



ROCKY MOUNTAIN
SOAP COMPANY

100% Natural Bath & Body

*How many personal care products
did you use this morning?*

Chemicals add up.
Natural Matters.

A shopping guide of ingredients to avoid in personal care products

Sulfates (sodium or ammonium lauryl/laureth/myreth sulfate):

Foaming agents found in toothpaste, shampoo, shower gel, bubble bath - skin irritants and possible carcinogens*

Parabens (methyl, propyl, ethyl, butyl):

Preservatives used in lotions, gels, shampoos, toners, deodorants, antiperspirants & sunscreens – mimics estrogen which can result in reproductive abnormalities and breast cancer.*

Petrochemicals / polycyclic aromatic hydrocarbons (PAH):

Elements found in petrolatum, mineral oil, paraffin, and propylene glycol which are used in shampoos, conditioners, baby powder, baby moisturizers, lip balm, lip gloss, and perfume – well-known carcinogens.*

Phthalates:

Stabilizers used to enhance fragrance in hair products, deodorants, body lotions, perfumes and nail polishes – endocrine disruptors which can cause birth defects and breast cancer.* **NOT REQUIRED TO BE LISTED ON COSMETIC LABELS!**

*visit www.rockymountainsoap.com for more information.