

# Wallet size Ingredients Card

 **CUT LINE**

**cinco**  **vidas**

A lifestyle brand of products and services, Cinco Vidas helps cancer fighters, survivors, and caregivers deal with chemotherapy and radiation side effects—particularly on the hair, skin, and nails. With the goal of fostering prevention and encouraging change, Cinco Vidas is also increasing awareness of potential cancer-causing chemicals in personal-care products.

**SAFETY TIPS:**

- \* Use fewer, simpler personal care-products
- \* Don't trust "organic" or "natural"—read labels
- \* Cosmetic companies use many chemicals; be your own authority

[www.cincovidas.com](http://www.cincovidas.com)

---

**FOLD LINE**

**STAY SAFE AND REDUCE TOXIC EXPOSURE BY AVOIDING THESE 10 INGREDIENTS WHEN YOU SHOP**

<b>HYDROQUINONE</b> mutagenic properties; hastens aging	<b>SYNTHETIC DYES (FD&amp;C, D&amp;C)</b> most come from coal tar; carcinogenic
<b>PARABENS</b> potentially carcinogenic preservatives	<b>SYNTHETIC FRAGRANCE</b> may contain hundreds of hidden harmful chemicals
<b>PETROCHEMICALS (PEG)</b> may cause premature skin aging; a.k.a. mineral oil	<b>TEA/MEA/DEA</b> toxic ammonia compounds, unclassified carcinogens
<b>PHTHALATES (DBP, DEP)</b> linked to birth defects, organ damage	<b>TOLUENE</b> found in some nail polishes; linked to reproductive abnormalities
<b>SULFATES (SODIUM LAURYL SULFATE)</b> penetrate to the heart & lungs, promote allergies	<b>UREAS (DMDM HYDANTOIN)</b> linked to dermatitis; release formaldehyde

