

Provided by Gabriela, owner of Muddy H2O etcetera LLC

Do I Really Need to Read “Natural Labels”?

This question was posed to me recently and the answer is, “Yes, if you want to know what you’re putting in your body!”

I know this certainly can be overwhelming so let’s take it slow. For the next several seasonal updates I’ll take an ingredient and give you some helpful and easy to understand information. If you would like additional information on this ingredient or any others I recommend **this link from Cosmetics Database**.

Below is the ingredient label from a leading “natural deodorant” brand.

Propylene Glycol, Water, **Sodium Stearate**, **Aloe Vera** (Organic Aloe Barbadensis) **Leaf Juice**, Witch Hazel (Hamamelis Virginiana) Water, Glyceryl Laurate, Fir (Abies Balsamea) Needle Oil with Other Natural Oils, Chamomile (Chamomilla Recutita) Aqueous Extract, Hops (Humulus Lupulus) Extract [CO2], Caprylic/Capric Triglycerides, Ascorbic Acid, Silica Shells, Lemongrass (Cymbopogon Schoenanthus) Oil (Organic)

- **Aloe Vera leaf juice** is obtained from the leaves of aloe plants. Historically, it has been believed that aloe improves wound-healing and skin inflammation. This enhances the appearance of dry or damaged skin by reducing flaking and restoring suppleness. Determined safe for use in cosmetics.
- **Sodium Stearate** is the sodium salt of stearic acid which is a fatty acid that is derived from both plant and animal sources. It’s used in a multitude of person care products to stabilize a lotion and make it thick and creamy. Two research tests have the following to say about sodium stearate. For more test information on this substance I recommend the Cosmetics Database link listed above.

Occupational Hazards: Allowed workplace exposure restricted to moderate doses. **●Organ System Toxicity:** (Non-Productive): One or more animal studies show broad systemic effects at moderate doses. **●Ecotoxicology:** Suspected to be an environmental toxin.

- **Propylene Glycol** is practically non-toxic when taken orally (i.e. added to food). However, it has been found to provoke skin irritation and sensitization in humans as low as 2% concentration. It may surprise you that the industry review panel recommends that cosmetics can contain up to 50% of this substance.

Propylene glycol is a humectant, which means it keeps substances from drying out. This is why it's often the first ingredient in many personal care products. It was also originally developed as an anti-freeze. Now if that doesn't make my caution light go on!

Try our 100% Natural Deodorants!

Pit Powder for Women and Pit Stop for Men