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Identification of cosmetic ingredients in accordance with the INCI-designations

Manual for the independent identification of cosmetic ingredients regarding compatibility, allergenic hazards and effectiveness.

For beauticians, physicians, pharmacists and non-medical practitioners in order to assess cosmetics products.

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3. revised and improved Edition
1. English Edition

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Preface

The selection of cosmetics ingredients described in this manual is based on long-standing experience and research of both the authors who are specializing in the development of skin-friendly cosmetic products. However, it is possible that other authors make different recommendations. The authors are not liable for harm caused by substances described in this manual. In the case of the occurrence of a dermatological disease, consult a physician as soon as possible.

After the successful adaptation of our book among beauticians, a second edition became necessary within a short period of time. In this second version we have incorporated major corrections and the latest scientific findings. As an example for the incorporation of current scientific findings see the sun radiation filter Octylmethoxy Cinnamate (OMC), roughly 90 % of current sun-protection substances contain that filter. So far, OMC has been considered as particularly skin-compatible. However, recent research by the Norwegian radiation protection authority proved that the substance has a potential cell-damaging effect even if applied in low quantities.

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Introduction

A major breakthrough for the benefit of the consumer of cosmetic substances is the legal obligation for the producer to declare the ingredients of the products on the package. Traditional application of a product on the back of one's hand along with a test of the odor and spreading property does not allow for a competent assessment of the long lasting effect and compatibility of a products. In contrary, analyses of the ingredients to judge the long-term effects of a cosmetics product makes all the more sense.

As we all know commercials and ads issued by producers of cosmetics do not allow for a thorough assessment and often the results are worse from what had have been promised. Not only the end user but also experts like beauticians, dermatologists and pharmacists do have an increasing need for information about cosmetic products, regarding compatibility, allergenic hazards and effect in order to judge the long term health-effect of such products.

Since beauty care products usually contain various ingredients, profound analyses of the final product can be made only upon analyses and judgment of every single substance.

As the declaration of all ingredients of cosmetic preparations is compulsory, knowledge out of this book will be beneficial when judging products upon skin-compatibility, allergenic risks and effect as well as some more factors that will be introduced in the course of the book.

When compiling this book we had to restrict to those raw materials that are most frequently used as ingredients for cosmetics since there are so many of them. The total amount of raw materials used by cosmetic industry in different countries can only be estimated. In Germany alone there are currently 10,000 different substances under use. The German League of Beauticians (Deutscher Kosmetikverband BDIH) created a comprehensive database containing 7,500 entries with special notes about the scope of application, supplier but without an evaluation of individual substance.

To the detriment of the consumer herbal ingredients must be quoted in their botanical (Latin) way of writing. Substances which were well known to anybody so far such as „Avocado Oil“ or „Jojoba Oil“ is now indicated as „*Oleum Perseae gratissimae*“ and „*Oleum Simmondsiae*“

californicae“, respectively. Both the English and the Latin name are still found on the package and have been used both therefore in our manual.

The individual assessment always relates to the particular utilization of the ingredient in question. Most important criteria for every raw material are, of course, its skin-compatibility. Then, second there is the functionality within the cosmetic preparation. E.g. a gel former may be utmost skin compatible but as stabilizer it might be outperformed by another gel former with the same quality regarding skin compatibility. Moisture preservers, however skin-friendly they might be, that let the skin dry out within 20 minutes after application can't get good marks. Likewise, an emulsifier that stabilizes the product outstandingly with remarkable skin-compatibility at the same time but with the side effect of stimulating the transdermal water loss would eventually do more harm than good. (An occurrence that can be observed frequently in current cosmetic products b.t.w.)

A group of cosmetic ingredients still judged negatively are the PEG-compounds, substances, generally used as emulsifier, surfactant or solubilizers. Source of concern is dioxane, a potential side product of the ethylenoxide synthesis. However, with current production procedures the formation of dioxane can largely be avoided so PEG-compounds must not necessarily be harmful any more. Also fears that ethylenoxide could still be contained in the final product after synthesis is unfounded. Polyethylenoxide itself are non-toxic for the body often used in suppositories and pills where they serve as solubilizer for medical substances. Environmental incompatibility does not exist since PEGs are biodegradable. PPG (Polypropylenglycols) on the other hand take a considerable longer time to break down in the environment but they don't cause an environmental burden.

Natural or Synthetic Substances?

Over the last couple of years so called „Natural Cosmetics“ gain more ground since „nature“, „natural“, „biologic“ etc. are associated or even identified with „healthy“. Marketing strategists want to win the growing number of people who strive for a healthy way of life in accordance with ecological principles that way. However, the general assumption that nature is always good for your health and chemistry always bad makes no sense, neither from a medical, nor from a naturopathy point of view. In nature and in chemistry there are highly toxic and allergenic substances but also highly effective and compatible substances for a useful.

E.g. natural grounded sharp-edged peach stones as peeling are detrimental to the skin whereas synthetically produced granules of nylon aren't. On the other hand, natural vitamin E is far more effective on the human organism than vitamin E produced synthetically out of different optical isomeric forms only in part identical with those of the natural and effective vitamin E. Regarding vitamin C things are different again as synthetic vitamin C (ascorbic acid) is as effective as natural vitamin C. This example should be enough to prove that only knowledge about pros and cons of every individual raw material is inevitable judge its effectiveness on the human body.

Ingredients from Herbal or Animal Origin?

Regarding effect and compatibility we prefer ingredients of herbal origin. As a matter of principle we do not use ingredients from animal origin. Abandonment of substances from animal origin makes sense for ethical reasons, environmental reasons and reasons of health.

As there is no or no decent legislation about experimenting with cosmetic substances on animals a producer of cosmetics never can guarantee products free of animal testing. Moreover, in many countries laws exist that place an obligation to producers of products to test products on animals before introducing them on the market. Although alternative procedures do exist already, legislators and lawmakers are often slow and sluggish to transform such findings into laws for the better of animals.

So even if producers of Skin Care products does not utilize „animal testing“ by themselves or charge another company with such testing, they can never really guarantee that the processed substances had not been tested on living animals.

So even if such would be desirable from an ethical point of view, no producer of cosmetic products can guarantee products without animal testing, however he/she can guarantee products free of ingredients from animal origin.

Since the origin of animal ingredients can't be traced easily the answer can only be not to use such substances at all. (Thinks about hormones that are illegal within the EU but legal within the US, chemotherapeutica legal in the EU and the US, intensive farming, extraordinarily cruel and inhuman transportation methods to slaughterhouses etc.).

Chemical Preservatives and Fragrances

Chemical preservatives in Skin Care products are the main cause for allergic reactions. Especially the following ingredients are critical (according to us): Benzoic Acid, Methyl-Paraben, Ethyl-Paraben, Butyl-Paraben, Propyl-Paraben, 2-Brom-2-Nitro-propane-1, 3-Diol, Triclosan, Imidazolidinyl Urea, Diazolidinyl Urea, Chlor-hexidine, Cetrimonium-Bromid, Methylchloroisothiazolinone and Methylisothiazolinone.

We recommend not to use such preservatives at all provided that the producer is capable of keep those products perishable without the utilization of chemical preservatives. If he/she is not, allergenic risks caused by that substances must be accepted though as there's a danger of attack by microbes otherwise.

Fragrances do not have any impact on a positive skin nurturing effect of any skin care product. On the one hand scenting substances are utilized to conceal the bad odor of raw materials and on the other hand to help the purchase decision of the customer. Negative consequences are often neglected even among (self-styled) experts. So does not really come as a surprise that allergies have increased in recent years.

Largely, cosmetic industry is to blame for this unfortunate fact as too many allergenic substances are utilized in cosmetics industry. Therefore the beautician, physician and pharmacist have a special responsibility

towards the customer when it come to their advisory tasks. But also the customers themselves should know the basics about allergic reaction and their causes in order to prevent them as far as possible.

Basically, every substance in cosmetic products could possibly trigger an allergic reaction. As soon as the immune system recognizes a substance as foreign, a defense reaction cannot be avoided. On the other hand, the more skin-identical a substance is by nature, the more unlikely the occurrence of allergic reactions.

Scientific research has shown which substances of cosmetic products more often than others cause allergic reactions to occur. Beyond any doubt chemical preservatives and fragrances have been shown to **cause frequent and harmful allergic reactions**, and unfortunately, these are exactly the substances used by the cosmetic industry in a consistent manner. If these allergenic substances penetrate the skin, i. e. if the horny layer of the skin as a natural protection layer is penetrated, the increasing number of allergic reactions should not be any surprise at all.

Be careful, however. Even if a scented product that contains chemical preservatives has been tolerated for a long time the process of disease in the skin might already have begun. We all know this phenomenon that a product is seemingly tolerated for some time and then all of a sudden an allergic reaction occurs. This is no surprise for an expert! The sensitize period - this is the time period the immune system needs to build up the visible inflammatory skin reaction - may last days, weeks, months or even years. Hence, by the continuous use of a certain ointment that contains fragrances and/or chemical preservatives, the development of an allergic disease in the skin may already have begun while it still seems to be tolerated.

The consequence of all these facts can only be **not to use allergenic preservatives and fragrances** in cosmetic products in order to achieve the best possible skin-compatibility for as many people as possible.

However, highly sophisticated and expensive scientific research is inevitable to assure a product's neutral or pleasant odor and to guarantee stability without chemical preservatives. This is extremely difficult with liposome preparations.

Preparations without fragrance and without chemical preservatives are the best possible guarantee against allergic reactions. Promising 100 % safety is not possible, because even the best skin-compatible substance can trigger an allergic reaction with persons with an extreme propensity to allergy. In the rare case of a reaction you as beautician will be able to explain the underlying scientific facts logically and convincingly.

B.T.W. The non-recommendable preservative „Imidazolidinyl Urea“ can be easily confused with „Urea“ as such. However, urea without the imidazolidinyl-molecule is very recommendable as ingredient in cosmetic products.

Liposomes, the Ultimate Substance for Skin Care Product according to us

Liposomes are small hollow vesicles whose double-layer membranes are built of a double layer of **phospholipids**. These phospholipids consist of a ball-shaped water-soluble part and a tail-shaped fat-soluble part. These natural phospholipids are produced from soy. In an aqueous solution the phospholipids form a ball-shaped structure, the liposomes, through an appropriate supply of energy. During this process the lipophilic ends of the phospholipids contact each other and thus form a **double-layer membrane** that is hydrophilic on its two outer sides and lipophilic from its inner side. Therefore, the inside and the outside of a liposome is water-soluble and the inside of the liposome membrane is fat-soluble. The result is that a liposome can absorb and carry water-soluble substances (for example, vitamin C and chemical preservatives into the inside of the liposome) as well as fat-soluble agents (for example, vitamin E and fragrance substances in the liposome membrane). This **transport function** (carrier agent) of the liposomes is very advantageous with substances that have a positive effect on the skin. On the other hand, allergenic substances (e.g. fragrances and chemical preservatives) that can trigger defense reactions of the immune system are dangerous for the health of the skin. Therefore, the application of liposomes requires an increased **sense of responsibility** on the part of the producer and the beautician along with well-founded knowledge of skin physiology, as we otherwise expose the customer to danger. That's exactly the reason why you should only use cosmetic preparations without fragrances and without chemical preservatives.

Right the same **phospholipids** of which the liposome membrane is built of, form the fundamental elements of the cell membrane. Also the intercellular substance, i. e. the lipids between the skin cells, contains a high proportion of phospholipids. Liposomes can perfectly substitute missing phospholipids in case of slightly injured skin cells or loss of intercellular lipids through e.g. excessive cleansing. Phospholipids and ceramides are also important elements of the intercellular substance. Therefore, the combination of phospholipids and ceramides is ideal. This already proves that liposomes together with ceramides are the ideal and therefore, according to our opinion, the **most important natural active substances** in a medically and scientifically based.

There is **exceptional skin-compatibility** because of the structure of phospholipids which is identical to the one of the cell membrane. Under normal circumstances, allergic reactions are far less likely if the skin is treated with natural active substances identical to those of the skin itself. So allergic reactions after liposome treatment are most likely not caused by the liposomes themselves, but rather by the unreasonable practice of channeling allergic substances, such as fragrances and chemical preservatives into the skin by means of liposomes.

We recommend utilization of **multilamellar liposomes** as they are even more effective than unilamellar liposomes. Multilamellar liposomes consist of unilamellar liposomes of different sizes that are interlocked: a small liposome is enclosed by a greater one and these two differently sized liposomes are again enclosed by an even greater one etc. So finally, there are 5-7, sometimes even 12 differently sized liposomes which build up a multilamellar liposome. The size of the interlocked liposomes ranges from about 20 up to 300 nanometers.

There is a direct relationship between the penetration level of liposomes and the size of the liposomes, i.e. the smaller a liposome, the deeper the penetration. Now we understand why multilamellar liposomes reach and supply **all** layers of the skin. Multilamellar liposomes actively supply the skin with **more moisture** than any other substance used in cosmetics, including conventional unilamellar liposomes. Scientific studies proved that multilamellar liposomes increase skin moisture by nearly 100 % within only 7 days of treatment. Our scientific research has revealed that the best possible has to contain multilamellar liposomes along with ceramides, evening primrose oil and vitamin E.

What about Oils in Skin Care Products?

The right selection of oils for a very successful is of great importance. Mineral oils are of course significantly cheaper, but do not create the same comfortable feeling and do not contain the precious ingredients as natural vegetable oils. The **most obvious advantage of mineral oils**, however, is that they cause an **impermeable film** (occlusion effect) on the skin which affects the natural lipid barrier of the skin, causing loss of water in the skin after stopping the use of the product. The result is that the skin becomes dry, scaly and uncomfortable. This effect may even occur after cheap mineral oils has been replaced by high-quality vegetable oils since the latter don't cause an occlusion effect on the skin, but rather cause the natural lipid barrier to rebuild and regenerate, in the meantime the skin may remain dry and rough. These skin problems are not the result of the high-quality products with natural vegetable oils but the result of the adverse effect of mineral oils that were taken before!

Our recommendation: Inform the customers concerned of the effect of mineral oils that they have used before and keep going on with the natural oil treatment so that natural lipid barrier can regenerate.

B.t.w.: Beyond any doubt, this occlusion effect is rather undesirable with cosmetics but may be advantageous for dermatological treatment of skin diseases. Medic creams therefore, often may contain mineral oils, and if this is the case it should be assessed accordingly.

Mineral oils can be identified by their INCI-declaration: **Mineral Oil, Petrolatum, Paraffinum-Liquidum, Cera Microcristallina, Microcrystalline Wax, Ozokerit, Ceresin. Special case: Eucerin, a mixture of natural oils and mineral oil.**

Evening primrose oil contains **gamma-linoleic acids** as essential fatty acid. The building of gamma-linoleic acid is disturbed in the metabolism of many people. This can be a reason for the development of dermatological diseases like neurodermitis. In these cases and with very dry skin the treatment with evening primrose oil is very effective. Evening primrose oil is hardly found in cosmetic preparations because of its high cost and the difficulties to build up an effective protection against oxidation. The unsaturated fatty acids of the evening primrose oil easily become rancid. Special technological knowledge is required to protect the unsaturated fatty acids against oxidation effectively. We prefer the following natural vegetable oils: **evening primrose oil, jojoba oil, sheabutter and macadamia oil.**

What about AHA Fruit-Acids in Skin Care Products?

As soon as an American fashion invades Europe many cosmetic companies, beauty salons and consumers, incited by advertising adopt this fad without considering the possible negative effects on skin health. By marketing people (who are often lacking basic expert knowledge) fruit acids have been touted as the decisive new development in cosmetics. They are apparently not interested in the probable long-term **dermatological effects**, which can be observed especially after application on a daily base. With **normal** skin with a normal horny layer and, treatment with fruit acids causes thins out of the horny layer, that why treatment of normal skin with fruit acids is **utmost senseless. Be ware, that the horny layer is an important barrier for protecting our body.** You are well advised to support the physiological function and structure of the skin, be careful not to harm it. This is above all important with regard to sunlight protection.

If the epidermis becomes too thin, the skin loses its most effective protection, dramatically increasing the sensitivity to UV-radiation that can penetrate more easily into the skin. Malignant skin tumors can be triggered by the possible cell injury. High UV-radiation always causes premature aging of the skin. If the treatment with fruit acids is carried out during wintertime because of reduced sun radiation, cold injury to the skin may result with low temperatures. The constant everyday treatment with fruit acids also seems to have a **negative effect on the physiological skin bacteria** that are important as a protection against the spreading of pathogenic germs. Also, the **immune defense** against bacteria, viruses and mycoses can be diminished, increasing the vulnerability of the skin to allergic diseases, eczema, etc., in the long run.

Fruit acids should only be used with skin problems caused by a **thickened horny layer**. The peeling of the upper horny layer makes sense, for example, when it is too thick and has closed the sebaceous glands, one important reason for acne. The skin should not be treated with fruit acids on a daily base but only in the form of cures so that the skin has the chance to regenerate in the time between the single cure treatments. We recommend glycolic acid in the form of a peeling cure. Concentrations of glycolic acid in the offered preparations is **10 %, 20 % and 30 %** so that the beautician can use the appropriate concentration for the respective type of skin.

With the first treatment, concentration of fruit acids should be low and the duration of treatment should be short in order to learn about the individual reaction time of each skin, even if there is only a small or no

peeling effect at all with the first treatment. **Note:** Fruit acids in the form of a peeling cure are perfectly appropriate to reduce an overly thick horny layer to a normal level, e.g.. if a thickened horny layer has caused skin problems like acne. From our point of view, it is not advisable and is even dangerous to treat normal skin with a normal horny layer with creams containing fruit acids every day.

What about Oxygen in Skin Care Products?

As you know, oxygen creams and inhalations of oxygen is still been offered by many beauticians. In order to inform you why we do **not** utilize oxygen in its products, we give a brief introduction to the subject.

Marketing people try to take advantage of the customer's wrong feeling that oxygen always has a positive effect. However, skin and the entire organism are supplied with an appropriate quantity of oxygen via the lungs and the blood circulation system so any additional supply with oxygen creams and oxygen inhalations does not make any sense at all. Inhalation of oxygen is a matter of medical treatment and emergency when the oxygen supply of the tissue and body cells is not sufficient due to pathological factors in the blood circulation.

Although it is highly questionable whether oxygen creams supply the skin with significant quantities of oxygen, the pretended oxygen increase of 100 % in advertisements is definitely **not recommendable, moreover, it has an adverse affect** on a normal, healthy skin. Consulting a physiology book shows immediately that **not the highest** possible quantity of oxygen is best for the organism and the skin, **but rather the right and adequate concentration of oxygen**, which is guaranteed by the normal blood circulation. It is important to realize that **too much oxygen is poisonous for the cell enzymes resulting in harm to the cell and its function**. Clearly, this should not be the objective of cosmetic treatment. As far as we know there has not been any harm by oxygen creams, however. So we conclude that oxygen creams do not in fact contain considerable quantities of oxygen. Fluoric hydrocarbons as a solvent are necessary to channel oxygen into the skin, but the metabolism of fluoric hydrocarbons in the human body has not yet been explored and negative effects for the organism seem to be possible. This is the reason why fluoric hydrocarbons have been banned in medicine! So any positive effect of oxygen in cosmetics is more than questionable whereas the risks are significant.

Ingredient	Description	Evaluation
Abies alba	Ethereal oil out of the needles of the siver fir	recommendable
Abies coreaensis	Ethereal oil out of the pine needle	recommendable
Abies sibirica	Ethereal oil out of the pine needle	recommendable
Acetamide MEA	Acetic acid with MEA moisture preserver, solvent, chemical fragrance, might mitigate the irritating property of other substances, may show residues of carcinogenic nitrosamines	limited recommendability
Acetanilid	Auxiliary substance, form toxic annilline	not recommendable
Acetylated Lanolin Alcohol	Smoothing refatting agent from the living animal, may contain environmentally relevant residues.	limited recommendability
Achillean Extract	Herbal agent with allergenic potential	limited recommendability
Acid Black 1 CI 20470	Chemical dye	not recommendable
Acid Black 2 CI 50420	Chemical dye	not recommendable
Acid Blue1 CI 42045	Chemical dye	not recommendable
Acid Blue 62 CI 62045	Chemical dye	not recommendable
Acid Blue 80 CI 61585	Chemical dye	not recommendable
Acid Green 1 CI 10020	Chemical dye	not recommendable
Acid Green 9 CI 42100	Chemical dye	not recommendable

A

Ingredient	Description	Evaluation
Acid Orange 10 CI 16230	Chemical dye	not recommendable
Acid Red 1 CI 18050	Chemical dye	not recommendable
Acid Red 50 CI 45220	Chemical dye	not recommendable
Acid Red 73 CI 27290	Chemical dye	not recommendable
Acid Red 98 CI 45405	Chemical dye	not recommendable
Acid Red 155 CI 18130	Chemical dye	not recommendable
Acid Red 163 CI 24790	Chemical dye	not recommendable
Acid Red 180 CI 18736	Chemical dye	not recommendable
Acid Violet 23 CI 60730	Chemical dye	not recommendable
Acid Violet 50 CI 50325	Chemical dye	not recommendable
Acid Yellow 11 CI 18820	Chemical dye	not recommendable
Acid Yellow 121 CI 18690	Chemical dye	not recommendable
Acid Yellow 17 CI 18965	Chemical dye	not recommendable
Acrylamide/ Sodium Acrylate Copolymer	Auxiliary substance, gel former, might contain residues of copolymer monomers	limited recommendability
Acrylates/C10-30 Alkyl Acrylate Crosspolymer	Gel former, emulsifier, very high skin compatibility	recommendable

Ingredient	Description	Evaluation
Acylidimethicone	Silicon oil of chemical origin bad biodegradability but no risk for environment	limited recommendability
Adenosine Triphosphate	ATP, source of energy for metabolic activity, does not make sense in cosmetics	not recommendable
Adipic Isostearic Triglycerides	Co-emulsifier in creams, constituent in lip stick, skin protection	highly recommendable
Aesculus Hippocastanum	Horse chest nut extract, Extractum Aesculus Hippocastanum, herbal agent, wound healing, constricting effect on widened blood vessels of the skin	highly recommendable
Agarose	Utilization for gel-electrophoresyses, does not make sense in cosmetics	limited recommendability
Agropyron Repens	Quackgrass, benefit for beauty care products highly controversial	not recommendable
Alanin	Amino acid, usually from animal origin cruelty to animals through intensive farming benefit for beauty care products controversial, moisture preserver	not recommendable
Alaun	Potasium-aluminiumsulfate, in rare cases irritating effect of the sweat channels	recommendable
Albumin	Made of eggs or milk cruelty to animals through intensive farming, film former, emulsifier, preserves skin moisture	not recommendable
Alcohol	Ethanol = Ethyl alcohol, solvent with anti-septic property. In high concentrations it might cause a dry out of the skin	recommendable

A

Ingredient	Description	Evaluation
Aleuretic Acid	Aleuretic acid important constituent of shellac (won of the excrements of lac lice), used in hair fixatives	recommendable
Algae Extract	Weed extract, herbal agent, moisture preserving, skin tightening, cellulite products often contain weed extract	recommendable
Alkyl Malate	Esterized malein acid, benefit for beauty care products highly controversial	not recommendable
Allantoin	Nature identical agent, stimulates the cell regeneration, wound healing and soothing properties, good with rough and chappy skin, very high skin compatibility	highly recommendable
Aloe Barbadensis	Aloe Vera gel, herbal agent, wound healing, moisturizing, regenerating properties	highly recommendable
Aloe Vera (and soy oil)	Oil soluble extract from the leaves of aloe vera. Similar effect than aloe barbadensis	highly recommendable
Althea Officinalis	Yew extract, supposed effect with impure skin	limited recommendability
Aluminium/Magnesium	Emulsifier, stabilizer, neutral auxiliary substance in powder	recommendable
Aluminium Chlorhydrate	Hampers secretion of the sweat glands, can clog up the sweat channels and cause skin irritation	not recommendable
Aluminium hydro-generated Tallow Glutamate	Wash-active substance from animal origin (Beef dripping usually out of intensive farming, possible BSE risk)	not recommendable
Aluminium Hydroxide	Component in powder	recommendable

Ingredient	Description	Evaluation
Aluminium Lactate	Mild, very compatible astringent, unlike other astringents, it does not irritate the sweat channels	highly recommendable
Aluminium Myristate	Emulsifier, stabilizer	limited recommendability
Aluminium Starch Octenylsuccinate	Modified starch as auxiliary substance in powders, does not rise, better suitability therefore than untreated starch as it does not clog up the pores	recommendable
Aluminium Stearate	Emulsifier, stabilizer and gel former in oily preparations, auxiliary substance in powders	recommendable
Aminomethyl Propanol	Neutralizing agent for gel former and resins	limited recommendability
Ammonium Glycyrrizinate	Ammonium salt of the glycyrrhizin acid, agent out of liquorice, mineralocorticoid-like side effects known from the medic science	not recommendable
Ammonium Laureth Sulfate	Frequently utilized basic surfactant, rejected by some experts due to possible impurities. From our point of view this danger does not exist if processed in accordance with the latest procedures	recommendable
Ammonium Lauryl Sulfate	Surfactant with strong skin decreasing property. May easily cause skin irritations, therefore it should not be used in skin and hair products at all	not recommendable
Ammonium Xylene Sulfonate	Auxiliary substance in surfactant mixtures	not recommendable
Aniba Rosaeodora	Rosewood oil, ethereal oil, relaxing and skin calming property	recommendable

A

Ingredient	Description	Evaluation
Animal Tissue extract	Animal tissue extract, usually out of intensive farming (cruelty to animals), possible BSE risk	not recommendable
Anthemis Nobilis	Roman Chamomile, contains bisabodole, azulen and flavonoids, anti-bacteria and regenerating properties	recommendable
Aqua	Water, quality of the cosmetic product will largely depend on the quality of used water	Best water quality highly recommendable
Arachidyl Propionate	Wax in creams, lipsticks and deo-sticks	recommendable
Arachis Hypogaea	Herbal oil, extracted from peanuts	recommendable
Arctostaphylos Uva Ursi	Herbal agent, bleaching effect on the skin through its content of arbutine	recommendable
Arginine	Amino acid, usually from animal origin, cruelty to animals through intensive farming, benefit for beauty care products controversial, moisture preserver	not recommendable
Arginine Aspartate	Amino acid, usually from animal origin, cruelty to animals through intensive farming, benefit for beauty care products controversial, moisture preserver	not recommendable
Arginine PCA	Amino acid, usually from animal origin, cruelty to animals through intensive farming, benefit for beauty care products controversial, moisture preserver	not recommendable
Arnica Montana	Arnica extract, herbal agent, stimulating, wound healing properties, allergenic potential	limited recommendability

Ingredient	Description	Evaluation
Ascorbic Acid	= vitamin C, recommendable in skin care products as ascorbic phosphate	recommendable
Ascorbyl Palmitate	Fat soluble vitamin C derivative for product protection	limited recommendability
Ascorbyl Phosphate	Most effective vitamin C derivative in skin care products	highly recommendable
Asiatic Acid	Additional, benefit for beauty care products controversial	not recommendable
Aspartic Acid	Amino acid, usually from animal origin, cruelty to animals through intensive farming, benefit for beauty care products controversial, moisture preserver	not recommendable
Atelocollagen	Collagen, moisture preserving, usually made of dead animals, cruelty to animals through intensive farming, possible BSE risk	not recommendable
Avena Sativa	Oats starch, often used as auxiliary substance in powders, rising and clogging up skin pores	not recommendable
Avocado Oil	Herbal, vitamin-rich oil extracted from avocados, similar with the even better shea-butter	highly recommendable

B

Ingredient	Description	Evaluation
Balm Mint Extract	Peppermint extract, stimulating property, supposed to contain residues of herbicides	limited recommendability
Balm Peru	Peruvian balm, herbal fragrance, fixator, high allergenic potential	not recommendable
Bamboo Extract	Bamboo Extract, herbal agent with abrasive property, often utilized for promotional reasons	limited recommendability
Bardanae e Rad	Extr. Bardanae e Rad, herbal agent with stimulating and wound healing property	recommendable
Barium Sulfate	CI 77120 Mineral dye, might contain heavy metal residues	not recommendable
Batyl Alcohol = Batilol	Thickening agent with nurturing and greasing properties	recommendable
Beeswax	Beeswax, thickening agent in cosmetic products, might contain undesirable residues	limited recommendability
Behenic Acid	Thickening agent in cosmetic products	recommendable
Behenyl Alcohol	Thickening agent of vegetable origin with refatting and smoothing properties	recommendable
Bentonite	Gel former of mineral origin in oily products, hair conditioner, might contain traces of lead and arsenic	limited recommendability
Benzalkonium Chloride	"Chemical preservative, softener in hair care products, anti-septic property, might cause inflammation reactions of the skin and mucous membrane"	not recommendable
Benzoic Acid	Chemical preservative, endorsed for food products, allergenic potential in cosmetics, causing e.g. Urticaria	not recommendable

Ingredient	Description	Evaluation
Benzophenone-1 (up to 12)	Chemical light protection filter, allergenic potential	not recom- mendable
Benzyl Alcohol	Chemical or herbal dye, preser- vative in combination with other preservatives, solubilizer irritating and allergenic potential	not recom- mendable
Beta-Glucan Oligosaccharide	Belongs to the polysaccharides, made of yeast extracts, strengthen the skin own resistance	recommen- dable
Beta-Sitosterol	Herbal agent, nurturing, anti- inflammation property, improves the compatibility of chemical light protection filters	highly recom- mendable
Beta Carotene	Beta Carotene = provitamin A, antioxidative property, protection against UV radiation	highly recom- mendable
BHA	Butylhydroxyanisol, highly effective chemical antioxidative, might cause allergic reactions, caused cancer and damage of the genetic make-up in animal experiments	not recom- mendable
BHT	Butylhydroxytoluol, highly effective chemical antioxidative, might cause allergic reactions, caused cancer and damage of the genetic make-up in animal experiments	not recom- mendable
Biotin	Vitamin H, important for the normal function for hair and scalp	highly recom- mendable
Bisabolol	One of the active agents of chamomile plant, strong anti- inflammatory property	highly recom- mendable
Bishydroxyethyl Biscetyl Malonamide	Chemical solubilizer	limited recom- mendability

B

Ingredient	Description	Evaluation
Bisphenylhexamethicone	Silicon defrother, bad biodegradability but no risk for environment	limited recommendability
Bitter Orange	Bitterorange extract, benefit for skin care not evident	not recommendable
Bladderwrack Extract	Benefit for skin care not evident	not recommendable
Borago Officinalis	Borage oil, rich content of unsaturated fatty acids, especially gamma-linolic acid, regenerating property on the skin, like evening primrose oil it is especially suitable for the treatment of neurodermitis	highly recommendable
2-Bromo-2-Nitropropane-1,3-Diol	Bronopol, chemical preservative, under presence of aminos it forms carcinogenic nitrosamines, formaldehydesplitter	not recommendable
Butane	Environmentally friendly fuel gas	recommendable
Butylene Glycol	Solvent with moisture preserving property, very high skin compatibility, in daily-use-products it should be preferred to propylene glycol	highly recommendable
Butylmethoxydibenzoylmethane	Chemical light protection filter might cause a photoallergy	not recommendable
Butylparaben	Chemical preservative, main cause for allergenic reactions	not recommendable
Butyrospermi Parkii	Sheabutter, herbal oil with extraordinary skin friendly and nurturing properties	highly recommendable
Buxus Chinensis	(see: Oleum Simmondsiae Californicae) Jojoba oil skin friendly and nurturing wax	highly recommendable

Ingredient	Description	Evaluation
C10-18 Triglycerides	Neutral oil for skin care products	recommendable
C10-30 Cholesterol/ Lanosterol Esters	Constituent of natural oils and wool fat, wool fat might contain undesirable residues	limited recommendability
C11-12 Isoparaffin	Synthetic oil, supposed to have a negative effect on the surface of the skin (occlusion)	not recommendable
C12-15 Alkyl Benzoate	Chemically produced oil, auxiliary substance in skin care products, for a better skin feeling	limited recommendability
C13-14 Isoparaffin	Synthetic oil, supposed to have a negative effect on the surface of the skin (occlusion)	not recommendable
Calcium Chloride	Mineral auxiliary substance, stabilizer in W/O emulsions	recommendable
Calcium Pantothenate	Vitamin B5 as calcium salt in nutrition supplements, benefit for beauty care products controversial	limited recommendability
Calcium Stearoyl Lactylate	W/O emulsifier	highly recommendable
Calendula Officinalis	Extracted from the calendula flower, skin calming, regenerating and wound healing properties	highly recommendable
Camellia Sinensis	Green tea extract, antioxidative with high content of flavonoids, anti-septic and regenerating properties, especially for application from the inside	recommendable
Camphor	Camphor, anti-inflammatory, disinfecting and desodorative properties in foot preparations	recommendable
Canaga Odorata	Ylang-Ylang, relaxing and calming properties	highly recommendable

Ingredient	Description	Evaluation
Candelilla Cera	Candelilla wax, herbal wax, refatting	recommendable
Caprylic/Capric Triglycerides	Herbal neutral oil with refatting property	recommendable
Carbomer	Synthetic gel former, neutral, skin compatible auxiliary substance, with demanding gel preparations it shows better stabilizing property than natural gel former, allegations of residues could never be proved	recommendable
Carica Papaya	Papaya extract, benefit for beauty care products controversial	not recommendable
Carnaubawax	Herbal wax, extracted from the leaves of the carnauba palm, thickening agent with skin nurturing property	recommendable
Carotene	Natural yellow dye with antioxidative, protecting and coloring properties	highly recommendable
Carotene oil	Oily concentrate of beta carotene, usually in soy oil	highly recommendable
Carrot Extract	Carotene oil, dye and agent with antioxidative and refatting properties	recommendable
Carthamus Tinctorius	Safflower oil, contains essential fatty acids and vitamin E, similar properties than evening primrose oil	highly recommendable
Casein	Emulsifier made of milk, cruelty to animals through intensive farming	not recommendable
Castor Oil	Ricinus oil, herbal, refatting oil	recommendable
Caviar Extract	"Benefit for beauty care products controversial, substance of animal origin (spawn of sturgeon, threatened with extinction)"	not recommendable

Ingredient	Description	Evaluation
Cellulose Gum	Methylcellulose, chemically modified cellulose, gel former	recommendable
Centaurea Cyanus	Cornflower extract, benefit for beauty care products controversial	not recommendable
Centella Asiatica	Tiger grass, benefit for beauty care products controversial	not recommendable
Cera Alba	Bleached beeswax, thickening agent in cosmetic products might contain undesirable residues	limited recommendability
Cera Microcristallina	Microcrystalline wax, derived from mineral oil, thickening agent in lipsticks, may clog up the pores (occlusion), carnaubawax or beeswax are better alternatives	not recommendable
Ceramids	Important constituent of the epidermis, especially of the upper layers, therefore valuable skin identical ingredient in beauty care products Caution: Mind the herbal origin	highly recommendable
Ceratonia Siliqua	Natural gel former, rarely used in cosmetics, often used as thickener in pills	recommendable
Ceresin	Hard paraffin (kerosene) from mineral oil, mineral oils tend to clog up pores (occlusion)	not recommendable
Cetareth	Emulsifier extracted from fatty alcohol, belongs to the PEG group (Polyethylenglycole). Due to its base product ethylene oxide it is often misjudged	recommendable
Cetareth-Phosphate	Largely chemical emulsifier, decreasing property, supposed to contain halogenorganic residues	not recommendable

C

Ingredient	Description	Evaluation
Cetearyl Alcohol	Mixture of cetyle and stearyle alcohol, thickening agent of herbal origin in cosmetic O/W creams	limited recommendability
Cetearyl Isononanoate	Wax synthesized from herbal raw materials	recommendable
Cetearyl Octanoate	Wax synthesized from herbal raw materials	recommendable
Cetearyl Stearate	Wax synthesized from herbal raw materials	recommendable
Ceteth	Emulsifier extracted from fatty alcohol, belongs to the PEG group (Polyethylenglycole). Due to its base product ethylene oxide it is often misjudged	recommendable
Cetearyl Isononanoate	Wax synthesized from herbal raw materials	limited recommendability
Cetyl Alcohol	Thickening agent of herbal origin in cosmetic O/W creams	limited recommendability
Cetyl Dimethicone Copolyol	Synthetic emulsifier for W/O creams, very good stabilizing property, outstanding skin compatibility, bad biodegradability, but no risk for environment	limited recommendability
Cetyl Esters	Cutina substitute with skin nurturing property, mix of different long-chain fatty acids and cetyl alcohol	highly recommendable
Cetyl Palmitate	Cutina substitute with skin nurturing property, synthetically produced wax with refatting property	highly recommendable
Chamomilla e Flor	Chamomile oil, Oleum Chamomile, skin calming and wound healing properties	highly recommendable
Chamomille Extract	Chamomile extract, skin calming and wound healing properties	highly recommendable

Ingredient	Description	Evaluation
Chitine	Wax of animal origin (outer shell of insects), benefit for beauty care products controversial	not recommendable
Chlorhexidine Digluconate	Chemical preservative and antisepticum with allergenic potential	not recommendable
Cholesterin	Cholesterol, natural emulsifier with refatting property, present in the sebum of the human body and in some natural oils (sheabutter)	highly recommendable
Cholesterol	Cholesterin, natural emulsifier with refatting property, present in the sebum of the human body and in some natural oils (sheabutter)	highly recommendable
Cholesteryl Chloride	Auxiliary substance, benefit for beauty care products controversial	not recommendable
Cholesteryl Hydroxystearate	Synthesized thickening agent in skin care products, also present in cutina	recommendable
Cholesteryl Nonanoate	Thickening agent in skin care products	recommendable
Cholesteryl Oleyl Carbonate	Thickening agent in skin care products	recommendable
Choleth	Chemical emulsifier made of cholesterin and polyethylenglycols	not recommendable
Chondrus Crispus	Polysaccharide as natural gel former out of red seaweed with high skin compatibility	recommendable
CI 12085	Red chemical dye, might contain residues	not recommendable
CI 13015	Yellow chemical dye, might contain allergenic residues	limited recommendable
CI 14700	Red chemical dye, might contain residues	limited recommendable

C

Ingredient	Description	Evaluation
CI 14720	Red chemical dye	limited recommendable
CI 15850	Red chemical dye	limited recommendable
CI 15985	Yellow chemical dye	limited recommendable
CI 16035	Red chemical dye	limited recommendable
CI 16185	Red chemical dye	limited recommendable
CI 16255	Red chemical dye, sporadically allergenic	limited recommendable
CI 17200	Red chemical dye, might contain residues	limited recommendable
CI 19140	Yellow chemical dye, strongly allergenic	not recommendable
CI 28440	Black chemical dye, sporadically allergenic	limited recommendable
CI 40800	Carotene, natural, yellow dye with antioxidative, protecting and coloring properties	highly recommendable
CI 42051	Blue chemical dye	limited recommendable
CI 42090	Blue chemical dye, might contain residues, sporadically allergenic, not licenced in the US as it caused cancer in animal experiments	not recommendable
CI 45380	Red chemical dye	limited recommendable
CI 45410	Red chemical dye	limited recommendable

Ingredient	Description	Evaluation
CI 45430	Red chemical dye	limited recommendable
CI 47005	Yellow chemical dye	limited recommendable
CI 73015	Blue chemical dye	limited recommendable
CI 73360	Red chemical dye, sporadically allergenic	limited recommendable
CI 75470	Carmin red dye of animal origin, allergenic potential	not recommendable
CI 75810	Chlorophyll = leafgreen, herbal agent with slight desodorative property	highly recommendable
CI 77007	Ultramarin, blue mineral dye	recommendable
CI 77288	Chromiumoxide-green, mineral dye, can contain with allergenic chromium ions	not recommendable
CI 77289	Chromiumoxide-green, mineral dye, can contain with allergenic chromium ions	not recommendable
CI 77491	Ferric oxide, red mineral pigment	recommendable
CI 77492	Ferric oxide, yellow mineral pigment	recommendable
CI 77499	Ferric oxide, black mineral pigment	recommendable
CI 77510	Ferric ferro-cyanide, Berlin blue, mineral dye,	limited recommendability
CI 77742	Manganammonium-diphosphate, violet mineral dye	limited recommendable
CI 77891	Titanium dioxide, white mineral dye, covering quality	highly recommendable

Ingredient	Description	Evaluation
CI 77947	Zinc oxide, mineral pigment with UV protection property, anti-inflammatory and slight astringent property	highly recommendable
Cichorium Intybus	Chicory extract, benefit for beauty care products controversial	not recommendable
Citric Acid	Citric acid produced by means of biotechnology, nature identical agent, supports the product protection of antioxidatives, controls the pH factor of the product	highly recommendable
Citrulline	2-Amino-5-Ureidovalerian acid, amino acid with controversial benefit in skin care products	not recommendable
Citrus aurantium	Neroli, ethereal oil, relaxing property	recommendable
Citrus Dulcis	Ethereal oil out of orange flowers (neroli oil, = Citrus vulgaris or Citrus aurantium). Balancing, relaxing and skin calming properties. No uniform name in literature	recommendable
Climbazole	1-(4-chlorophenoxy)-1-(1H-Imidazolyl)-3,3-Dimethyl-2-Butan, Antidandruff Agent	recommendable
Cocamide DEA	Cocamide-Diethanolamide, herbal gel former in surfactant mixtures. Danger of nitrosamines does not exist if processed according to the latest procedures	limited recommendability
Cocamide MEA	Cocamide-Monoethanolamide, herbal gel former in surfactant mixtures. Danger of nitrosamines does not exist if processed according to the latest procedures	not recommendable

Ingredient	Description	Evaluation
Cocamidopropyl Betaine	Mild surfactant of herbal origin, according to our experience in the last years the number of allergical reactions was growing up	limited recommendability
Cocoglycerides	Coconut oil as oily component in cosmetic preparations	recommendable
Cocos Nucifera	Coconut butter, extracted from the seeds of the coconut palm	recommendable
Coffein	Agent, benefit for beauty care products highly controversial	not recommendable
Cola Acuminata	Cola tree extract, benefit for beauty care products controversial	not recommendable
Collagen	Agent made of residues from the slaughterhouse, cruelty to animals through intensive farming, cannot penetrate the skin (other than such a claim by some producers might suggest) no anti-wrinkle property, possible BSE risk	not recommendable, limited recommendability if of vegetable origin
Commiphora myrrha	Ethereal oil, anti-septic, wound healing property	recommendable
Conjugated Glycopolypeptides	Glycoproteine, compound of sugar and protein, usually of animal origin (cruelty to animals by intensive farming, BSE risk) benefit for beauty care products controversial	not recommendable
Connective Tissue Extract	Substance made of the connective tissue of dead animals, benefit for beauty care products controversial, (cruelty to animals by intensive farming, BSE risk)	not recommendable
Corn Flower Extract	Natural agent, benefit for beauty care products controversial	not recommendable
Corn Germ Oil	High content of unsaturated fatty acids	recommendable

Ingredient	Description	Evaluation
Corn Oil	High content of unsaturated fatty acids	recommendable
Corn Starch	Auxiliary substance in compact powders	recommendable
Corn Starch modified	Raw material for powders, does not clog up the pores	highly recommendable
Corylus Avellana	Oil extracted from hazelnuts, mind the allergenic potential of nuts	limited recommendability
Cu-Chlorophyll	C.I. 75810, herbal agent, slight desodorative property	recommendable
Cucumber Sativus	Cucumber extract, herbal agent supposed to have skin tightening property	limited recommendability
Cyanocobalamin	Vitamin B 12, benefit for beauty care products highly controversial	not recommendable
Cyclomethicone	Silicon oil, anti frothing agent in creams, improves the structure of hair, skin compatible, bad biodegradability, but no risk for environment	limited recommendability
Cymbopogon Flexuosus (Citratus)	Lemongrass oil, ethereal oil, refreshing, increases the powers of concentration	highly recommendable
Cymbopogon Nardus	Citronella oil, ethereal oil, stimulating, insect-repellent	highly recommendable
Cysteine	Amino acid, usually from animal origin, cruelty to animals through intensive farming benefit for beauty care products controversial moisture preserver	not recommendable

Ingredient	Description	Evaluation
DATEM	Made from the diacethyltartaric acid of the glycerinmonostearate, outstandingly absorbed by the ceratine of skin and hair, auxilliary substance in bread	highly recommendable
D,L-alpha Tocopherol	Synthetic vitamin E, considerably weaker effect in the human organism than natural vitamin E	recommendable
D, L-alpha-Tocopheryl-Acetate	Synthetic vitamin E acetate, considerably weaker effect in the human organism than natural vitamin E	recommendable
D, L-alpha-Tocopheryl-Nicotinate	Agent on the basis of vitamin B3, slight stimulation on the blood circulation of the skin	recommendable
D-alpha-Tocopherol	Natural vitamin E, antioxidative, skin protecting property, e.g. against UV radiation, preserves the moisture content of the skin, prevents the skin from premature aging	highly recommendable
D-alpha-Tocopheryl-Acetate	Natural vitamin E acetate, skin protecting property, e.g. against UV radiation, preserves the moisture content of the skin, prevents the skin from premature aging	highly recommendable
D-mixed Tocopherols	Mixture of natural D-alpha-, beta-, gamma- and delta-Tocopherol	highly recommendable
D-Panthenol	Panthenol = Provitamin B 5 = pre-step of the vitamin pantothen acid, anti-inflammatory, anti-itching and regenerating property, against rough and chapped skin	highly recommendable
DNA	Desoxiribonucleinacid, contains the genetic information of plants, animals and humans, pseudo-agent, utilization as skin care product highly controversial	not recommendable

D

Ingredient	Description	Evaluation
Daucus Carota	Carrot Oil, dye and agent with antioxidative and refatting properties, contains high amount of beta carotene	highly recommendable
DEA-Cetylphosphat	Diethanolamid-cetylphosphate, chemical auxiliary substance and emulsifier	not recommendable
Decyl Oleate	Herbal oil with refatting and soothing properties	recommendable
Dehydroacetic acid	Chemical preservative with irritating and allergenic potential	not recommendable
Desamido Collagen	Agent made of residues from the slaughterhouse cruelty to animals through intensive farming, cannot penetrate the skin (other than such a claim by some producers might suggest) no anti-wrinkle property, possible BSE risk	not recommendable
Dextran	Biotechnologically produced polysaccharide as gel former	recommendable
Dextrin	gel former and agent of vegetable origin, wound healing property	recommendable
Diammonium Citrate	Ammonium salt of citric acid, produced biotechnologically, regulates the pH factor of a cosmetic product	recommendable
Diazolidinyl Urea	Similar effect than imidazolidinyl urea, chemical preservative, allergenic potential, formaldehyde-splitter, Note: Ordinary "urea" is highly recommendable as ingredient in skin care products	not recommendable
Dicaprylether	Solvent	recommendable

Ingredient	Description	Evaluation
Dichlorobenzyl Alcohol	Chemical preservative with allergenic potential	not recommendable
Dihydroxy Acetone	DHA, causes brownish hue by means of a reaction between DHA and ceratine of the skin. Body own sugar with outstanding compatibility	highly recommendable
Diisopropyl Adipate	Oil without fatty property, high spreading quality	recommendable
Diisostearoyl Polyglyceryl-3 Diisostearate	Emulsifier for W/O emulsions, made of the renewable resources glycerin and fatty acids, high skin compatibility	highly recommendable
Dimethicone	Synthetically produced silicon oil, used for hair wax, smoothing, impregnating, may have an impact on the hair color, anti frothing agent, bad biodegradability, but no risk for environment	limited recommendability
Dimethicone Copolyol	Synthetically produced silicon oil with PEG, used for hair wax, soothing, impregnating, may have an impact on the hair color, anti frothing agent, bad biodegradability, but no risk for environment	limited recommendability
Dimethiconol	Synthetically produced, hydroxiliated silicon oil, used for hair wax, soothing, impregnating, may have an impact on the hair color, anti frothing agent, bad biodegradability, but no risk for environment	limited recommendability
Diocetyl Adipate	Skin-friendly oil causes velvety feeling on the skin, makes creams less viscous	recommendable
Diocetyl Cyclohexane	Synthetically produced carbohydrate compound, slightly refatting	limited recommendability

D

Ingredient	Description	Evaluation
DIPA-Hydrogenated Cocoate	Diisopropanolamine with hardened coconut fat, synthetic emulsifier, causes dry out of the skin	not recommendable
DIPA Lanolate	Diisopropanolamine with Lanoline, chemically modified lanoline as emulsifier, from animal origin might contain undesirable residues	not recommendable
Diphenyl Dimethicone	Synthetically produced silicon oil, used for hair wax, soothing, impregnating, may have an impact on the hair color, anti frothing agent, bad biodegradability, but no risk for environment	limited recommendability
Dipotassium Glycyrrizinate	Potassium salt of glycyrricine acid, mineralocorticoid-like side effects known from the medic science	not recommendable
Dipotassium Phosphate	Dipotassium salt of the phosphoric acid, auxiliary substance, buffer substance	recommendable
Dipropylene Glycol	Solvent, moisture preserver with slight disinfecting property, should be utilized in cleansing products rather than skin care products	recommendable
Di-PPG-3 Myristyl Ether Adipate	Emollient with good properties in make up	recommendable
Disodium Cocoamphodiacetate	Very mild surfactant, dereasing, possibly sensitizing	recommendable
Disodium EDTA	EDTA = Ethylene-Diamino-Tetra-Acetate, chemical auxiliary substance that supports the effect of preservatives as complex former, bad biodegradability	not recommendable
Disodium Laureth-5 Sulfosuccinate	Mild surfactant, decreasing	recommendable

Ingredient	Description	Evaluation
Disodium Lauroamphodiacetate	Mild surfactant with antistatic property	recommendable
DMDM Hydantoin	Mixture of natural D-alpha-, beta-, gamma- and delta-Tocopherol	highly recommendable
Dodecatrienol	Farnesol, ethereal oil hampers sweat-neutralizing bacteria	highly recommendable

Ingredient	Description	Evaluation
EDTA	Ethylene-Diamino-Tetra-Acetate, chemical auxiliary substance that supports the effect of preservatives as complex former, bad biodegradability	not recommendable
Egg Yolk Extract	Eggs are usually produced by intensive farming (cruelty to animals)	not recommendable
Elastin	Made of the connective tissue of the dead animal, allergenic potential, possible BSE risk	not recommendable
Ergocalciferol	Vitamin D2, synthesized agent, controversial benefit in skin care, not allowed as ingredient in cosmetic products	not recommendable
Escin	Flavonoid of horse chest nut, astringentive and edema-hampering herbal agent	recommendable
Essential Oils	"Senseless naming for oils with highly unsaturated fatty acids, e.g. evening primrose oil and wheatgerm oil"	
Ethoxydiglycol	"Chemical solvent, high risk of incompatibility, potential danger of harm for central nervous system and kidneys"	not recommendable
Ethyl Butyl-acetamino Propionate	Insect repellent	highly recommendable
Ethyl Cellulose	herbal film former as substitute for gelatin	recommendable
Ethyl Hexanediol	2-Ethyl-1,3 hexandiol, solubilizer, insect repellent	recommendable
Ethyl Linoleate	Highly compatible solvent, derived from herbal oils	highly recommendable
Ethylparaben	Chemical preservative, main cause for allergenic reactions	not recommendable

Ingredient	Description	Evaluation
Eucalyptus Globulus	Ethereal oil with anti-septic, regenerating, stimulating and insect repelling properties	highly recommendable
Evening Primrose oil	Vegetable oil with a high concentration of highly unsaturated fatty acids, e.c gamma-linoleic acid	highly recommendable
Extractum Bardanae e Rad	= Articum Lappa, Burdock Root, fungizidal, bacteriostatic an wound healing properties	recommendable
Extractum Humuli Lupuli e Flor	See under: Humulus lupuli =Hops Extract	recommendable
Extractum Semen Hippocastani	Horse chest nut extract, herbal capillary-active agent with varicose veins and other visible skin vessels	highly recommendable
Extractum Chamomillae	Valuable herbal agent with skin-calming and wound healing properties	highly recommendable
Extractum Nasturtium officinale	Watercress extract, cleansing quality with oily and impure skin and greasy hair	highly recommendable
Extractum Salvia officinalis	Sage extract herbal agent with astringent, skin-tightening properties	recommendable
Extractum Thymus Vulgaris	Thyme extract anti-septic and desodorative properties, possible effect against some form of hair loss	recommendable
Extractum Urticae e Fol	Nettle extract, herbal agent with skin-calming and hair strengthening properties	recommendable
Extractum Viola tricolor	Pansy extract, skin-calming property	recommendable

F

Ingredient	Description	Evaluation
Fagus Sylvatica	Oil derived from beechnuts or copper beech extract, benefit for beauty care products controversial	not recommendable
Farnesol	Dodecatrienol, ethereal oil, hampers sweat neutralizing bacteria	highly recommendable
Fatty Acids Triglyceride	Inexact naming for oils that does not say anything about origin (herbal or animal) and degree of saturation	
Fennel Extract	Usually used as a fragrance, allergenic potential	not recommendable
Formaldehyde	Chemical preservative with allergenic potential, in high concentration harmful for the genetic make-up	not recommendable
Fragrance	Scent, perfume, highly allergenic potential should not be used in skin care products	not recommendable
Fructose	Fruit sugar, slight moisture preserving quality	limited recommendability
Fruit Acid	AHA acids, peeling, thinning quality on the horny layer (epidermis), should only be used with thickened horny layers, definitely not suitable for daily use	application as a cure recommendable, not recommendable for daily use

Ingredient	Description	Evaluation
Gelidium Cartilagineum Extract	Red seaweed extract, suppose to stimulate fat burn in the fat cells, utilized in anti-cellulite preparations	recommend- able
Geranium Oil	Ethereal oil extracted from geraniums	recommend- able
Ginkgo Biloba	Herbal agent of the ginko tree, benefit for beauty care products controversial	not recom- mendable
Glucose	Herbal substance, slight moisture preserving quality	limited recom- mendability
Glutamic Acid	Flavor enhancer in food, benefit for beauty care products controversial	not recom- mendable
Glycereth-7- Cocoate	Emulsifier of herbal origin	limited recom- mendability
Glycereth-7 and -26	Agent with moisture preserving and weakening properties	limited recom- mendability
Glycerin	Three valency of herbal or animal origin, causes dry out and irritation of the skin in higher concentration (according to some authors)	not recom- mendable
Glycerin Behenate/ Dibehenate	Thickening agent in creams, costituent of pressed powders	recommend- mendable
Glyceryl Laurate	Thickening agent, derived from coconut fat, supports the effect of emulsifiers, refatting property in surfactants	highly recom- mendable
Glyceryl Linoleate	Thickening agent, usually derived from soy oil, supports the effect of emulsifiers, refatting property in surfactants	highly recom- mendable
Glyceryl Myristate	Thickening agent, auxiliary emulsifier for lotions and creams	recommend- able

Ingredient	Description	Evaluation
Glyceryl Oleate	Thickening agent, auxiliary emulsifier for lotions and creams	recommendable
Glyceryl Ricinoleate	Produced from Ricinus Oil, co emulsifier, protection of skin	highly recommendable
Glyceryl Stearate	Thickening agent, auxiliary emulsifier for lotions and creams	recommendable
Glyceryl Stearate SE	Self emulsifying thickening agent	recommendable
Glycine	Amino acid, usually from animal origin, cruelty to animals through intensive farming, benefit for beauty care products controversial, moisture preserver	not recommendable
Glycogen	Form of storage of glucose in the animal and human organism, might contain residues, animal origin, cruelty to animals through intensive farming	not recommendable
Glycol Distearate	Auxiliary agent as brightener	limited recommendability
Glycol Myristate	Auxiliary agent as brightener	limited recommendability
Glycol Stearate	Auxiliary agent as brightener	limited recommendability
Glycolipids, Phospholipids, Sphingolipids	Mixture of lipids, present in the skin by nature already, from out them, the skin releases ceramides under the influence of enzymes	highly recommendable
Glycollic Acid	Hydroxyacetic acid, smallest and most effective of all AHA fruit acids, peeling quality, should only be used with thickened horny layers, definitely not suitable for daily use	application as a cure recommendable, not recommendable for daily use

Ingredient	Description	Evaluation
Glycoproteins	Compound of sugar and protein, benefit for beauty care products controversial, extracted from the blood serum of animals (intensive farming, cruelty to animals), possible BSE risk	not recommendable
Glycosaminoglycans	Polysaccharide as moisture preserving factor	recommendable
Glycosphingolipids	Mixture of lipids, present in the skin by nature already, from out them, the skin releases ceramides under the influence of enzymes	recommendable
Glycyrrhetic Acid	Made of glycyrrhizin acid, mineralocorticoid-like side effects known from the medic science	not recommendable
Gold	CI 77480, elementary pigment for the decorative coloring of the skin	limited recommendability
Granule of nylon	Round and mild peeling body of nylon	highly recommendable
Grape Seed Oil	Herbal substance with a high content of lineolic acid	recommendable
Grapefruit Extract	Benefit for beauty care products controversial, might contain residues of chemical preservatives	not recommendable
Guanidine	Produced from guanine, from animal origin, benefit for beauty care products controversial	not recommendable
Guanosine	Produced from guanine, benefit for beauty care products controversial	not recommendable
Guar Hydroxypropyl Trimonium-Chloride	Herbal agent, utilized in hair care products, improves the structure of hair	recommendable

Ingredient	Description	Evaluation
Guarana Extract	Herbal extract with highly stimulating quality (caffeine). Without any benefit for beauty care products	not recommendable
Guava Extract	Extract from the exotic guava fruit, benefit for beauty care products controversial	not recommendable

G

Ingredient	Description	Evaluation
Hamamelis Virginia	Herbal agent, supposed sweat hampering and moisture preserving properties	not recommendable
Hedera Helix	Ivy extract, herbal agent with controversial benefit in cellulite preparations	not recommendable
Helianthus Annuus	Sunflower seed oil, high content of linolic acid, suits better for nutrition than for beauty care	recommendable
Heptamethylnonane	Synthetic oil, solvent	limited recommendability
Hexamidine-Diisethionate	Chemical preservative with allergic and irritating potential	recommendable
Hexyl Decyl Laurate	Synthetically produced fat body	recommendable
Hexyl Decyl Stearate	Synthetically produced fat body	recommendable
Hexylene Glycol	Solubilizer for not-mixable liquids, allergenic potential	not recommendable
Histidine	Amino acid, usually from animal origin, cruelty to animals through intensive farming, benefit for beauty care products controversial, moisture preserver	not recommendable
Humulus Lupuli	Hops extract, herbal agent with tonic and tightening properties	recommendable
Hyaluronic Acid	Mucopolysaccharide, usually produced by means of biotechnology, with moisturizing and moisture preserving properties, also extracted from cock's crowns, cruelty to animals through intensive farming, so ask the producer for the origin of the product	highly recommendable if produced biotechnologically

Ingredient	Description	Evaluation
Hydrastis Canadensis	Herbal agent extracted from the crowfoot plant, benefit for beauty care products controversial	not recommendable
Hydrogenated Castor Oil	Hardened ricinus oil, thickening agent for W/O creams with high skin compatibility and oxidation stability	recommendable
Hydrogenated Coco Glycerides	Hardened coconut fat, benefit for beauty care products controversial	not recommendable
Hydrogenated Egg Yolk Lecithin	Eggs usually produced with intensive farming	not recommendable
Hydrogenated Lanolin	Wool fat, derived from living animals, might contain environmentally relevant residues	not recommendable
Hydrogenated Lecithin	Herbal emulsifier, unlike unhardened lecithin it shows low nurturing property	limited recommendability
Hydrogenated Palm Glycerides	Hardened palm fat, benefit for beauty care products controversial	limited recommendability
Hydrogenated Palm Oil Glycerides	Hardened palm fat, benefit for beauty care products controversial	limited recommendability
Hydrogenated Polyisobutene	Synthetic fat body (squalan), benefit for beauty care products controversial	limited recommendability
Hydrogenated Rice Bran Wax	Thickening agent in lipsticks, often used as substitute for carnauba wax	recommendable
Hydrogenated Vegetable Oil	Benefit for beauty care products controversial	limited recommendability
Hydrolyzed Casein	Splitted casein out of milk, benefit for beauty care products controversial	not recommendable

H

Ingredient	Description	Evaluation
Hydrolyzed Collagen	Splitted collagen, made of dead animals, moisture preserving, usually produced with intensive farming, cruelty to animals, possible BSE risk	not recommendable
Hydrolyzed Elastin	Splitted elastin, made of dead animals, moisture preserving, usually produced with intensive farming, cruelty to animals, possible BSE risk	not recommendable
Hydrolyzed Milk Protein	Splitted milk protein, benefit for beauty care products controversial	not recommendable
Hydrolyzed Silk	Splitted silk proteins of the silkworm, unethical due to mass-killing of silkworms with the production of that protein, benefit for beauty care products controversial	not recommendable
Hydrolyzed Soy Protein	Splitted soy protein, benefit for beauty care products controversial	not recommendable
Hydrolyzed Vegetable Proteine	Splitted vegetable protein, benefit for beauty care products controversial	not recommendable
Hydrolyzed Wheat Protein	Splitted wheat protein, ethical alternative for splitted silk proteins, however, benefit for beauty care products controversial	not recommendable
Hydrolyzed Yeast Protein	Splitted yeast protein, benefit for beauty care products controversial	not recommendable
Hydroxybenzoic Acid	4-Hydroxybenzoic acid, chemical preservative	not recommendable
Hydroxyethyl-Cellulose	HEC, chemically modified cellulose, gel former with high skin compatible property	recommendable
Hydroxy-octacosanyl Hydroxystearate	Highly compatible herbal wax, thickening agent in W/O creams, part of bees wax	recommendable

Ingredient	Description	Evaluation
Hydroxyproline	Amino acid, usually from animal origin, cruelty to animals through intensive farming, benefit for beauty care products controversial, moisture preserver	not recommendable
Hydroxypropyl Methyl Cellulose	Chemically modified cellulose, gel former with high skin compatible property	not recommendable
Hypericum Perforatum	St John's wort extract, herbal agent with anti-septic property, increased light sensitivity, photoallergenic!	not recommendable

H

Ingredient	Description	Evaluation
Imidazolidinyl Urea	Chemical preservative, allergenic potential, formaldehydesplitter, Note: Ordinary "urea" is highly recommendable as ingredient in skin care products	not recommendable
Isoamyl Methoxycinnamate	Chemical light protection filter with cell-toxic effect according to the latest scientific findings	not recommendable
Isobutane	Environmentally friendly fuel gas	recommendable
Isocetyl Palmitate	Walrat substitute, synthesized wax of herbal origin, refatting property	highly recommendable
Isohexadecan	Oil component, benefit for beauty care products controversial	limited recommendable
Isoleucine	Amino acid, usually from animal origin cruelty to animals through intensive farming, benefit for beauty care products controversial, moisture preserver	not recommendable
Isoparaffin	Synthetically produced hydrocarbon, benefit for beauty care products controversial	not recommendable
Isopropanol	Isopropyle Alcohol, solubilizer in watery-alcoholic compounds, anti-septic property	not recommendable
Isopropyl Isostearate	Synthetic oil, soothing, possibly comedogenic	limited recommendability
Isopropyl Myristate	Synthetic oil, soothing, possibly comedogenic	not recommendable
Isopropyl Palmitate	Synthetic oil, soothing, possibly comedogenic	not recommendable
Isostearyl Benzoate	Benzoic acid, esterized with isostearylalcohol, synthetic oil	limited recommendability

Ingredient	Description	Evaluation
Isostearyl Diglyceryl Succinate	Surfactant, synthesized from herbal substances, decreasing and cleansing properties	recommendable
Isostearyl Neopentanoate	Synthetic skin oil	recommendable
Ivy Extract	Benefit for beauty care products controversial	not recommendable

Ingredient	Description	Evaluation
Japan Wax	Wax, synthesized from herbal substances, irritating potential due to polyhydro-phenol	not recommendable
Jjoba Oil	Oleum simmondsiae californicae, liquid wax with outstanding skin compatibility and skin nurturing property	highly recommendable

Ingredient	Description	Evaluation
Kaolin	Aluminium silicate, healing earth, CI 77004, cleansing and decreasing properties, mainly in masks	highly recommendable

K

Ingredient	Description	Evaluation
Lactic Acid	Natural constituent of the lipid barrier of the skin, moisture preserving, important to regulate the skin towards a acidulous pH factor	highly recommendable
Laminaria Digitata	Polysaccharide, extracted from seaweed, benefit for beauty care products controversial	not recommendable
Lanolin	Derived from living animals, might contain environmentally relevant residues	not recommendable
Lanolin Alcohol	Eucerit, cleansed wool-alcohols, high skin and mucous membrane compatibility	limited recommendability
Lauramide DEA	Laurinacid-Diethanolamid, vegetable gel former, frothenhancer, supposed to form carcinogenic nitrosamines and nitrosamides, respectively, skin irritating potential	not recommendable
Lauramide MIPA	Laurinacid-Monoisopropanolamid, vegetable gel former, frothenhancer, supposed to form carcinogenic nitrosamines and nitrosamides, respectively, skin irritating potential	not recommendable
Laureth 2-10	Gel former and emulsifier, built out of PEG, rejected by some experts due to possible impurities. From our point of view this danger does not exist if processed in accordance with the latest procedures	recommendable
Lauryl Amino-propyl-Glycine	Mild surfactant and emulsifier, synthesized from vegetable materials	recommendable
Lauryl Diethylene-Diamino-Glycine	Mild surfactant and emulsifier, synthesized from vegetable materials	recommendable

L

Ingredient	Description	Evaluation
Lauryl Glucoside	Highly skin and mucous membrane compatible surfactant in shampoos and shower gels, produced of vegetable materials	recommendable
Lauryl Lysine	Mild surfactant and emulsifier, synthesized from vegetable materials	recommendable
Lauryl PCA	Lauryl alcohol esterized with Pyrrolidonecarbonacid, mild surfactant	recommendable
Laurylmethicone Copolyol	Silicon containing emulsifier, bad biodegradability, but no risk for environment	limited recommendability
Lavandula angustifolia	Lavender oil, ethereal oil, anti-septic property, especially if applied together with tea tree oil and manuka, e.g. with acne and athlete's foot	highly recommendable
Lecithin	Vegetable emulsifier extracted from soy oil, rarely of animal origin, extracted from yolk, cruelty to animals through intensive farming, moisture enhancing and soothing properties, so ask the producer for the origin of the product	highly recommendable if of vegetable origin
Lecithin (and) alcohol	Lecithin-concentrate in alcohol, high-quality co-emulsifier in creams	highly recommendable
Lecithin (and) Oleum Oenotherae Biennis (and) D-alpha Tocopheryl Acetate (and) Retinyl Palmitate	Nanosomes of lecithin, filled with evening primrose oil, vitamin E and vitamin A, build of a single layer of phospholipids, channels only oil soluble substances into the skin	highly recommendable
Lecithin (and) Water (and) Alcohol	Liposome = hollow vessels, similar to the cell-membrane, size: 20 - 300 nanometer, the smaller they are the deeper the penetration, agent and agent carrier (channeling agents into the skin) multilamellar liposomes are most effective	highly recommendable if of vegetable origin

L

Ingredient	Description	Evaluation
Lemon Oil	Natural herbal agent, benefit for beauty care products controversial	limited recommendability
Leptospermum scoparium	Manuca oil, etheral oil, belongs to the tea tree family, outstanding anti-septic property, especially if applied together with tea tree oil and manuca, e.g. with acne and athlete's foot	highly recommendable
Licorice Extract	Herbal agent, benefit for beauty care products controversial	not recommendable
Lily Bulb Extract	Benefit for beauty care products controversial	not recommendable
Limnanthes Alba	Shambrilla oil, rarely used in cosmetic preparations	limited recommendability
Linoleamide DEA	Linolacid-Diethanolamid, thickening agent in surfactants, derived from soy oil, rejected by some experts due to possible impurities. From our point of view this danger does not exist if processed in accordance with the latest procedures	highly recommendable
Linoleic Acid	Tripple unsaturated essential fatty acid, vital in nutrition and highly valuable for skin care, high concentration in evening primrose oil and borage oil	highly recommendable
Linolic Acid	Double unsaturated essential fatty acid, important in nutrition and skin care, high concentration in evening primrose oil, sunflower oil, thistel oil, wheatgerm oil and borage oil	highly recommendable

L

Ingredient	Description	Evaluation
Liposomes	Hollow vessels, similar to the cell-membrane, size: 20 - 300 nanometer, the smaller they are the deeper the penetration, agent and agent carrier (channeling agents into the skin) multilamellar liposomes are most effective	highly recommendable
Lippia citriodora	Verbena, ethereal oil, stimulating, increases the powers of concentration	recommendable
Locust Bean Gum	Utilized in pharmaceutical products, rather than in cosmetics	limited recommendability
Lysine	Amino acid, usually from animal origin, cruelty to animals through intensive farming, benefit for beauty care products controversial, moisture preserver	not recommendable

L

Ingredient	Description	Evaluation
Macadamiaea ternifolia	Macadamia oil, derived from macadamianuts, rich content of plain unsaturated fatty acids, like palmitolein, oil acid and of vitamins it has an outstanding nurturing effect on the skin	highly recommendable
Magnesium Aluminium Silicate	Mineral with pouring quality, thickening agent or additive in powders	recommendable
Magnesium Ascorbyl Phosphate	Antioxidative in cosmetics	highly recommendable
Magnesium Chloride	Stabilizer in W/O preparations	recommendable
Magnesium Myristate	Base for powders, thickening in make up products	recommendable
Magnesium Oxide	Base for powders	recommendable
Magnesium Stearate	Base for powders, better gliding and covering quality, stabilizer and emulsifier in creams	recommendable
Magnesium Sulfate	Bitter salt, stabilizer in W/O preparations	recommendable
Malic Acid	Apple acid, belongs to the AHA fruit acids, peeling quality, should only be used with thickened horny layers, definitely not suitable for daily use	application as a cure recommendable, not recommendable for daily use
Malva Sylvestris	Mallow extract, rarely utilized agent with skin-calming and skin tightening properties	limited recommendability

Ingredient	Description	Evaluation
Mannitol	Sugar with similar qualities like sorbit	recommend-able
Matricaria Chamomillae	Chamomille extract, herbal agent, wound healing and skin-calming property	highly recom-mendable
Mel	Honey extract, contains vitamins, minerals and enzymes, moisture preserving quality	limited recommend-ability
Melaleuca Alternifoliae	ee tree oil = Oleum Melaleuca T Alternifoliae; antiviral, bacterizidal and fungizidal quality (anti-septic), especially if applied in combination with manuca and lavender	highly recommend-able
Mentha Arvensis	Peppermint, refreshing and cooling porperties	recommend-able
Mentha Piperita	Peppermint, refreshing and cooling porperties	recommend-able
Menthol	Herbal agent with refreshing and cooling porperties	recommend-able
Menthyl Acetate	Causes a subjective cold feeling on the skin	limited recom-mendability
Meristem	Herbal agent, extracted from root ends, antioxidative property, however in some cases it may also support the oxidation	not recommend-able
4-Methyl-Benzyliden-Camphor	Chemical light protection filter, irritating and allergenic potentials	not recommend-able
Methyl Gluceth-10	Vegetable gel former with PEG, moisture preserving, rejected by some experts due to possible impurities. From our point of view this danger does not exist if processed in accordance with the latest procedures	recommend-able

M

Ingredient	Description	Evaluation
Methyl Gluceth-20	Vegetable gel former with PEG, moisture preserving, rejected by some experts due to possible impurities. From our point of view this danger does not exist if processed in accordance with the latest procedures	recommendable
Methyl Glucose Dioleate	Emulsifier synthesized from vegetable materials, moisture preserving	highly recommendable
Methyl Glucose Sesquistearate	Emulsifier synthesized from vegetable materials, moisture preserving	highly recommendable
Methyl Nicotinate	Medical agent with stimulating effect on the blood circulation, suitable component in cellulite preparations	highly recommendable
Methylchloro Isothiazolinone	Chemical preservative, protein altering, considerable allergenic potential	not recommendable
Methyldibromo Glutaronitrile	1,2-Dibrom-2,4-dicyanobutan, chemical preservative, protein altering, trade name: Euxyl K 400	not recommendable
Methyl-isothiazolinone	Chemical preservative, considerable allergenic potential	not recommendable
Methylparaben	Chemical preservative, allergenic potential	not recommendable
Methylsilanol Mannuronate	Natural agent extracted from sea weed, supposed to have a positive effect on the fat burning e.g. with cellulite	limited recommendability
Methylsilanol Theophyllin-acetate Alginate	Natural agent extracted from sea weed, supposed to have a positive effect on the fat burning e.g. with cellulite	limited recommendability

Ingredient	Description	Evaluation
Mica	Glitter pigments on the basis of mineral glitter	recommendable
Microcrystalline Wax	Cera Microcristallina, wax derived from mineral oil, thickening agent in lip care products, allergenic potential, clog up pores and cause blackheads, carnauba wax and beeswax are better alternatives	not recommendable
Milk Protein	Benefit for beauty care products controversial	not recommendable
Mimosa Tenuiflora	Mimosa extract, herbal agent with anti-septiv property	limited recommendability
Mineral Oil	Paraffin oil, does not penetrate the skin, forms a water-impermeable layer on the skin, clog up pores (occlusion) comedogenic,	not recommendable
MIPA Laureth Sulfate	Synthesized basic surfactant, rejected by some experts due to possible impurities. From our point of view this danger does not exist if processed in accordance with the latest procedures	recommendable
Mucopolysaccharides	Agent made of dead animals (e.g. from fetus and umbilical cord), moisture preserving, and soothing properties usually produced with intensive farming, (cruelty to animals), possible BSE risk	not recommendable
Myo-Inosit	Bios I, natural sugar-like growth enhancer, part of the vitamin B complex family	recommendable
Myreth-3 Myristate	Emulsifier with PEG from vegetable materials	limited recommendability

M

Ingredient	Description	Evaluation
Myreth-4	Emulsifier with PEG from vegetable materials	limited recommendability
Myristic Acid	Co-emulsifier and gel former extracted from vegetable materials, due to the short chain length of its chemical structure it might cause skin irritation if applied in higher quantities	limited recommendability
Myristyl Alcohol	Gel former from vegetable materials	recommendable
Myristyl Lactate	Synthetic oil from vegetable materials	recommendable
Myristyl Myristate	Synthetic oil from vegetable materials	recommendable
Myrtrimonium Bromide	Chemical preservative	not recommendable

M

Ingredient	Description	Evaluation
Nasturtium Officinale	Watercress extract, cleansing quality with oily and impure skin and greasy hair	recommendable
Natrium-Lactate	Natrium salt of lactic acid, skin-physiological agent with high moisture preserving property	highly recommendable
Natto Gum Extract	Annatto tree extract, film former, benefit for beauty care products controversial	
Natural Polypeptide	Protection-colloids for hair care, often from animal origin, cruelty to animals through intensive farming, possible BSE risk, so ask the producer for the origin of the product	highly recommendable if of vegetable origin
Neopentyl Glycol Dicaprate	Highly compatible preparation for the removal of make-up from the eye area	recommendable
Niacinamide	Medic agent with stimulating and blood circulation stimulating properties	highly recommendable
Nonoxynol	Solubilizer for perfume oils, on the basis of PEG, supposed to have allergenic potential	not recommendable
Nucleic Acid	Substance of animal origin, cruelty to animals through intensive farming, produced from waste from the slaughterhouse,	not recommendable
Nylon	Round, smooth body to gently peel the horny layer of the skin, unlike peach stone or almond bodies it does no harm to the skin	highly recommendable

N

Ingredient	Description	Evaluation
Ocimum Basilicum	Oleum Basilicum, basil oil, relaxing, anti-septic, anti-itching with insect bites, insect repellent	highly recommendable
Octocrylene	One of the most compatible light protection filters	recommendable
Octyl Cocoate	Liquid wax, wide yield of application as neutral base oil	recommendable
Octyl Dimethyl PABA	Chemical light protection filter on the basis of paraaminobenzoic acid, sensitizing potential	not recommendable
Octyl Dodecanol	Synthetically produced fat body, mostly used in Make up products	recommendable
Octyl Hydroxystearate	fat body, rarely used in cosmetics	limited recommendability
Octyl Methoxycinnamate	Chemical light protection filter with cell-toxic effect according to the latest scientific findings	not recommendable
Octyl Octanoate	Synthetic wax ester with high spreading quality	recommendable
Octyl Palmitate	Synthetic wax ester of herbal origin with high spreading quality	highly recommendable
Octyl Stearate	Synthetic wax ester of herbal origin with high spreading quality	highly recommendable
Octyldodecyl Stearoyl Stearate	Bonding agent in pressed powders, thickening agent in lipsticks	highly recommendable
Octylene Glycol	2-ethyl-hexandiol, highly compatible insect repellent	highly recommendable



Ingredient	Description	Evaluation
Oenothera Biennis	Evening primrose oil, herbal oil, derived from the evening primrose plant, especially valuable herbal oil through its high content of gamma-linolenic acid (highly unsaturated fatty acid), especially suitable for the treatment of neurodermitis	highly recommendable
Olea Europaea	Olive oil, herbal oil with mainly unsaturated fatty acids, for a healthy nutrition rather than for skin care	recommendable
Oleamide DEA	Gel former of vegetable origin, according to some authors it forms carcinogenic nitrosamines	not recommendable
Oleic Acid Triglycerides	Oil of triple esterized oleic acid with refatting property	recommendable
Oleth-2 - 50	Emulsifier built of PEG, synthesized from vegetable materials, allergenic potential according to some authors	limited recommendability
Oleum Aniba rosaeodora	Rose wood oil, ethereal oil, relaxing and skin-calming properties	recommendable
Oleum Butyrospermi Parkii	Sheabutter, herbal oils with exceptional skin friendly and nurturing quality	highly recommendable
Oleum Canaga odorata	Ylang-Ylang, relaxing and calming properties	highly recommendable
Oleum Calendulae	Marigold extract, skin-calming, regenerating and wound healing properties	highly recommendable
Oleum Caryo Phylli	Carnation oil, a.o. insect repelling property	recommendable
Oleum Chamomillae Flor	Chamomille, ethereal oil, anti-inflammatory, skin-calming	highly recommendable

Ingredient	Description	Evaluation
Oleum Citrus Aurantium	Neroli, ethereal oil, calming, relaxing properties	recommendable
Oleum Commiphora Myrrha	Myrrh, ethereal oil, anti-septic, wound healing properties	recommendable
Oleum Cymbopogon Flexuosus	Lemongrass oil, ethereal oil, refreshing, increases the powers of concentration	highly recommendable
Oleum Eucalypti	Ethereal oil with anti-septic, regenerating, stimulating and insect repelling properties	recommendable
Oleum Oleum Gossypii	Cotton seed oil, might contain critically high concentrations of aflatoxins	not recommendable
Oleum Lavandulae Angustifoliae	Lavender oil, ethereal oil, anti-septic property, especially if applied together with tea tree oil and manuka, e.g. with acne and athlete's foot	highly recommendable
Oleum Leptospermum Scoparium	Manuka oil, ethereal oil, belongs to the tea tree family, outstanding anti-septic property, especially if applied together with tea tree oil and manuka, e.g. with acne and athlete's foot	highly recommendable
Oleum Lippia Citriodora	Verbena, ethereal oil, stimulating, increases the powers of concentration	recommendable
Oleum Macadamiae	Macadamia oil, derived from macadamianuts, rich content of plain unsaturated fatty acids, like palmitolein and oil acid it has an outstanding nurturing effect on the skin	highly recommendable



Ingredient	Description	Evaluation
Oleum Melaleuca Alternifoliae	Tee tree oil = Oleum Melaleuca Alternifoliae; antiviral, bacterizidal and fungizidal quality (anti-septic), especially if applied in combination with manuca and lavender	highly recommend-able
Oleum Ocimum Basilicum	Oleum Basilicum, basil oil, relaxing, anti-septic, anti-itching with insect bites, insect repelling properties	recommend-able
Oleum Oenotherae Biennis	Evening Primerose Oil, herbal oil, derived from the evening primrose plant, especially valuable herbal oil through its high content of gamma-linonleic acid (highly unsaturated fatty acid), especially suitable for the treatment of neurodermitis	highly recommend-able
Oleum Ricini	Ricinus oil, herbal oil	recommend-able
Oleum Pelargonium Graveolens	Ethereal oil extracted from geraniums, relaxing, skin nurturing properties	recommend-able
Oleum Pinus Pinaster	Balm-turpentine oil, relaxing property	recommend-able
Oleum Pinus Sylvestris	Pine needle oil, ethereal oil, refreshing, stimulating	recommend-able
Oleum Piper Nigrum	Black pepper, ethereal oil, stimulating and aphrodisiac properties	recommend-able
Oleum Santalum Album	Sandle wood oil, harmonizing, calming, nurturing and aphrodisiac properties	recommend-able
Oleum Saturejae hortensis	also: Saurejae montanae, savory oil, relaxing property	recommend-able

Ingredient	Description	Evaluation
Oleum Sesami indicae	Sesam oil (sesamum indicum), vegetable oil with refatting and slight UV protective properties	highly recommendable
Oleum Simmondsiae Californicae	Liquid wax with outstanding skin compatibility and skin nurturing property	highly recommendable
Oleum Triticum Vulgare	Wheatgerm oil, vegetable oil, high content of unsaturated fatty acids and vitamin E	highly recommendable
Oleyl Erucate	Oil derived from herbal materials, jojoba imitation, refatting and smoothing property	recommendable
Olus	Senseless naming of one or more herbal oils	
Oryza Sativa	Rice starch, often used as auxiliary in powders, rising quality, clogs up skin pores	not recommendable
Oryzanol	Lipid, constituent of rice bran, slightly UV protecting and antioxidative properties	recommendable
Oyster Extract	Benefit for beauty care products controversial	
Ozokerite	Paraffin wax with high melting point, constituent of many mineral oils, refatting, clog up pores in higher concentrations	not recommendable



Ingredient	Description	Evaluation
PABA	Paraamino-Benzoic acid, chemical light protection filter with allergenic potential	not recommendable
Palm Oil Glycerides	Palm oil, vegetable oil with mainly saturated fatty acids, refatting, bleaching, might form toxic compounds	limited recommendability
Palmitamine	Antistatic, prevents from electrostatic charging, rarely used	limited recommendability
Palmitic Acid	Fat body and thickening agent, co-emulsifier	recommendable
Panax Ginseng	Herbal agent, mainly orally applied, benefit for beauty care products highly controversial, frequently used, however, due to its positive image	not recommendable
Panthenol	D-Panthenol = Provitamin B 5, anti-inflammatory, anti-itching, skin cleansing and regenerating property, against chappy and rough skin	highly recommendable
Panthenyl Ethyl Ether	Antistatic, rarely used	limited recommendability
Pantothenic Acid Polypeptide	Antistatic, rarely used	limited recommendability
Papaver Rhoëas	Corn poppy, benefit for beauty care products controversial	not recommendable
Parabenes	Generic term for chemical preservatives, belongs to the group of parabenes, such as methyl-paraben, ethylparaben, propylparaben, butylparaben; high allergenic potential	not recommendable

P

Ingredient	Description	Evaluation
Paraffin	Mineral oil, derived from crude oil, not absorbed by the skin, forms a water impermeable layer and clogs up the skin pores, comedogenic	not recommend-able
Paraffin Oil	Mineral oil, derived from crude oil, not absorbed by the skin, forms a water impermeable layer and clogs up the skin pores, comedogenic	not recommend-able
Paraffinum Liquidum	Mineral oil, derived from crude oil, not absorbed by the skin, forms a water impermeable layer and clogs up the skin pores, comedogenic	not recommend-able
Passiflora Incarnata	Passion flower extract, benefit for beauty care products controversial	not recommendable
Passion Fruit	Passion fruit extract, benefit for beauty care products controversial	not recommendable
PCA	Pyrrolidonecarboxylic acid, chemical agent with moisture preserving and smoothing properties	recommend-able
Pectin	Herbal gel former in cosmetic preparations	recommend-able
PEG-100 Hydrogenated Castor Oil	Hardened ricinus oil with 100 ethylenglycol-units, chemical emulsifier, highly compatible, rejected by some experts due to possible impurities. From our point of view this danger does not exist if processed in accordance with the latest procedures	recommend-able

Ingredient	Description	Evaluation
PEG-100 Stearate	Stearic acid with 100 ethylenglycol-units, chemical emulsifier, highly compatible, rejected by some experts due to possible impurities. From our point of view this danger does not exist if processed in accordance with the latest procedures	recommendable
PEG-120 Methyl Glucose Diolate	Methylglucose with 100 ethylenglycol-units, thickening agent for shampoos and washing gels, rejected by some experts due to possible impurities. From our point of view this danger does not exist if processed in accordance with the latest procedures	recommendable
PEG-14-M	Polyethylenglycol, thickener, moisture preserver and stabilizer, rejected by some experts due to possible impurities. From our point of view this danger does not exist if processed in accordance with the latest procedures	recommendable
PEG-150 Distearate	Stearic acid with 150 ethylenglycol-units, rejected by some experts due to possible impurities. From our point of view this danger does not exist if processed in accordance with the latest procedures	limited recommendability
PEG-150 Stearate	Stearic acid with 150 ethylenglycol-units	recommendable
PEG-2 Hydrogenated Castor Oil	Hardened ricinus oil with 2 ethylenglycol-units, chemical emulsifier, highly compatible, rejected by some experts due to possible impurities. From our point of view this danger does not exist if processed in accordance with the latest procedures	recommendable

P

Ingredient	Description	Evaluation
PEG-2 Stearate	Stearic acid with 2 ethylenglycol-units, rejected by some experts due to possible impurities. From our point of view this danger does not exist if processed in accordance with the latest procedures	recommendable
PEG-20 Glyceryl Stearate	Methylglucose mit 20 Etyhylenglycol-units, highly compatible, rejected by some experts due to possible impurities. From our point of view this danger does not exist if processed in accordance with the latest procedures	recommendable
PEG-22 Dodecyl Glycol Copolymer	Emulsion stabilizer, benefit for beauty care products controversial	not recommendable
PEG-32	Polyethylenglycol, thickener, moisture preserver and stabilizer, rejected by some experts due to possible impurities. From our point of view this danger does not exist if processed in accordance with the latest procedures	recommendable
PEG-40 Alkyl Benzoate	40 Ethylenglycol-units with alcyil benzoate, emulsifier, rejected by some experts due to possible impurities. From our point of view this danger does not exist if processed in accordance with the latest procedures	recommendable
PEG-40 Hydrogenated Castor Oil	Hardened ricinus oil with 40 ethylenglycol-units, solubilizer, highly compatible, rejected by some experts due to possible impurities. From our point of view this danger does not exist if processed in accordance with the latest procedures	recommendable

Ingredient	Description	Evaluation
PEG-40 Sorbitan Peroleate	40 Ethylenglycol-units with sugar and fat, emulsifier, rejected by some experts due to possible impurities. From our point of view this danger does not exist if processed in accordance with the latest procedures	recommendable
PEG-40 Stearate	Stearic acid with 40 ethylenglycol-units, rejected by some experts due to possible impurities. From our point of view this danger does not exist if processed in accordance with the latest procedures	recommendable
PEG-45 Dodecyl Glycol-Copolymer	Emulsifier, benefit for beauty care products controversial	not recommendable
PEG-5-Glyceryl Stearate	Glyceryl-Monostearat with 5 ethylenglycol-units, chemical emulsifier, rejected by some experts due to possible impurities. From our point of view this danger does not exist if processed in accordance with the latest procedures	recommendable
PEG-5 Soya Sterol	5 ethylenglycol-units with sterin from soy, chemically modified natural emulsifier, rejected by some experts due to possible impurities. From our point of view this danger does not exist if processed in accordance with the latest procedures	recommendable
PEG-6	Polyethylenglycol as moisture preserver and stabilizer, rejected by some experts due to possible impurities. From our point of view this danger does not exist if processed in accordance with the latest procedures	recommendable

P

Ingredient	Description	Evaluation
PEG-60 Almond Glycerides	60 ethylenglycol-units with almond, emulsifier and very mild surfactant, rejected by some experts due to possible halogen-organic residues. From our point of view this danger does not exist if processed in accordance with the latest procedures	limited recommendability
PEG-60 Evening Primrose Glycerides	60 ethylenglycol-units with evening primrose oil, emulsifier, solubilizer, refatter, rejected by some experts due to possible impurities. From our point of view this danger does not exist if processed in accordance with the latest procedures	recommendable
PEG-60 Hydrogenated Lösungs-Castor Oil	Hardened ricinus oil with 60 ethylenglycol-units, solubilizer, highly compatible, rejected by some experts due to possible impurities. From our point of view this danger does not exist if processed in accordance with the latest procedures	recommendable
PEG-7 Glyceryl Cocoate	7 ethylenglycol-units with coconut oil, emulsifier and refatter in surfactants, rejected by some experts due to possible impurities. From our point of view this danger does not exist if processed in accordance with the latest procedures	recommendable
PEG-7 Hydrogenated Castor Oil	Hardened ricinus oil with 7 ethylenglycol-units, chemical emulsifier, highly compatible, rejected by some experts due to possible impurities. From our point of view this danger does not exist if processed in accordance with the latest procedures	recommendable

Ingredient	Description	Evaluation
PEG-75 Stearate	Stearic acid with 75 ethylenglycol-units, chemical emulsifier, rejected by some experts due to possible impurities. From our point of view this danger does not exist if processed in accordance with the latest procedures	recommendable
PEG-8	Polyethylenglycol as moisture preserver and stabilizer, rejected by some experts due to possible impurities. From our point of view this danger does not exist if processed in accordance with the latest procedures	recommendable
PEG-8 Beeswax	8 ethylenglycol-units with beeswax, emulsifier might contain undesirable residues	limited recommendability
Pelargonium graveolens	Rose geranium, ethereal oil, relaxing and nurturing properties	recommendable
Pentaerythryl Tetrastearate	Emulsifier, synthesized from vegetable materials	recommendable
Pentasodium Pentetate	Natrium salt of pentetic acid, chemical complex former, supports the effect of preservatives, bad biodegradability	not recommendable
Pentetic Acid	Chemischer complex former, same effect as pentasodium pentetate, supports the effect of preservatives, bad biodegradability	not recommendable
Pentylene Glycol	Pentandiol, moisturizer, high skin compatibility, should be used in cleansing products rather than in creams	recommendable

Ingredient	Description	Evaluation
Perfluoro Polymethyl Isopropylether	Hair wax, environmental relevant chlorofluorocarbon	not recommendable
Perfluorodecalin	Chlorofluorocarbon, not used any more by medic practitioners due to uncertainties, oxygen carrier in highly questionable oxygen creams, benefit for skin and beauty care products utmost controversial	not recommendable
Perfume	Scent, high allergenic potential	not recommendable
Persea Gratissima	Avocado oil, herbal oil with rich content of vitamin A, E, D and plain unsaturated fatty acids	highly recommendable
Petrolatum	Vaseline, mineral fat, mineral oil product, not absorbed by the skin, forms a water-impermeable layer on the skin and clogs up pores (occlusion), and cause blackheads	not recommendable
PHB-Ester	Parahydroxibenzoacidester, former decalration for parabenes, chemical preservative with allergenic potential	not recommendable
Phenoxyethanol	Chemical preservative, used in combination with other chemical preservatives, might cause allergic reactions	not recommendable
Phenylbenzimidazole-Sulfonic Acid	One of the most skin compatible UV radiation filters	recommendable
Phospholipids	Liposomes are built of phospholipids, also important elements of the intercellular substance, responsible for the regulation of the transdermal water balance, guarantee of the dermal elasticity	highly recommendable if of vegetable origin

Ingredient	Description	Evaluation
Phytantriol	Synthetized care product especially for hair care	recommendable
Phytic Acid	Natural complex former, protects oils from oxidation	highly recommendable if of vegetable origin
Pigments	Unqualified declaration, chemical or mineral pigment, in product-listings only listed in combination with its assigned Ci-number	see each one
Pigment Green CI 10006	Chemical dye	not recommendable
Pigment Yellow 1 CI 11680	Chemical dye	not recommendable
Pigment Yellow 3 CI 11710	Chemical dye	not recommendable
Pigment Orange 1 CI 11725	Chemical dye	not recommendable
Pigment Red 1 CI 12120	Chemical dye	not recommendable
Pigment Red 112 CI 12370	Chemical dye	not recommendable
Pigment Red 7 CI 12420	Chemical dye	not recommendable
Pigment Brown 1 CI 12480	Chemical dye	not recommendable
Pigment Yellow 16 CI 20040	Chemical dye	not recommendable
Pigment Yellow 13 CI 21100	Chemical dye	not recommendable
Pigment Yellow 83 CI 21108	Chemical dye	not recommendable

Ingredient	Description	Evaluation
Pigment Red 122 CI 73915	Chemical dye	not recommendable
Pigment Blue 16 CI 74100	Chemical dye	not recommendable
Pigment Red 101/ 102 CI 77015	Chemical dye	limited recommendable
Pigment Black 9 CI 77267	Chemical dye	limited recommendable
Pigment Blue 28 Pigment Green CI 77346	Chemical dye	limited recommendable
Pigment White 18 CI 77713	Chemical dye	limited recommendable
Pinus	Pine needle oil, ethereal oil, anti-septic and regenerating properties	recommendable
Pinus Nigra	Black pine resin, disinfecting and regenerating	recommendable
Pinus Pinaster	Ethereal oil from the resin of the pine tree, balm turpentine, relaxing property	recommendable
Pinus sylvestris	Pine needle oil sibirian, refreshing, tonic	recommendable
Piper nigrum	Black pepper, ethereal oil, slightly stimulating, aphrodisiac properties	recommendable
Piroctone Olamine	Chemical agent against dandruff, possible irritating potential	limited recommendability
Pisum Sativum	Pea extract, benefit for beauty care products controversial	not recommendable
Placenta Protein	Placenta Protein, from dead animals, benefit for beauty care products controversial, possible BSE risk	not recommendable

Ingredient	Description	Evaluation
POE	Former declaration for PEG	see PEG
Pogostemon Cablin	Patchouli Oil, ethereal oil, environmental relevant, procured from tropical forests	not recommendable
Pollen Extract	Benefit for beauty care products controversial	not recommendable
Poloxamer	Mild surfactant, derived from polyethylenglykol and polypropylenglykol	recommendable
Polyacrylamide	Thickening agent, mainly in washing powders	recommendable
Polyethylene	Component in powders, abrasive in peelings	recommendable
Polyglyceryl-2 Sesquiso-stearate	Emulsifier, mainly of vegetable origin	recommendable
Polyglyceryl-2 Sesquioleate	Emulsifier, mainly of vegetable origin	recommendable
Polyglyceryl-3 Beeswax	Chemical emulsifier of beeswax and polyglycerin, might contain undesirable residues	limited recommendability
Polyglyceryl-3 Dimerate	Former decalration for diisostearoyl polyglyceryl-3, emulsifier for W/O emulsions, made of the renewable resources glycerine and fatty acids, high skin compatibility	highly recommendable
Polyglyceryl-3 Methylglucose Distearate	Emulsifier for W/O emulsions, made of the renewable resources glycerine and fatty acids, high skin compatibility	highly recommendable
Polyglyceryl-3 Oleate	Emulsifier of mainly vegetable origin	highly recommendable

P

Ingredient	Description	Evaluation
Polyglyceryl-3 Ricinoleate	Emulsifier for W/O emulsions, made of the renewable resources glycerine and fatty acids, high skin compatibility	highly recommendable
Polyglyceryl-4 Oleate	Emulsifier for W/O emulsions, made of the renewable resources glycerine and fatty acids, high skin compatibility	highly recommendable
Polyglyceryl-6 Dioleate	Emulsifier for W/O emulsions, made of the renewable resources glycerine and fatty acids, high skin compatibility	highly recommendable
Polyglyceryl Methacrylate	Moisture preserver with limited benefit in beauty care products	not recommendable
Polyisobutene	Synthetic fat body (squalan), benefit for beauty care products controversial	limited recommendability
Polyquaternium-1	Chemical hair softener, bad biodegradability	not recommendable
Polyquaternium-2	Chemical hair softener, bad biodegradability	not recommendable
Polyquaternium-4	Chemical hair softener, bad biodegradability	not recommendable
Polyquaternium-5	Chemical hair softener, possibly irritating	not recommendable
Polyquaternium-6	Chemical hair softener, bad biodegradability	not recommendable
Polyquaternium-7	Smoothing, moisture preventing agent, polluted with methyl and propylparaben, bad biodegradability	not recommendable
Polyquaternium-8	Smoothing, moisture preventing agent, bad biodegradability	not recommendable

Ingredient	Description	Evaluation
Polyquaternium-9	Smoothing, moisture preventing agent, bad biodegradability	not recommendable
Polyquaternium-10	Synthetized hair softener from cellulose with high skin compatibility	recommendable
Polyquaternium-11	Chemical hair softener, bad biodegradability	not recommendable
Polyquaternium-12	Chemical hair softener, bad biodegradability, might possibly cause allergic reactions	not recommendable
Polyquaternium-13	Chemical hair softener, bad biodegradability	not recommendable
Polyquaternium-15	Chemical hair softener, bad biodegradability	not recommendable
Polyquaternium-19	Quarternized polyvinylalcohol, moisturizing propety	limited recommendability
Polyquaternium-20	Polyvinyloctadecylether, moisturizing propety	limited recommendability
P Polyquaternium-21	Softener with silicon, bad biodegradability	not recommendable
Polyquaternium-24	Hair softener, made of cellulose, prevents from "fly-away" hair	highly recommendable
Polysorbate-20/40/60/80	O/W emulsifiers, synthetized from sorbit, fatty acid and PEG (polyethylenglicol), rejected by some experts due to possible impurities. From our point of view this danger does not exist if processed in accordance with the latest procedures	recommendable
Potassium Ascorbyl Tocopheryl Phosphate	Antioxidative substance	recommendable

Ingredient	Description	Evaluation
Potassium Carbomer	Potassium salt of carbomer, chemical gel former	recommendable
Potassium Carbonate	Mineral alkalizer	recommendable
Potassium Coco hydrolyzed Animal Protein	Protein fatty acid condensate, very mild surfactant, coconut oil of vegetable origin, protein of animal origin (dead animals), intensive farming, possible BSE risk	not recommendable
Potassium Hydroxide	Potassium hydroxid as mineral alkalizer	recommendable
Potassium Laurate	Soft soap, vegetable emulsifier and surfactant, irritating potential in higher concentration	not recommendable
Potassium Phosphate	Buffer system in watery solutions	recommendable
Potassium Sorbate	Potassium salt of sorbin acid, naturidentical chemical preservative, allergenic and irritating potential in skin care, in nutrition safe	not recommendable
Potassium Stearate	Soft soap, cheap vegetable emulsifier of animal origin (intensive farming, possible BSE risk) can also be of animal origin, so ask the producer for the origin of the product	recommendable if of vegetable origin
PPG-15 Stearyl Ether	Polypropylenglycol with stearyl ether, chemical solvent with highly irritating potential	not recommendable
PPG-2 Methyl Ether	Polypropylenglycol with methyl ether, chemical solvent with highly irritating potential	not recommendable

Ingredient	Description	Evaluation
Quaternium-1 (up to-71)	Various hair softeners, mainly of synthetic or animal origin, some with allergenic potential, should be replaced by better hair softeners	not recommend-able
Q-10	Part of ubiquinone, complex of co-enzymes, built up by human body in sufficient quantities, thus benefit for skin care products and nutrition supplements controversial	not recommend-able

Ingredient	Description	Evaluation
Ranunculus Ficaria	Fig extract, supposed to have capillary narrowing quality with couperosis	limited recommendability
Retinyl Acetate	Vitamin A (retinol) esterized with acetic acid, vitamin for the aging skin, supports the development of collagen in the skin	recommendable
Retinyl Palmitate	Vitamin A (retinol) esterized with palmitin acid, vitamin for the aging skin, supports the development of collagen in the skin	highly recommendable
Rice Starch	Recommendable as ingredient in body powders	recommendable
Ricinus Communis	Ricinus oil, castor oil, herbal oil	recommendable
Rosa Canina	Rose hip oil, herbal oil	recommendable
Rosa Centifolia	May rose, herbal agent, benefit for beauty care products controversial	not recommendable
Rosa Damascena	Rose oil, ethereal oil, with relaxing and regenerating property	recommendable
Rose Hip Oil	Vegetable oil	recommendable
Rosewater	Stimulating effect on the psyche	limited recommendability
Rosmarinus Officinalis	Rosemary oil or rosemary extract with anti-septic quality	recommendable
Royal Jelly	Agent from animal origin (food for the queen bee), benefit for beauty care products highly controversial	not recommendable
Rumex Occidentalis Extr.	Sorrel extract, hampers formation of melanine, utilization in lead creams	highly recommendable

R

Ingredient	Description	Evaluation
Saccharide Isomerate	Vegetable sugar with moisture preserving property	limited recommendability
Safflower Oil	Vegetable oil, rich content of linolic acid	recommendable
Salvia officinalis	Sage extract, herbal agent with astringent and skin tightening properties	recommendable
Salicylic Acid	Preservative, makes skin and epidermis come off, irritating in higher concentrations	limited recommendability
Santalum album	Sandlewood, harmonizing, calming, nurturing, aphrodisiac properties	recommendable
Saponaria Officinalis	Vegetable surfactant, irritating and allergenic potential	not recommendable
SD Alcohol 39	Alcohol, denaturated with diethylphthalate, preserving, soluble and refreshing properties	recommendable
SD Alcohol 40	Alcohol, denaturated with brucine, quassine and butylalcohol, preserving, soluble and refreshing properties	recommendable
S Seaweed extract	Benefit for beauty care products highly controversial	limited recommendability
Semen Hippocastani	Horse chest nut extract, herbal capillary-active agent with varicose veins and other visible skin vessels	highly recommendable
Serica	Silkworm extract, unethical due to mass-killing of sideworms with the production of that protein, benefit for beauty care products controversial	not recommendable

Ingredient	Description	Evaluation
Serine	Amino acid, usually from animal origin, cruelty to animals through intensive farming, benefit for beauty care products controversial, moisture preserver	not recommend-able
Serum Protein	Protein of blood plasma, benefit for beauty care products highly controversial	not recommend-able
Sesame Oil	Sesamum indicum, herbal oil with refattingen and slight UV radiation protecting properties	highly recommend-able
Sesamum indicum	Herbal oil with refatting and slight UV radiation protecting properties	highly recommendable
Sheabutter	Oleum Butyrospermi Parkii, herbal oil with highly skin friendly and nurturing quality	highly recommend-able
Shorea Stenoptera	Extracted from the fruit of the shoreatree, rarely applicated	limited recommendability
Silica = Siliceous Earth	Silicic acid, mineral raw material and powder material with decreasing, cleansing properties	highly recommend-able
Silver	Dye, benefit for beauty care products controversial	not recommendable
Simethicone	Mixture of silicagel and dimethicone (silicon oil) as skin care product, bad biodegradability, but no risk for environment	limited recommend-ability
Simmondsia Californica	Jjoba oil, oleum simmondsiae californicae, liquid wax with uitstanding skin nurturing quality, very high compatibility	highly recommend-able

S

Ingredient	Description	Evaluation
Sitosterol	Beta sitosterol, herbal agent, nurturing, anti-inflammatory, improves the compatibility of chemical light protection filters	highly recommendable
Sodium Acrylate/Vinyl Alcohol Copolymer	Gel former of synthetic origin, with skin-compatible quality, rejected by some experts due to possible impurities. From our point of view this danger does not exist if processed in accordance with the latest procedures	recommendable
Sodium Ascorbyl P	Highly effective antioxidative, and vitamin C dispenser for the skin	highly recommendable
Sodium Benzoate	Chemical preservative, allergenic potential	not recommendable
Sodium Borate	Boric acid, preservative with disinfecting quality, might penetrate the body and cause intoxications	not recommendable
Sodium Carbomer	Highly compatible gel former of synthetic origin	not recommendable
Sodium Cetearyl Sulfate	Inferior emulsifier, might decrease and dry out the skin	not recommendable
Sodium Chloride	Natrium chlorid, table salt, auxiliary substance, Gelbidner in surfactants, stabilizes W/O creams	highly recommendable
Sodium Chondroitin	Chondroitinsulfate, mucopolysaccharide of animal origin, intensive farming, possible BSE risk	not recommendable
Sodium Citrate	Natriumcitrate, natural complex former for binding heavy metals	recommendable
Sodium Dehydroacetate	Dehydroacetic acid, chemical preservative, occasionally allergenic and irritating	not recommendable

Ingredient	Description	Evaluation
Sodium EDTA	Ethylene-Diamino-Tetra-Acetate, chemical auxiliary substance, as a complex former it supports the effect of preservatives, bad biodegradability	not recommendable
Sodium Glutamate	Taste enhancer in food, no benefit for beauty care products	not recommendable
Sodium Glycollate	Natrium salt of glycol acid, smallest effective AHA acid, for peelings, should not be used for daily skin care but in form of cures	recommendable
Sodium Hyaluronate	Mucopolysaccharide, usually produced by means of biotechnology, with moisturizing and moisture preserving properties, also extracted from cock's crowns thus with cruelty to animals through intensive farming, so ask the producer for the origin of the product	highly recommendable if produced biotechnologically
Sodium Hydrogenated Tallow Glutamate	Mild surfactant of animal origin, intensive farming, cruelty to animals, possible BSE risk	not recommendable
Sodium Hydroxide	Natrium hydroxide, alkalizer for the neutralization of acidly compounds	recommendable
Sodium Lactate	Natrium lactate, natrium salt of lactic acid, skin-physiological with high moisture preserving property	highly recommendable
Sodium Sodium Laureth Sulfate	Frequently utilized basic surfactant, rejected by some experts due to possible impurities. From our point of view this danger does not exist if processed in accordance with the latest procedures	recommendable

Ingredient	Description	Evaluation
Sodium Sodium Laureth Sulfate (and) Glycol Distearate (and) Cocamide MEA	Synthesized surfactant and brightener, improves the optical appearance of shampoos and washing gels	limited recommendability
Sodium Mannuronate-Methylsilanol	Sea weed extract, herbal agent, moisture preserving, skin-tightening, often component of cellulite products	highly recommendable
Sodium Methyl Cocoyl Taurate	Mild basic surfactant	highly recommendable
Sodium Palmitate	Natriumpalmitate, cheap surfactant and basic for soap	not recommendable
Sodium PCA	Natrium salt of Pyrrolidoncarbonacid, moisture preserving and smoothing property	recommendable
Sodium Phenylbenzimidazole Sulfonate	One of the most compatible UV-radiation filters	recommendable
Sodium Polyacrylates	Gel former rejected by some experts due to possible impurities. From our point of view this danger does not exist if processed in accordance with the latest procedures	recommendable
Sodium Sorbate	Natrium salt of sorbic acid, natural identical chemical preservative, irritating and allergenic potential	not recommendable
Sodium Sulfide	Strong reductor, utilized in hair coloring products, allergenic potential	not recommendable
Solubilized Oxygen	According to INCI incorrect naming for dissolved oxygen while no carrier named, benefit of oxygen in beauty care products not apparent	not recommendable

Ingredient	Description	Evaluation
Soluble Collagen	Agent made of dead animals (intensive farming, cruelty to animals, possible BSE risk, low benefit, can't penetrate the skin, no anti-wrinkle quality)	not recommendable limited recommendable if of vegetable origin
Sorbic Acid	Nature identical chemical preserving, slight irritating and allergenic potential, in food safe	not recommendable
Sorbitan Isostearate	Emulsifier of vegetable or animal origin, moisture preserving, be aware about intensive farming !	recommendable if of vegetable origin
Sorbitan Palmitate	Vegetable emulsifier, may be derived from suet, cruelty to animals through intensive farming, so ask the producer for the origin of the product	recommendable if of vegetable origin
Sorbitan Peroleate	Vegetable emulsifier, may be derived from suet, cruelty to animals through intensive farming, so ask the producer for the origin of the product	recommendable if of vegetable origin
Sorbitan Sesqui-Oleate	Vegetable emulsifier, may be derived from suet, cruelty to animals through intensive farming, so ask the producer for the origin of the product	recommendable if of vegetable origin
Sorbitan Stearate	Emulsifier of vegetable or animal origin, moisture preserving, be aware about intensive farming!	recommendable if of vegetable origin
Sorbitan Tristearate	Emulsifier of vegetable or animal origin, moisture preserving, be aware about intensive farming!	recommendable if of vegetable origin
Sorbit = Sorbitol	Vegetable sugar with moisturizing property	recommendable

Ingredient	Description	Evaluation
Soy Lecithin	Herbal emulsifier with moisturizing property, raw material for the production of liposomes from phospholipids	highly recommendable
Soy Sterole	Sterine, unsoapable portion of soy oil, herbal emulsifier, water preserving property on the skin	recommendable
Soybean Oil	Herbal oil	recommendable
Soybean Phospholipids	Phospholipids of soy, constituent of the intercellular substance	highly recommendable
Soybean Sterole	Sterine, unsoapable portion of soy oil, herbal emulsifier, water preserving property on the skin	recommendable
Sphingolipids	Constituent of the intercellular substance, pre-step of the ceramide, derived from soy oil, may also be from animal origin, cruelty to animals through intensive farming, possible BSE risk	recommendable if of vegetable origin
Spirulina	Sea weed, benefit for beauty care products controversial	not recommendable
Spleen Extract	Spleen extract, agent made of dead animals, benefit for beauty care products controversial, possible BSE risk	not recommendable
Squalane	Hydrogenated shark liver oil, agent made of dead animals, also derived from olive oil, or synthetically	recommendable if of vegetable origin
Starch (and) Magnesium Oxide	Starch from magnesium oxide, raw material for powders, starch pores the skin and clogs up the pores	recommendable

S

Ingredient	Description	Evaluation
Stearamine Oxide	Mild surfactant, with anti-static property,	recommendable
Stearate	Stearic acid, co-emulsifier and gel former	recommendable
Steareth-n	Polyethylen glycol-Stearylether, chemical emulsifier, n means a number from 2 up to 30 = number of PEG units, rejected by some experts due to possible impurities. From our point of view this danger does not exist if processed in accordance with the latest procedures	recommendable
Stearic Acid	Stearin acid, co-emulsifier and gel former	recommendable
Stearoxy Dimethicone	Silicon oil compound, synthetically produced, also for hair wax, smoothing property, may effect color of hair, utilized as foam reducer, bad biodegradability, but no risk for environment	limited recommendability
Stearyl Alcohol	Fatty alcohol als gel former	highly recommendable
Stearyl Caprylate	Octadecyloctanoat, skin care oil	recommendable
Stearyl Dimethicone	Silicon oil compound, synthetically produced, also for hair wax, smoothing property, may effect color of hair, utilized as foam reducer, bad biodegradability, but no risk for environment	limited recommendability
Stearyl glycyrrhetinate	Derived from liquorice, benefit for beauty care products controversial	not recommendable
Stearyl Heptanoate	Synthesized skin care oil	limited recommendability

Ingredient	Description	Evaluation
Stearyl Octanoate	Synthesized skin care oil	recommendable
Styrene/Acrylate Copolymer	Gel former and film former	limited recommendability
Sucrose	Sugar, vegetable moisture preserving agent	recommendable
Sucrose Cocoate	Mild surfactant from sugar and fat, improves compatibility of other surfactants	highly recommendable
Sucrose Stearate	Very compatible emulsifier, synthesized from sugar and fat, one of the view emulsifiers with moisture preserving quality	highly recommendable
Sulfur	effective against dandruff, slightly irritating property, medic and cosmetic utilization only upon certain indications, like acne	recommendable
Sunflower Oil	Herbal oil with high content of linolic acid	recommendable
Sunflower Seed Oil	Heliantus annuus, oil derived from sunflower seed, high content of linolic acid, more appropriate for nutrition than for beauty care	recommendable
Superoxide Dismutase	Catcher of radicals in the cell-metabolism, questionable benefit in beauty care products as this enzymes is present in a balanced manner within the cell	not recommendable

S

Ingredient	Description	Evaluation
Talc	Natural mineral substance, raw material for powders	recommendable
Tartaric Acid	Herbal agent, supports the effect of antioxidatives, acidifier for the regulation of the pH factor	recommendable
TEA-Carbomer	Carbomer as gel former with triethanolamine, neutralizes, may cause allergic reactions, present diethanolamin could possibly form carcinogenic nitrosamines	not recommendable
TEA-Lactate	Lactic acid with triethanolamin, neutralizes, moisture preserving, present diethanolamin could possibly form carcinogenic nitrosamines	not recommendable
TEA-Stearate	Stearin acid with triethanolamine, surfactant and emulsifier, present diethanolamin could possibly form carcinogenic nitrosamines	not recommendable
TEA-Tallate	Triethanolamine with fatty acids from the talc of dead animals may contain residues of carcinogenic nitrosamines	not recommendable
Tetrahydroxypropyl Ethylenediamine	Chemical alkalizer for neutralizing gel former	recommendable
Tetrasodium EDTA	EDTA = Ethylene-Diamino-Tetra Acetate, chemical auxiliary substance, as a complex former it supports the effect of preservatives, bad biodegradability	not recommendable
Threonine	Amino acid, usually from animal origin cruelty to animals through intensive farming benefit for beauty care products controversial moisture preserver	not recommendable

Ingredient	Description	Evaluation
Thymus Glands Extract	Agent made of dead animals, cruelty to animals through intensive farming, benefit for beauty care products controversial	not recommendable
Thymus Vulgaris	Thyme extract, disinfecting and desodorative properties, possibly effective with some forms of hair-loss	recommendable
Tilia Cordata	Limewood extract, herbal agent with skin-calming property	limited recommendability
Titanium Dioxide	White pigment in make-ups, skin friendly UV radiation filter in micro-sized form	highly recommendable
Tocopherol	Incorrect naming for vitamin E as it is not recognizable whether dealt with natural vitamin E (D-alpha-tocopherol) or synthetic vitamin E (D, L-alpha-Tocopherol), antioxidative with skin protecting property e.g. against UV radiation, moisture preserving	highly recommendable if of vegetable origin
Tocopheryl Acetate	Incorrect naming for vitamin E acetate as it is not recognizable whether dealt with natural vitamin E (D-alpha-tocopherol) or synthetic vitamin E (D, L-alpha-Tocopherol), antioxidative with skin protecting property e.g. against UV radiation, moisture preserving	highly recommendable if of vegetable origin
Tocopheryl Linoleate	Incorrect naming for vitamin E linoleate as it is not recognizable whether dealt with natural vitamin E (D-alpha-tocopherol) or synthetic vitamin E (D, L-alpha-Tocopherol), antioxidative with skin protecting property e.g. against UV radiation, moisture preserving	highly recommendable if of vegetable origin

T

Ingredient	Description	Evaluation
Tomato Extract	Benefit for beauty care products controversial	not recommendable
Tribehenin	Thickening agent in creams, constituent of pressed powders	recommendable
Triceteareth-4 Phosphate	Ceteareth-phosphate, mainly chemical emulsifier, decreasing, might contain halogenorganic residues	not recommendable
Triclosan	Chemical preservative, allergenic, photoallergenic, good anti-plaque quality in toothpaste,	not recommendable
Trideceth-n	Tridecyl-alcohol mit n PEG-units as emulsifier,	recommendable
Tridecyl Stearate	Tridecyl-alcohol with stearin acid, oily component in cosmetic preparations	recommendable
Triethanolamine	Alkalizer for the regulation of the pH factor, may possibly cause allergic reactions, present diethanolamin could possibly form carcinogenic nitrosamines	not recommendable
Triethyl Citrate	Lemon acid triethylester, bacteriostaticum, hampers bad odor caused by bacteria, high skin compatibility,	highly recommendable if of vegetable origin
Triglycerides	Fuzzy thus incorrect naming for natural oils	no correct INCI declaration
Trihydroxystearin	Main component in castor oil = ricinus oil, vegetable, refatting oil	recommendable
Triisostearin	Glycerintriisostearate, fat body in cosmetics	recommendable
Trilaureth-4-Phosphate	Ethoxylized triester of phosphoric acid, emulsifier of herbal origin, high skin nurturing properties, good compatible for skin and mucous membrane	recommendable

Ingredient	Description	Evaluation
Trilaurin	Glycerintrilaurate, fat body in cosmetics	recommendable
Trilinolein	Glycerintrilaurate, fat body in cosmetics	recommendable
Trioctanoïn	Glycerintrioctanoate, fat body in cosmetics	recommendable
Triolein	Glycerintrioleate, fat body in cosmetics	recommendable
Tripalmitin	Glycerintripalmitat, fat body in cosmetics	recommendable
Trisodium Citrate	Trinatriumcitrate, natural complex former for binding heavy metals	recommendable
Trisodium EDTA	Ethylene-Diamino-Tetra-Acetate, chemical auxiliary substance that supports the effect of preservatives as complex former, bad biodegradability	not recommendable
Tristearin	Glycerintristearate, fat body in cosmetics	recommendable
Triticum Vulgare	Wheatgerm oil, contains double unsaturated essential fatty acid and vitamin E, important in nutrition and skin care,	highly recommendable

T

Ingredient	Description	Evaluation
Ubiquinone	Complex of coenzymes, most known is coenzyme Q 10, built up by the human body in sufficient quantities, thus benefit for skin care products and nutrition supplements controversial	not recommendable
Ultramarine	Mineral dye, CI 77007	recommendable
Urea	Synthetically produced urea enhances the binding of water in the epidermis, wound healing property, regulates thickness of the horny layer, neurodermitis patients show significantly low urea values in the epidermis, also effective against psoriasis	highly recommendable
Urtica Dioica	Nettle extract, herbal agent with relaxing and strengthening properties	recommendable
Urtica e Fol	Nettle extract, herbal agent with relaxing and strengthening properties	recommendable
Usnea Barbata	Beardmoss extract, contains usnic acid with antibiotic quality against some kind of bacteria, desodorative property	limited recommendability

Ingredient	Description	Evaluation
Vanillin	Scent and flavor	recommendable
Vegetable Oil	Generic term, of low value in declarations, oils should be specified	no correct INCI declaration
Viola Tricolor	Pansy extract, skin-calming property	highly recommendable

Ingredient	Description	Evaluation
Water	Quality of the cosmetic product will largely depend on the quality of the used water	Best water quality highly recommendable
Wheat Bran Extract	Benefit for beauty care products controversial	not recommendable
Wheat Germ Oil	Herbal oil, rich content of unsaturated fatty acids and vitamin E	highly recommendable
Wheat Germ Protein	Better alternative for silk proteins (protection of the silk worm), yet benefit for beauty care products not apparent,	limited recommendability
Witch Hazel Distillate	Hamamelis, herbal agent supposed to have sweat hampering and moisture preserving properties	not recommendable

Ingredient	Description	Evaluation
Xanthan Gum	Gel former, produced by means of biotechnology, highly skin compatible, one of the polysaccharides	highly recommendable

Ingredient	Description	Evaluation
Yarrow Extract	Herbal agent, benefit for beauty care products controversial, allergenic potential	not recommendable
Yeast Extract	Benefit for beauty care products controversial, allergenic potential	not recommendable

Ingredient	Description	Evaluation
Zea Mays	Natural oil with high content of unsaturated fatty acids	recommendable
Zinc Oxide	Mineral dye with UV reflecting and protecting properties, anti-inflammatory	highly recommendable
Zinc Pyrithione	Chemical preservative, not allowed in mouth care products, effective against dandruff, allergenic potential	limited recommendability
Zinc Stearate	Mild antiseptic agent in powders	recommendable



Ernst Walter Henrich was a student of the medical faculty at the University of Cologne. It was there that he received his phd for medicine.

Apart from his medical qualification, he is specialist for naturopathic treatment. A main focus of his work is the correction of wrinkles by means of injections.

In this work, he met Dr. Baumann. Both are involved in research for optimized without hazardous ingredients, on the basis of medic-dermatologic and naturopathic findings. In 1990 they founded their first company and by 1998 the second.



Thomas Baumann was a student of the chemical faculty at Heidelberg University. From there he received his phd in pharmacy (Dr. rer. nat). He made a career with biochemistry at Heidelberg University where he did research for enzymekinetics. During the involvement with a south German cosmetic company he met Dr. Henrich. Together they focused their research for the development of medically sound, especially skin compatible, cosmetics without allergenic ingredients. This successful coloboration lead to the foundation of the two companies.