

PGC Day 14 Greener

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COSMETIC PRODUCT ASSESSMENT

Introduction

As the cosmetic products we use in our daily lives have negative impact on the body and the environment, this report analyses the conventional and conscious cosmetic products in relation to human and environmental safety. I have also shared my personal decision on which products I will use after the analyses.

Product Name	Brand	Price (\$)/ Source	Overall, Hazard Score	Ingredients	Hazardous Ingredient Rating
Body Wash	Nivea Men Sensitive Calm	14.81\$ (Amazon) Link: Amazon.com : Nivea Men Sensitive Body Wash with Bamboo Extract, Soap Free Body Wash for Men with No Drying Alcohol, 3 Pack of 16.9 Fl Oz Bottles : Bath And	3	1. Water 2. Cocamidopropyl Betaine 3. Sodium Myreth Sulfate 4. Sodium Laureth Sulfate 5. Coco-Glucoside 6. Sodium Chloride 7. Cannabis Sativa Seed Oil 8. Tocopherol 9. Glycerin 10. Glycol Distearate 11. Hydrogenated Castor Oil 12. Citric Acid 13. Benzoic Acid 14. Sodium Benzoate 15. Fragrance	1 5 2 3 2 1 2 2 2 1 1 2 2 2 8

				20. Hydroxyethylcellulose	1
				21. Potassium Sorbate	2
				22. Sodium Benzoate	2
				23. Citric Acid	
				24. Sodium Hydroxide	4

Table 1.0 Cosmetic assessment table

NIVEA

Potentially Hazardous/ Most Hazardous ingredients

1. Fragrance

- on the product label represents an undisclosed mixture of various scent chemicals and ingredients used as fragrance dispersants such as diethyl phthalate. Fragrance mixes have been associated with allergies, dermatitis, respiratory distress and potential effects on the reproductive system.

Function

deodorant, masking, perfuming

Concerns

Allergies/immunotoxicity (high)
 Endocrine disruption (moderate)
 Non-reproductive organ system toxicity (moderate)
 Ecotoxicology (low)
 Irritation (skin, eyes, or lungs) (moderate)

Ecotoxicology

Wildlife and environmental toxicity

2. Cocamidopropyl betaine

- Cocamidopropyl betaine is a synthetic surfactant; it has been associated with irritation and allergic contact dermatitis, reactions that could be due to the ingredient itself or to impurities present in it, such as 3-dimethylaminopropylamine.

Functions

antistatic, cleansing, foam boosting, hair conditioning, surfactant, viscosity controlling, antistatic agent, hair conditioning agent, skin-conditioning agent - miscellaneous; surfactant - cleansing agent, surfactant - foam booster, viscosity increasing agent – aqueous

Concerns

Allergies/immunotoxicity (moderate)

Use restrictions (high)

Contamination concerns (3-dimethylaminopropylamine, cocamidopropyl dimethylamine, and nitrosamines)

Ecotoxicology

Suspected to be an environmental toxin



Figure 1.0 Showing Nivea men sensitive body wash

Source: <https://pics.drugstore.com/proding/185253/220.jpg>

ACURE

Climate neutral certified

Acure products are free from parabens, sulfates, mineral oil, petrolatum, and formaldehyde.

POTENTIALLY HARZADOUS/ MOST HAZARDOUS

1. Cocamidopropyl Betaine

- Products with this ingredient are allowed for use in EWG VERIFIED but must meet use restrictions and warnings based on EWG review of company data.

Fuctions

antistatic, cleansing, foam boosting, hair conditioning, surfactant, viscosity controlling, antistatic agent, hair conditioning agent, skin-conditioning agent - miscellaneous; surfactant - cleansing agent, surfactant - foam booster, viscosity increasing agent - aqueous

Concern

Limited evidence of sensitization toxicity or allergies

Classified as not expected to be potentially toxic or harmful

Ecotoxicology

Suspected to be an environmental toxin



Figure 2.0 Showing Acure ultra hydrating body wash

Source: https://acure.com/cdn/shop/products/ultra-hydrating-body-wash-331428_720x.jpg?v=1710865761

Personal Decision

After assessing both conventional and conscious cosmetic products, I will shift from conventional to conscious because, the chemicals/ingredients used in these products are mostly toxic which is not good for both human health and the environment. This decision is based on these personal priority index (2 as high, 1 as low)

Decision High Priority Low Priority

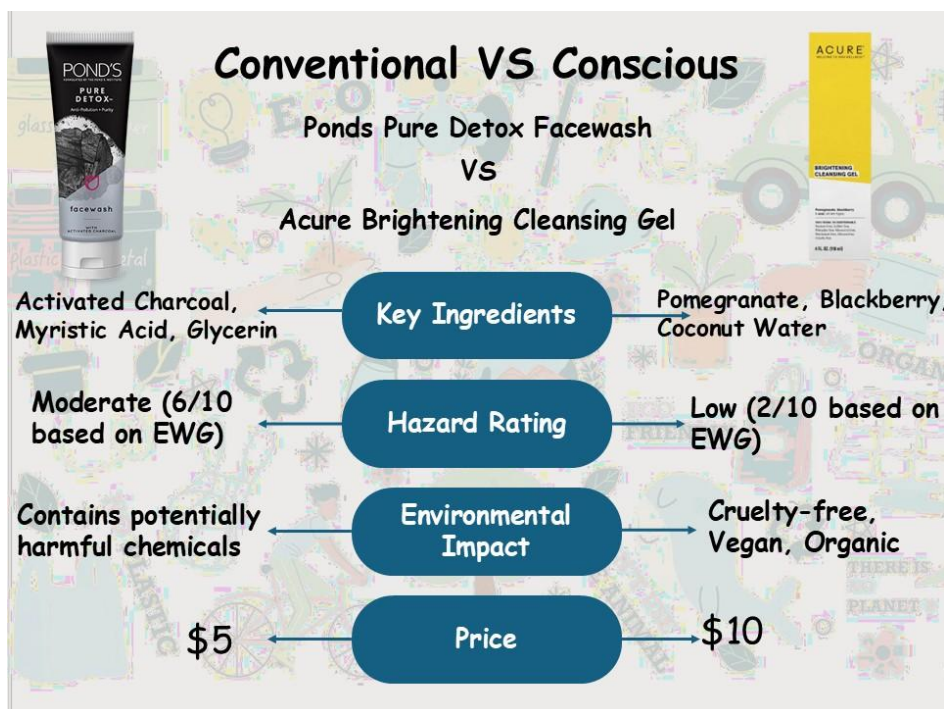
DECISION	PRIORITY INDEX (2 or 1)
Health and Environmental impact	2
Certified by EWG	2
Cost	1
Easy accessibility	1

Table 2.0 Showing my cosmetic priority index score

Conclusion

It is quite clear that, cosmetic products certified by EWG is conscious, that conform with human body and the environment. I recommend the conscious products, and we should not choose our cosmetic products base on cost but rather health and environmental safety.

I have not only compared these two products, but also compared some other conventional products to their sustainable alternatives. Here are they,





Conventional VS Conscious

Head & Shoulders Anti-Dandruff Shampoo

Vs

Dr. Bronner's Pure-Castile Liquid Soap



Pyrrithione Zinc, Sodium
Lauryl Sulfate

Key Ingredients

Organic Coconut Oil,
Organic Olive Oil

High (8/10 based
on EWG)

Hazard Rating

Low (3/10 based on
EWG)

Contains sulfates
and harsh chemicals

Environmental
Impact

Fair-trade, Vegan,
Biodegradable
packaging

\$6

Price

\$15



Conventional VS Conscious

Nivea Moisturizing Cream

Vs

Everyone 3-in-1 Lotion



Mineral Oil, Glycerin,
Stearic Acid

Key Ingredients

Organic Aloe Vera,
Chamomile, Lavender Oil

Moderate (5/10
based on EWG)

Hazard Rating

Low (2/10 based on
EWG)

Contains
petroleum-based
ingredients

Environmental
Impact

Plant-based,
Cruelty-free

\$8

Price

\$10

Conventional VS Conscious



Parachute Coconut Hair Oil
VS
Alteya Organic Hair Oil



Conventional VS Conscious



Nivea Deodorant
VS
Schmidt's Natural Deodorant



Link to my Instagram post:

https://www.instagram.com/p/DP1CurCk2zP/?utm_source=ig_web_copy_link&igsh=MzRlODBiNWFlZA==

Screenshot here:

