

**DO YOU KNOW WHAT'S IN
YOUR BODY CARE PRODUCTS?**

**When the
brand name
says 'Organics',
be sure to check
the ingredients!**



*Unfortunately,
most body care
products with the
word "Organics"
in the brand name
are not nearly as
organic as you
might think.
Don't fall for
the product
branding, read
the ingredient list.*

**TO LEARN MORE,
VISIT THE
ORGANIC
CONSUMERS
ASSOCIATION
WEBSITE:**



**A Quick Shopper's Guide to
Organic Body Care Products**



AVOID CONVENTIONAL DETERGENTS AND PRESERVATIVES

A body cleansing product based on such conventional synthetics should not be considered "organic." Look out for ingredients like: Cocoamidopropyl Betaine, Olefin Sulfonate, Sodium Lauroyl Sarcosinate, Potassium Cocoyl Glutamate, Parabens, Phenoxyethanol, etc. Make sure "liquid soaps" are made from organic versus conventional oils or synthetics.

LOOK FOR "ORGANIC" VERSUS "PURE NATURAL" ESSENTIAL OILS

Even at low use levels, essential oils often support more farm acreage than the rest of the ingredients combined, and that acreage should be organic not conventional.

DON'T BE FOOLED BY HYDROSOLS AND LONG LISTS OF ORGANIC HERBAL WATER EXTRACTS

These ingredients look good at the front of ingredients lists but are mostly ordinary water with minimal relevance aside from making conventional synthetic products appear organic.

www.organicconsumers.org