 Aluminum Lake,)
- **Infallible Le Rouge Lip Color**
Bold Bordeaux
(FD&C blue 1 Aluminum Lake, Alumina, D&C Red 22 Aluminum Lake, FD&C Yellow 5 Aluminum Lake)

- **True Match Healthy Luminous Makeup (2013 Formulation)**
(Aluminum Hydroxide)
- **True Match Super-Blendable Compact Makeup**
(Aluminum Hydroxide)

Maybelline

- **Baby Lips Moisturizing Lip Balm Berry Bomb**
(D&C yellow 6 Aluminum Lake, D&C yellow 5 Aluminum Lake, Calcium Aluminum Borosilicate, Aluminum Hydroxide, D&C Red 7 Aluminum Lake, Alumina, FD&C Blue 1 Aluminum Lake, D&C Red 28 Aluminum Lake)
- **Color Sensational Lip Gloss Almond Crush**
(Alumina, Calcium Aluminum Borosilicate, D&C Red 7, FD&C Blue 1, FD&C Yellow 5 Aluminum Lake, Aluminum Hydroxide, D&C red 28 Aluminum Lake)
- **Color Sensational Lipcolor Barely Brown**
(FD&C yellow 5 Aluminum Lake, Alumina, FD&C Blue 1 Aluminum Lake, Aluminum Hydroxide, Calcium Aluminum Borosilicate)
- **Dream Liquid Mousse Airbrush Finish**
(Aluminum Hydroxide)
- **Expert Eyes Twin Brow and Eye Pencils (2010 Formulation)**
(Aluminum Powder, FD&C blue 1 Aluminum Lake)
- **Expert Wear Eye Shadow**
(Aluminum Powder, Alumina)
- **Eye Studio Eye Shadow**
(Aluminum Powder, Alumina, FD&C yellow 5 Aluminum Lake, FD&C red 40 Aluminum Lake)
- **Fit Me! Bronzer**
(Alumina, FD&C yellow 5 Aluminum Lake, Calcium Aluminum Borosilicate)
- **Highlighting Concealer**
(Alumina, Aluminum Hydroxide)
- **Line Stylist Eye Liner**
(Calcium Aluminum Borosilicate)
- **Mousse Foundation**
(Aluminum Hydroxide)

- **Pure Stay Powder and Foundation (2012 formulation)**
(Alumina, Aluminum Hydroxide)

NARS Velvet Matte Lip Pencil (Yellow 6 Aluminum Lake)

Neutrogena

- **Moisture Shine Lip Gloss Berry Fit 400**
(FD&C blue 1 Aluminum Lake, Yellow 6 Aluminum Lake)
- **Rapid Clear 2-in-1 Fight and Fade Toner (Yellow 6 Aluminum Lake, FD&C Red 40 Aluminum Lake,)**

Nivea

- **Lip Care A Kiss of Mint and Minerals (FD&C blue 1 Aluminum Lake)**
- **Lip Care A Kiss of Natural Volume SPF 15 (2013 Formulation)**
* (D&C yellow 6 Aluminum Lake)

Olay Oil Minimizing Toner

(FD&C blue 1 Aluminum Lake)

Organic Wear Mascara

(Magnesium Aluminum Silicate)

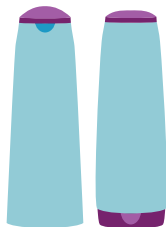
Peter Thomas Roth

- **Anti-Aging Mineral SPF 45 (2012 formulation)**
(Aluminum Hydroxide)
- **CC Cream Complexion Corrector SPF 30**
(Aluminum Hydroxide)
- **Philosophy Lip Shine Mimosa, Sweet Talk**
(Calcium Aluminum Borosilicate)
(FD&C Yellow 5 Aluminum Lake, FD&C Yellow 6 Aluminum Lake)

Physicians Formula

- **Correcting Primer Nude, Green, Pink**
(Aluminum Dimyristate)
- **Formula Eye Makeup Remover Lotion (FD&C blue 1 Aluminum Lake)**

- **Formula Gentle Refreshing Toner**
(FD&C blue 1 Aluminum Lake)
- **Formula Mineral Powder**
Mineral Glow Pearls
(Aluminum Hydroxide, FD&C yellow 5 Aluminum Lake)
- **Multi-colored Blush**
Pressed Powder
(Yellow 5 Aluminum Lake)
- **Pressed Multi-colored Powder**
(Aluminum Starch Octenylsuccinate, FD&C yellow 5 Aluminum Lake)



Prestige Cosmetics Flawless & Ready BB Cream (Aluminum Dimyristate)

Revlon

- **Color Burst Lip Butter**
(FD&C yellow 5 Aluminum Lake)
- **Color Stay 16 Hour Eye Shadow**
(Calcium Aluminum Borosilicate)
- **Photo-ready**
Color Correcting Primer, Compact Makeup
(Calcium Aluminum Borosilicate)
- **Super Lustrous Pearl**
Crème and Matte Lipstick
(FD&C 1 blue Aluminum Lake)
- **Super Lustrous Lip gloss**
(FD&C yellow 5 Aluminum Lake)

Smashbox

- **Camera Ready BB Cream**
SPF 35
(Aluminum Hydroxide)
- **The Nude Lip Liner**
Dark
(D&C red 6 Aluminum Lake)
- **Halo Long Wear Blush**
(FD&C yellow 5 Aluminum Lake, FD&C Blue 1 Aluminum Lake, D&C Red 28 Aluminum Lake)
- **Wet'n'Wild Juicy Lip Balm**
Mega Last Lip Color (formulation 2013)
(FD&C yellow 5 Aluminum Lake)

HAIRCARE

AXE

- **2-in-1 Shampoo and Conditioner**
(Yellow 10 Aluminum Lake)
- **2-in-1 Shampoo & Conditioner**
Anti-dandruff
(FD&C yellow 5 Aluminum Lake)
- **Deep Clean Shampoo & Hair Scrub**
(FD&C yellow 5 Aluminum Lake)
- **Messy Look Paste**
(FD&C blue 1 Aluminum Lake)

Dove

- **Advanced Care Damage Therapy Intensive**
Repair Therapy Conditioner
(FD&C yellow 5 Aluminum Lake, FD&C Yellow 6 Aluminum Lake)
- **Damage Therapy Energizing Shampoo**
Volume Boost Shampoo
(FD&C yellow 5 Aluminum Lake)
- **Intense Damage Defense Daily**
Treatment Conditioner
(FD&C yellow 5 Aluminum Lake)
- **Moisture Shampoo**
Go Fresh Therapy,
Cucumber & Green Tea
(FD&C yellow 10 Aluminum Lake)
- **Fekkai Full Blown Volume Shampoo**
(FD&C yellow 5 Aluminum Lake)
- **Garnier Fructis Haircare Anti-Dandruff Shampoo**
(FD&C blue 1 Aluminum Lake)
- **Neutrogena T-gel 2-in-1 Daily Control Shampoo**
(FD&C blue 1 Aluminum Lake)
- **Pantene Pro-V Daily Color Enhancing Conditioner**
Brunette Expressions
(D&C yellow 5 Aluminum Lake, FD&C blue 1 Aluminum Lake)
- **Paul Mitchell Tea Tree Special**
Shampoo, Styling Gel, Detangler Conditioner
(FD&C yellow 5 Aluminum Lake)

- **Philosophy 3-in-1 Ultra Rich Shampoo, Bubble Bath, Body Wash**
Melon Daiquiri, Senorita Margarita
(FD&C yellow 5 Aluminum Lake)

Selsun Blue

(FD&C blue 1 Aluminum Lake)

Sexy Hair Concepts Big Volume Shampoo

(D&C red 40 Aluminum Lake)

Suave

- **Moisturizing Shampoo**
Almond and Shea Butter, Aloe Vera & Water Lily
(FD&C yellow 5 Aluminum Lake)
- **Naturals Shampoo**
Ocean Breeze, Rainforest Fresh
(FD&C blue 1 Aluminum Lake)
- **Professionals Moroccan Infusion Shine Shampoo, Shampoo & Conditioner**
(FD&C yellow 5 Aluminum Lake)
- **TIGI Bed Head Conditioner 2 Control Freak, Self-Absorbed**
(FD&C yellow 5 Aluminum Lake)

DEODORANTS

Ban Invisible Unscented

Solid & Roll-on Antiperspirant & Deodorant

(Sodium Silver Aluminum Silicate, Aluminum Zirconium Tetrachlorohydrate Glycine Complex)

Certain Dri Antiperspirant & Deodorant

(Aluminum Chloride)

Crystal Body Natural Body Deodorant Stick

(Ammonium Alum)

Degree Antiperspirant & Deodorant

(Aluminum Zirconium Tetrachlorohydrate Glycine Complex)

Dove Antiperspirant & Deodorant Invisible Solid

(Aluminum Zirconium Tetrachlorohydrate)

Kiss My Face Liquid Rock Deodorant Roll On

(Potassium Alum)



Mitchum

- **Antiperspirant & Deodorant Dry**
(Aluminum Sesquichlorohydrate)
- **Antiperspirant & Deodorant Gel**
(Aluminum Sesquichlorohydrate)

Naturally Fresh Crystal Deodorant

(Potassium Alum)

Old Spice

- **Classic Antiperspirant & Deodorant Original**
(FD&C yellow 10 Aluminum Lake)
- **Fresh Collection Antiperspirant & Deodorant Invisible Solid**
(Aluminum Zirconium Tetrachlorohydrate Glycine Complex)
- **High Endurance Antiperspirant & Deodorant Invisible Solid**
(Aluminum Zirconium Tetrachlorohydrate Glycine Complex)
- **Red Zone Sweat Defense Antiperspirant & Deodorant Solid, After Hours**
(Aluminum Zirconium Tetrachlorohydrate Glycine Complex)
- **Right Guard Total Defense 5 Power Gel Deodorant & Antiperspirant Unscented**
(Aluminum Zirconium Octachlorohydrate)
- **Secret Antiperspirant & Deodorant Invisible Solid, Powder Fresh**
(Aluminum Zirconium Octachlorohydrate)
- **Suave Naturals Antiperspirant & Deodorant Invisible Solid, Sweet Pea & Violet**
(Aluminum Chlorohydrate)

Sure Antiperspirant & Deodorant

Unscented

(Aluminum Zirconium Tetrachlorohydrate Glycine Complex)

Tom's of Maine Deodorant

Natural Confidence, Deodorant Crystal
(Potassium Alum)

VADA Natural Deodorant

(Potassium Alum)

BABY PRODUCTS

Burt's Bees

- **Baby Bee Sunscreen Stick**
SPF 15-30
(Aluminum Hydroxide)
- **Baby Bee Nourishing Lotion**
(Magnesium Aluminum Silicate)



Johnson's

- **Baby Bubble Bath & Wash**
Shea & Coco Butter
(Yellow 10 Aluminum Lake)
- **Baby Cream**
(Yellow 10 Aluminum Lake, FD&C Red 40 Aluminum Lake)
- **Baby Cream Baby Oil**
Cocoa & Shea Butter
(FD&C blue 1 Aluminum Lake, FD&C Red 40 Aluminum Lake)
- **Baby Wash**
Shea & Coco Butter
(Yellow 10 Aluminum Lake, FD&C Red 40 Aluminum Lake)



Neutrogena Pure & Free Baby Sunscreen Lotion

SPF 60
(Alumina)

NAIL POLISH

Essie Nail Color polish

(Aluminum Powder, Calcium Aluminum Borosilicate)

L'Oreal Colour Riche Nail Polish

(FD&C yellow 5 Aluminum Lake, Calcium Aluminum Borosilicate)

Maybelline Color Show Nail Color

(Aluminum Powder)



My Earth Natural Cosmetics Non-Toxic Nail Polish

(2010 formulation)
(Calcium Aluminum Borosilicate)

OPI Touring America Collection

Nail Lacquer
(Calcium Aluminum Borosilicate)

Revlon

- **Nail Enamel**
(FD&C yellow 5 Aluminum Lake, Calcium Aluminum Borosilicate, Aluminum Powder, Alumina)
- **Top Speed Fast Dry Nail Enamel**
Cherry 550
(Alumina)

Sally Hansen

Magnetic Nail Color, Nail Art Pens, Salon Effects Real Nail Polish Strips, Nail Growth Miracle Nail Color
(FD&C yellow 5 Aluminum Lake)

Wet n Wild Fast Dry Nail Color

(FD&C yellow 5 Aluminum Lake)

PERFUME

Calvin Klein

Obsession Eau de Parfum, Eternity for Men
(FD&C yellow 5 Aluminum Lake)

Curve by Liz Claiborne Eau de Toilette Spray for Women

(FD&C Blue 1 Aluminum Lake)

L'Occitane en Provence Cherry Blossom Eau de Toilette

(FD&C yellow 5 Aluminum Lake)

Ralph Lauren Polo Eau de Toilette Natural Spray

(FD&C yellow 5 Aluminum Lake, Yellow 6 Aluminum Lake)

FOOD AND FOOD PACKAGING

As a rule, it is best to try to avoid processed or canned foods and beverages as much as possible. Many types of flour, baking powder and processed cheeses contain aluminum, in addition to these particular products:

Coffee-mate Creamer

Original
(Sodium AluminoSilicate)

Duncan Hines Cake Mix

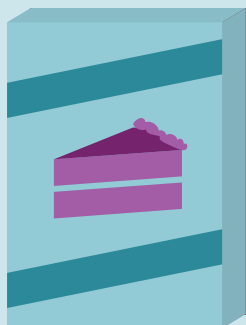
(Sodium Aluminum Phosphate)

Baking powder

Reduce Cooking with Aluminum

“To minimize the amount of aluminum that dissolves into your food from cookware, avoid cooking acidic foods like tomatoes and rhubarb in aluminum pans. Don’t store leftovers in aluminum, because the longer the food sits, the more aluminum it can absorb from the pan. Since more aluminum will dissolve out of old, pitted and worn pans, throw away your aging aluminum cookware. When you replace your old pans, consider upgrading to anodized aluminum, cast-iron, ceramic or glass cookware.”

– LIVESTRONG.COM



SUNSCREEN

Burt's Bees Chemical-Free Sunscreen

SPF-30 (2010 formulation)
(Aluminum Hydroxide)

CVS Pure & Gentle Sunstick Broad-Spectrum Sunscreen

SPF 60
(Aluminum Hydroxide)

Murad Age Proof Suncare Oil-free Sunscreen

SPF 15 (tinted and untinted)
(Magnesium Aluminum Silicate)

Origins Sunshine State Sunscreen

(2012 formulation)
(Aluminum Stearate)

Sunology Natural Sunscreen Crème

SPF 50, For Kids, SPF 50, Stick, SPF 35
(Aluminum Hydroxide)

Yes to Cucumbers Soothing Natural Stick Sunscreen

SPF 30 (2013 formulation)
(Aluminum Hydroxide)



ANTACIDS AND BUFFERED ASPIRIN

Amphojel

(Aluminum Hydroxide)

Bufferin

(FD&C blue 1)

Icy Hot Extra Strength Patch

(Aluminum Hydroxide)

Maalox

(Aluminum Hydroxide)

Mylanta

(Aluminum Hydroxide)

Pepto Bismol

(Magnesium Aluminum Silicate)

Tums (antacids)

(FD&C blue 1 Aluminum Lake,
FD&C yellow 5 Aluminum Lake)



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