



## Toothpaste Ingredients to Avoid

This is a partial list of ingredients Cornucopia suggests you avoid in toothpaste. Much more detail on these ingredients and their potential effects is available in Cornucopia's report, *Behind the Dazzling Smile: Toxic Ingredients in Your Toothpaste*.

To read the report and to consult our toothpaste scorecard, please visit

[cornucopia.org/toothpaste](http://cornucopia.org/toothpaste)

### Avoid these categories or kinds of ingredients

- Colors not listed as organic and natural
- Ingredients containing "-eth-" (e.g. "myreth," "oleth," "laureth," "ceteareth," polyethylene glycol (PEG), polyoxyethylene)
- Ingredients ending in "-oxynol"
- Ingredients in "nano" or nanoparticle form
- Peroxides
- Sweeteners

### Avoid these specific ingredients

Some ingredients listed multiple times under different names

- |                                  |  |
|----------------------------------|--|
| 2-bromo-2-nitropropane-1,3-diol  | Methenamine  |
| 5-bromo-5-nitro-1,3 dioxane      | Methylparaben  |
| ALES                             | Monoethanolamide   |
| Alumina Magnesium Metasilicate   | Myristamide DEA  |
| Aluminum Calcium Sodium Silicate | Oleamide DEA   |
| Aluminum Iron Silicates          | PEG 100 (or other number)                                    |
| Ammonium Lauryl Ether Sulfate    | PG   |
| Bromopol                         | Polyethylene glycol  |
| Bronidox                         | Polyoxymethylene urea  |
| Butylparaben                     | Propylene glycol   |
| Carrageenan                      | Propylparaben  |
| Citrates (non-organic)           | Pyrophosphates   |
| Citric acid (non-organic)        | Quaternium-15  |
| Cocamide DEA                     | Saccharin  |
| Cocamide MEA                     | Seaweed colloids   |
| DEA                              | SLES   |
| DEA oleth-3 phosphate            | SLS  |
| DEA-cetyl phosphate              | Sodium hydroxymethylglycinate                                |
| Dehydrated silica gels           | Sodium laureth sulfate                                       |
| Diazolidinyl urea                | Sodium lauryl ether sulfate                                  |
| Diethanolamine                   | Sodium lauryl sulfate  |
| DMDM hydantoin                   | Sodium lauroyl sarcosinate                                   |
| Ethylparaben                     | Sodium potassium aluminum silicate                           |
| Flavor                           | Sorbitol (non-organic)                                       |
| Fluoride                         | Stearamide MEA   |
| Glycerin (non-organic)           | TEA  |
| Glycerol                         | TEA-lauryl sulfate   |
| Glyoxal                          | Titanium dioxide   |
| Imidazolidinyl urea              | Tocopheryl acetate   |
| Isobutylparaben                  | Triclosan  |
| Isopropylparaben                 | Triethanolamine  |
| Lauramide DEA                    | Vitamin E acetate  |
| Lecithin (non-organic)           | Xanthan gum - should be avoided by babies and young children |
| Linoleamide MEA                  |  |
| MEA                              | Xylitol (non-organic)  |