

Jami Lin, Licensed Esthetician, explains ingredients in **Olay** (ingredient list below).
YOU decide if they are "TOXIC" (as they enter your bloodstream in 27 seconds) and/or
"EMPTY CALORIES" (that may feel good but you are aging through).

Take the "Toxic Waste Challenge" here <https://YOUhDuo.com/TWC+25OFF>
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=====Ingredient List=====

Water, Glycerin, Isohexadecane, Niacinamide, Isopropyl Isostearate, Aluminum
Starch Octenylsuccinate, Nylon-12, Dimethicone, Panthenol, Tocopheryl
Acetate, Palmitoyl Pentapeptide-4, Sodium Peg-7 Olive Oil Carboxylate, Sodium
Hyaluronate, Caprylic/Capric Triglyceride, Ceratonia Siliqua (Carob) Fruit
Extract, Stearyl Alcohol, Polyethylene, Cetyl Alcohol, Behenyl Alcohol, Sodium
Acrylates Copolymer, Titanium Dioxide, Benzyl Alcohol, Methylparaben,
Ethylparaben, Dimethiconol, Polyacrylamide, Peg-100 Stearate, Propylparaben,
Cetearyl Glucoside, Cetearyl Alcohol, C13-14 Isoparaffin, Disodium Edta, Citric
Acid, Stearic Acid, Palmitic Acid, C12-13 Pareth-3, Laureth-7, Sodium
Hydroxide, Mica.

=====What each ingredient is and what it is for=====
=====this is not for "presentation" - these are research notes=====

Parabens! Always immediate red flag.

Water, Glycerin

Glycerin (aka, **glycerine** or **glycerol**) is a commonly used ingredient in many cosmetic and personal care **skin care** products. ... As a humectant, **glycerin** works to moisturize the **skin** by drawing water from the air into the **skin's** outer layer. It also forms a protective layer that helps prevent moisture loss. May 22, 2014

Isohexadecane <https://www.ewg.org/skindeep/search.php?query=Isohexadecane> score 1

Synthetic hydrocarbon ingredient used as a solvent. **Isododecane** enhances the spreadability of products and has a weightless feel on skin. All hydrocarbons used in cosmetics help prevent the evaporation of water from skin.

Why is it used in cosmetics and personal care products?

The isoparaffin ingredients function primarily as solvents in cosmetics and personal care products.

Niacinamide <https://www.ewg.org/skindeep/search.php?query=Niacinamide> score 1

Also known as vitamin B3 and nicotinamide, **niacinamide** is a water-soluble vitamin that works with the natural substances in your **skin** to help visibly improve the appearance of enlarged pores, uneven **skin** tone, fine lines and wrinkles, dullness, and a weakened surface.

Isopropyl Isostearate <https://www.ewg.org/skindeep/search.php?query=Isopropyl+Isostearate> score 1

Scientific Facts:

Isopropyl Isostearate is made from isopropyl [alcohol](#) and stearic acid. Stearic acid is naturally occurring and is found in animal and vegetable fats.

Why is it used in cosmetics and personal care products?

Isopropyl Isostearate acts as a lubricant on the skin's surface giving it a soft and smooth appearance. It may also act as a [binder](#).

Aluminum Starch Octenylsuccinate <https://www.ewg.org/skindeep/search.php?query=Aluminum+Starch+Octenylsuccinate> score 2

Aluminum Starch Octenylsuccinate is the **aluminum** salt of the reaction product of octenylsuccinic anhydride with **starch**. It is used in cosmetics at concentrations as high as 30% as an anticaking agent and a nonaqueous viscosity increasing agent.

nonaqueous: means non-liquid viscosity

Nylon-12 <https://www.ewg.org/skindeep/search.php?query=Nylon-12> score 1

Scientific Facts:

The Nylon ingredients are all synthetic polymers. Polymers are high molecular weight molecules with repeating units prepared from relatively small chemical compounds called monomers. Nylon was discovered in 1935 and has diverse uses, including in clothing and rope, due to its unique properties as a flexible solid.

Why is it used in cosmetics and personal care products?

The following functions have been reported for the Nylon ingredients.

[Absorbent](#) ⓘ - Nylon 6/12, Nylon-611

[Bulking agent](#) ⓘ - Nylon-6, Nylon 6/12, Nylon-11, Nylon-12, Nylon-66

[Film former](#) ⓘ - Nylon-12/6/66

Film Former

Ingredients that dry to form a thin coating on the skin, hair or nails.

Dimethicone <https://www.ewg.org/skindeep/search.php?query=Dimethicone> score 3

Why **Dimethicone** is **Bad** for Your **Skin**. That artificial coating on the outside of **skin** causes several issues: ... Prolonged exposure to **dimethicone** can actually increase **skin** irritation, due to the coating property and because **dimethicone** is listed as a possible **skin** and eye irritant. Aug 26, 2013

Panthenol <https://www.ewg.org/skindeep/search.php?query=Panthenol> score 1

Panthenol is the provitamin of B5 because and is used in cosmetics and beauty products primarily as a lubricant, emollient and moisturizer because of its ability to bind to the hair and penetrate the **skin**, providing both with lubrication and hydration (Wikipedia)

Panthenol is also considered a potential acne treatment because of its absorption properties that can counteract bacteria and its anti-inflammatory properties (Source).

Tocopheryl Acetate <https://www.ewg.org/skindeep/search.php?query=Tocopheryl+Acetate> score 3

Tocopheryl Acetate (Vitamin E) What Is Tocopheryl Acetate Used For? Tocopheryl acetate is a form of **vitamin E**, an antioxidant, which helps fight free radical damage and promote **skin** healing to diminish signs of aging. It also provides moisture and strengthens **skin's** protective barrier to prevent moisture loss.

Palmitoyl Pentapeptide-4 <https://www.ewg.org/skindeep/search.php?query=Palmitoyl+Pentapeptide-4> score 1

I think it's a branded peptide.

Matrixyl 3000 - Is derived synthetically and is a synergistic combination of two skin active **peptides**, **palmitoyl oligopeptide** and **palmitoyl-tetrapeptide-7**. Stimulates the skin to produce more **collagen**, elastin and **hyaluronic acid**.

Palmitoyl Tripeptide-5 is made up of chains of amino acids, and has the ability to penetrate the epidermis and enter deep into the dermis, where it stimulates collagen production and healthy tissue growth. ... **Palmitoyl Tripeptide-5's natural** state is that of a clear liquid that has no odor and is water soluble.

Collagen breaks down in **the skin** due to age, environmental factors, UV rays and stress, causing wrinkles to form. **The good news** is that **peptides**, when applied topically to **the skin**, can then send a signal to produce new collagen, leading to **the appearance of younger, more supple skin.**" Mar 14, 2018

Sodium Peg-7 Olive Oil Carboxylate <https://www.ewg.org/skindeep/search.php?query=Sodium+Peg-7+Olive+Oil+Carboxylate> score 3

?????

About SODIUM PEG-7 OLIVE OIL CARBOXYLATE: Sodium PEG-7 Olive Oil Carboxylate is a reaction product of olive oil peg-7 esters and sodium mono-chloroacetate.

Function(s): Surfactant - Emulsifying Agent; Surfactant - Foam Booster; Surfactant - Hydrotrope; FOAM BOOSTING

Sodium Hyaluronate <https://www.ewg.org/skindeep/search.php?query=Sodium+Hyaluronate> score 1

“Sodium hyaluronate is the salt form of HA and is a water-soluble salt that holds 1000 times its weight in water,” Benjamin says. ... Both **hyaluronic acid** and **sodium hyaluronate** are used in beauty products, and marketers refer to both as “**hyaluronic acid**”—but there are some key differences. Oct 4, 2017

<https://thrivecausemetics.com/blogs/blog/70327299-the-difference-between-hyaluronic-acid-and-sodium-hyaluronate> TAKE PIECES FROM HERE!

What is this so-called “hydration miracle” called hyaluronic acid that seems to be popping up in everyone’s favorite skincare products? [Hyaluronic acid](#) is a naturally-occurring molecule (specifically a polysaccharide) found in skin, hair, eyes, joints and nerves that acts as a cushion to promote collagen and elastic, keeping us looking and feeling young! Why do we love it? Hyaluronic acid holds 1,000 times it’s weight in water, so it is literally a super magnet for moisture.

sodium is a smaller molecule, which allows it to more easily penetrate the skin.

Sodium hyaluronate helps your skin and hair retain moisture while reducing trans-epidermal water loss (TEWL). As we age, our eyelids lose elasticity and moisture sodium hyaluronate helps to reduce the appearance of wrinkles by “plumping up” the skin.

Caprylic/Capric Triglyceride <https://www.ewg.org/skindeep/search.php?query=Caprylic%2FCapric+Triglyceride&h=Search> Score1

Caprylic triglyceride is an ingredient used in soaps and cosmetics. It's usually made from combining coconut oil with glycerin. This ingredient is sometimes called **capric triglyceride**. ... **Caprylic triglyceride** is valued as a more natural alternative to other synthetic chemicals found in topical skin products. Feb 21, 2019

Applications: Anti-aging serums, creams, lotions, all kinds of regenerating skin care products.

Ceratonia Siliqua (Carob) Fruit Extract <https://www.ewg.org/skindeep/search.php?query=Ceratonia+Siliqua+> score 1

not sure why, maybe like Cacao or Chocolate releases endorphins in the brain and makes you feel happy with production of serotonin, the "happiness neurotransmitter"

Stearyl Alcohol

Is stearyl alcohol bad for skin?

No way around that, it's simply **bad** for all **skin** types. ... Just to be 100% clear, there are other types of **alcohols**, known as fatty **alcohols**, which are absolutely non-irritating and can be exceptionally beneficial for **skin**. Examples you'll see on ingredient labels include **cetyl**, **stearyl**, and **cetearyl alcohol**.

Polyethylene

Polyethylene is the most popular plastic in the world. This is the polymer that makes grocery bags, shampoo bottles, children's toys, and even bullet proof vests. For such a versatile material, it has a very simple structure, the simplest of all commercial polymers.

Why is it used in cosmetics and personal care products?

Polyethylene is used for a variety of purposes in cosmetics and personal care products. It is used to unite or bond surfaces together and to hold together the ingredients of a compressed cake. Polyethylene can be used to dilute other solids, or to increase the thickness of the [lipid](#) (oil) portion of cosmetics and personal care products. It helps to keep an [emulsion](#) from separating into its oil and liquid components. Polyethylene dries to form a thin coating on the skin, hair or nails. When used in oral care products, it polishes the teeth, reduces oral odor, or otherwise cleans or deodorizes the teeth and mouth.

Cetyl Alcohol

Cetyl alcohol, also known as 1-hexadecanol and palmityl alcohol, is a common ingredient in a variety of personal care products and cosmetics. It is derived from vegetable oils such as palm or coconut oil.

In personal care products like skin lotions and creams, cetyl alcohol serves as a [thickening agent](#) and emulsifier, to help keep product ingredients from separating. Because cetyl alcohol melts at temperatures higher than the average human body temperature, it is useful in cosmetic products like [lipsticks](#), helping lip color adhere to the skin.

Behenyl Alcohol

Docosanol, also known as behenyl alcohol, is a saturated fatty alcohol used traditionally as an **emollient**, emulsifier, and thickener in cosmetics, and nutritional supplement (as an individual entity and also as a constituent of policosanol).

Is benzyl alcohol bad for your skin? ^

It can cause **skin** irritation in those most sensitive to it. Choosing a fragrance-free product can help avoid this. Simple alcohols are used to help **the** other ingredients penetrate **the skin**. ... Many of these water-based products use phenoxyethanol as a preservative instead of **benzyl alcohol**. May 24, 2017

Sodium Acrylates Copolymer

sodium acrylates copolymer. A synthetic, acrylic-based, salt-derived polymer that functions in cosmetics as a texture enhancer, binder, and film-forming agent.

WHAT ARE ACRYLATES? Acrylates are derived from **acrylic acid** and are commonly found in cosmetic nail preparations. **Ethyl acrylate** acts as an adhesive to apply artificial nails and eyelashes. **Ethyl methacrylate** and **methyl methacrylate** allow sculptured artificial nails to mold and adhere to the natural nail plate.

THE SMELL...of Acrlic Nails!!!

Titanium Dioxide

titanium dioxide. Inert earth mineral used as a thickening, whitening, lubricating, and sunscreen ingredient in cosmetics. It protects **skin** from UVA and UVB radiation and is considered no risk of **skin** sensitivity. Because its gentle, **titanium dioxide** is a great sunscreen active for sensitive, redness-prone **skin**.

Benzyl Alcohol

Bad alcohols are methanol, isopropyl **alcohol**, propanol, **benzyl alcohol**, and sd **alcohol** (**alcohol** denat.) to name a few. They can be extremely drying and irritating to **skin**, but also may even cause inflammation because they strip the **skin** off of its natural protection.

Methylparaben & Ethylparaben **paraben!!!**

What is a paraben and why is it bad? ^

There's a chance that they're harmful. Studies have shown that some parabens can mimic the activity of the hormone estrogen in the body's cells, and while **estrogenic** activity is associated with certain forms of breast cancer, parabens have been found present in breast tumors.

What is paraben side effects? ^

Not only are they not natural, but they have many **adverse effects** too. **Parabens** can cause a variety of reactions to those with allergies. They are known to cause skin irritation. They may even result in contact dermatitis, which is a serious type of skin inflammation characterized by rashes, blisters, and burning skin. Apr 11, 2016

Dimethiconol

How bad is dimethicone?

Prolonged exposure to dimethicone can actually increase **skin irrita** coating property and because dimethicone is listed as a possible **s** irritant. Those with sensitive or reactive **skin** are at risk of an allergi dimethicone.

Polyacrylamide

Why is it used in cosmetics and personal care products?

Polyacrylamide dries to form a thin coating on the skin, hair, or nails. When used in hair care products, Polyacrylamide helps hair hold its style by inhibiting the hair's ability to absorb moisture. In makeup, Polyacrylamide holds together the ingredients of a compressed tablet or cake. It can also be found in sunscreen products to aid in retaining sunscreen on the skin after immersion in water. Small Polyacrylamide beads may be used in skin cleansing products as an [abrasive](#) .

What is polyacrylamide in skin care?

Polyacrylamide is an ingredient in a variety of cosmetic and beauty **products**, including **skin** cleansers, moisturizers, lotions and creams, self tanning **products**, makeup, and hair **care** and nail **care products**. ... Small **Polyacrylamide** beads may also be used in **skin** cleansing **products** as an abrasive (Source).

Peg-100 Stearate

Why is it used in cosmetics and personal care products?

The PEG Stearates clean the skin and hair by helping water to mix with oil and dirt so that they can be rinsed away.

Scientific Facts:

The PEG Stearates are produced from stearic acid, a naturally occurring [fatty acid](#) .

Propylparaben : **another paraben!!!**

Cetearyl Glucoside & Cetearyl Alcohol

Propylparaben : **another paraben!!!**

Cetearyl Glucoside & Cetearyl Alcohol

Is cetearyl alcohol bad for skin? ^

No way around that, it's simply **bad** for all **skin** types. ... Just to be 100% clear, there are other types of alcohols, known as fatty alcohols, which are absolutely non-irritating and can be exceptionally beneficial for **skin**. Examples you'll see on ingredient labels include **cetyl**, stearyl, and **cetearyl alcohol**.

Glucoside - from glucose

Cetearyl - specifically, I don't know.

C13-14 Isoparaffin - It's a wax

C13-14 Isoparaffin is a mixture of hydrocarbons (mineral oils) derived from petroleum, and is used in cosmetics and personal care products primarily as an emollient, and also considered a thickening agent or gelling ingredient (FaceProducts-Online).

Disodium Edta

Calcium **disodium EDTA** is widely **used in** beauty and cosmetic products. It allows for better cleaning use, as it enables cosmetic products to foam. What's more, as it binds with metal ions, it prevents metals from accumulating on the skin, scalp or hair (4).

Oct 27, 2018

Is EDTA harmful to skin? ^

It is classified as a high human **health** priority and expected to be **toxic** or **harmful**. However, tests done by the CIR (which are not corroborated) found that Tetrasodium **EDTA** is not a dermal irritant or a sensitizer, and is not absorbed by **skin** easily. ...

Citric Acid

Citric acid is also one of a group of ingredients known as alpha hydroxy acids that are used as the active ingredients in chemical skin peels.

Stearic Acid

What is stearic acid in skin care? ^

In addition to functioning as a **surfactant** to help wash away excess oil and dirt from the skin, stearic acid also acts as an emollient. According to skin care expert Paula Begoun, stearic acid has been shown to protect skin's surface against water loss and help shore up skin's protective barrier. Sep 28, 2018

Palmitic Acid

Is palmitic acid good for skin? ^

According to a Korean study published in a 2010 edition of the "Journal of Medicinal Food," **palmitic acid** does possess antioxidant properties. The antioxidants help prevent free radical damage to maintain youthful radiant **skin**. Two main functions of **palmitic acid** are to act as an emulsifier and surfactant. Oct 11, 2017

In cosmetics, an **emulsifier** includes any ingredient that helps keep unlike ingredients (such as oil and water) from separating in an **emulsion**. Examples of cosmetics ingredients that function as **emulsifiers** include polysorbates, laureth-4, and potassium cetyl sulfate.

C12-13 Parth-3

What is It?

Ethoxylated [Alcohol](#) ⁱ salts are ingredients used primarily in cleansing products, including bubble baths, bath soaps and shampoos. Examples include Ammonium Capryleth Sulfate, Ammonium


Why is it used in cosmetics and personal care products?

Most of the ingredients function as surfactants and are used as cleansing agents. They clean the skin and hair by helping water to mix with oil and dirt so that they can be rinsed away. Others –

Laureth-7

similar to above

Sodium Hydroxide **is lye!**

Is sodium hydroxide dangerous? 

The solid and its solutions are corrosive. Sodium hydroxide is odorless; thus, odor provides no warning of hazardous concentrations. Sodium hydroxide does not produce systemic toxicity, but is very CORROSIVE and can cause **severe burns** in all tissues that it comes in contact with.

Mica

Scientific Facts:

Mica is a group of silicate minerals that are widely distributed in different types of rock. Mica often occurs as flakes, scraps, or sheets, and has been used by humans since prehistoric times. Because Mica come from the earth it may contain trace amounts of heavy metals. The levels of heavy metals in Mica are regulated by the FDA, and the small amounts that may eventually be in cosmetic or personal care products do not pose a risk to human health.