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Greener day 6

The product that I use everyday is Herbal Essences Shampoo. According to the "Think Dirty" app, the shampoo has a hazard rating of an 8 out of 10. There are 7 ingredients that are moderately dangerous and one that is considered Dirty. The dirtiest ingredient was Fragrance/Parfum. This is because the companies do not have to specify exactly what compounds they are using, and they can be potentially dangerous. Some of the other 7 potentially hazardous chemicals may not be harmful in the low concentrations that companies are restricted to use, but some of them may be contaminated with carcinogens which can be harmful with continued, long term use. Cocamide MEA is used in the Herbal Essences Shampoo; it is potentially harmful because Cocamide DEA, a carcinogen, can potentially be in Cocamide MEA mixtures.

My clean option for Shampoo is the Acure Curiously Clarifying Shampoo from the Acure online store. This ingredient list differs from the conventional product in that it lists all ingredients, including all compounds used as fragrances. According to the app "Think Dirty" this product has a hazard rating of only 3 with all ingredients being classified as safe.

**Ingredients:** AQUA (WATER/EAU), COCAMIDOPROPYL BETAINE, SODIUM LAUROYL METHYL ISETHIONATE, BETAINE, GLYCERIN, COCOGLUCOSIDES HYDROXYPROPYLTRIMONIUM CHLORIDE, ALOE BARBADENSIS LEAF JUICE\*, CYMBOPOGON SCHOENANTHUS (LEMONGRASS) EXTRACT, ARGANIA SPINOSA (ARGAN) KERNEL OIL\*, HIPPOPHAE RHAMNOIDES (SEA BUCKTHORN) FRUIT OIL, PERSEA GRATISSIMA (AVOCADO) OIL, UBIQUINONE (COQ10), EUTERPE OLERACEA (ACAI) FRUIT EXTRACT\*, RUBUS FRUTICOSUS (BLACKBERRY) FRUIT EXTRACT\*, PUNICA GRANATUM (POMEGRANATE) EXTRACT\*, ROSA CANINA (ROSEHIP) FRUIT EXTRACT\*, CALENDULA OFFICINALIS FLOWER EXTRACT\*, ASPALATHUS LINEARIS (ROOIBOS) LEAF EXTRACT\*, CHAMOMILLA RECUTITA (MATRICARIA) FLOWER EXTRACT\*, SODIUM METHYL COCOYL TAURATE, SODIUM COCOYL GLUTAMATE, LAVANDULA HYBRIDA OIL, CYMBOPOGON FLEXUOSUS (LEMONGRASS) LEAF OIL, ROSMARINUS OFFICINALIS (ROSEMARY) LEAF OIL, JUNIPERUS VIRGINIANA (RED CEDAR) OIL, CITRIC ACID, SODIUM

LEVULINATE, LEVULINIC ACID, GUAR HYDROXYPROPYLTRIMONIUM CHLORIDE, POTASSIUM SORBATE. \*ORGANIC INGREDIENT

The Herbal Essences Shampoo is \$7.23 for a 33.8 Fl oz. bottle which comes out to \$0.21 per Fl oz. The Acure shampoo costs \$9.99 for a 12 Fl oz. bottle which comes to \$0.83 per Fl oz. The healthier, organic option costs \$0.62 more per Fl oz.

I think that it would be interesting to try out a product that is safer for you and the environment. Even though the Eco-Friendly product costs slightly more per fluid ounce, it outlines all compounds that you use. Acure also uses organic fragrances and does not test their products on animals which would make this product better in the long run.

The infographic is set against a light grey background. On the left, a large red hand icon points downwards. In the center of this hand is a blue bottle of Herbal Essences shampoo. Above the bottle, the text reads: "Dirty" Shampoo in orange, followed by "HAZARD RATING OF 8 / 10", "DOESN'T LIST ALL INGREDIENTS!!!", and "SYNTHETIC 'FRAGRANCES'" in red. On the right, a large blue hand icon points upwards. In the center of this hand is a white bottle of Acure shampoo. Below the bottle, the text reads: "HAZARD RATING OF 3/10", "DISCLOSES ALL INGREDIENTS", and "ORGANIC FRAGRANCE" in blue. At the bottom right, the words "Organic Shampoo" are written in a large, blue, sans-serif font.

**"Dirty" Shampoo**  
HAZARD RATING OF 8 / 10  
DOESN'T LIST ALL INGREDIENTS!!!  
SYNTHETIC "FRAGRANCES"

**Organic Shampoo**  
HAZARD RATING OF 3/10  
DISCLOSES ALL INGREDIENTS  
ORGANIC FRAGRANCE



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**bei\_beis\_beaches** Take a look at the ingredients in your personal care products. They may not be as healthy for your body as you think. In addition, the ingredient "fragrances" may not be telling you the whole story. Fragrances may include a large number of chemicals, some of which could be harmful for your health. Try organic products or DIY!  
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