

SUNSCREEN GUIDE

What to AVOID: Remember no menth, sal or camp

MERADIMATE = MENTHYL ANTHRANILATE

HOMOSALATE

OCTISALATE = ETHYLHEXYL SALICYLATE

MEXORYL SX = TEREPHTHALYLIDENE DICAMPHOR SULFONIC ACID

* We cannot use camphor of any kind

ECAMSULE = MEXORYL SX

ANTHELIOS SX -- A synthetic sunscreen made and patented by L'Oreal
It contains ECAMSULE

HELIOPLEX -- Contains HOMOSALATE and OCTISALATE. Found in Neutrogena products

ALCAMFOR --- The Spanish name for CAMPHOR

Other COMMON sunscreen ingredients to AVOID:

1. Castor oil (hydrogenated or not)
2. Aloe extract, oil, gel or leafjuice
3. Green tea extract, oil, gel
4. Grape seed extract, oil, gel

“SAFE” (for protocol) SUNSCREEN ingredients:

The best two ingredients for sunscreens that are safe for the protocol are zinc oxide and titanium dioxide

IMPORTANT: SEE NOTES BELOW

1. Zinc Oxide
2. Titanium Dioxide
3. Avobenzene
4. Octocrylene
5. Oxybenzone
6. Octinoxate
7. Padimate --- Salicylate – free but “safe”? A derivative of the once-popular PABA sunscreen ingredient, research shows this chemical releases free radicals, damages DNA, has estrogenic activity, and causes allergic reactions in some people. In Europe this chemical was withdrawn in 1989 for unstated reasons. In the US it was never approved for use in sunscreens.
8. Ensulizole -- This is a UVB protector and is sal-free but has the potential to cause cancer. It is known to produce free radicals when exposed to sunlight which damages DNA!

PARSOLS Explained :

1. Parsol 1789 = Avobenzene (Butyl methoxydibenzoylmethane) = SAFE
2. Parsol 340 = Octocrylene =SAFE
3. Parsol SLX = Polysilicone-15(European/hair,cosmetics,sunscreen) = SAFE
4. Parsol HMS = Homosalate – **AVOID**

5. Parsol EHS = Ethylhexyl Salicylate = Octisalate – **AVOID**

INFORMATION FOUND ONLINE

Oxybenzone and octinoxate are two common sunscreen ingredients that were recently banned in Hawaii and Key West, FL for their effects on the coral reefs and marine ecosystems.²

- **What are the two safe ingredients you should look for when buying sunscreen?**

According to the Food and Drug Administration, two ingredients, zinc oxide and titanium dioxide are regarded as GRASE, which means: "generally recognized as safe and effective."³ They are both found in mineral sunscreens. **These two ingredients are safe for the protocol.**

Retinyl Palmitate

[Retinyl palmitate](#) is a form of vitamin A, which is a powerful antioxidant. We're normally fans of these things in our routine—but when retinyl palmitate meets your skin *and* the sun, that's when the problems begin.

"This form of vitamin A is added to sunscreens as an antioxidant. However, it can potentially increase the risk of skin cancer when exposed to sunlight," says dermatologist, Aanand Geria, MD, who notes that animal studies have shown that, when exposed to the sun, the ingredient forms free radicals, which is quite literally the opposite reason you want antioxidants.

Avobenzone

"Avobenzone is an ingredient included in chemical sunscreens," says dermatologist, Brendan Camp, MD. "It is destabilized upon light exposure, so it is often coupled with other ingredients to maintain its efficacy at protecting skin from UV radiation. Avobenzone has been reported to be a possible cause of allergic contact dermatitis," he explains.

Oxybenzone/Octinoxate

"When at effective levels, certain chemical UV filters, namely [oxybenzone](#) and octinoxate, have been found to negatively impact coral reefs and contribute to coral bleaching," says dermatologist, Tiffany Libby, MD. "[Reef-safe sunscreens](#) are those with mineral blockers like [zinc oxide](#) or titanium dioxide, which are considered safer for coral reefs," she continues. Also, she points out that some sunscreens will include "reef-safe" to help guide consumers who are particularly interested in this topic.

Dr. Libby adds that oxybenzone, also known as benzophenone-3, was awarded the allergen of the year in 2014 and is the most common sunscreen ingredient known to cause photoallergic contact dermatitis.

Homosalate

[Homosalate](#) is a commonly used chemical in sunscreens and other skin care products containing SPF, which helps prevent the absorption of the sun's most harmful rays. But it's also potentially an endocrine disruptor which some studies suggest could impact the hormones. "Homosalate has been linked to skin allergies and hormone disruption," Dr. Geria says.

Methylisothiazolinone

Methylisothiazolinone is an ingredient seen in countless skincare products, due to its efficacy as a preservative. While it preserves the shelf-life of some products, it's not great for sensitive skin. "This ingredient can cause allergic reactions for some people, particularly those with sensitive skin," Dr. Geria says.

Fragrance

Dermatologist, Karen Kasha, MD, recommends that those with sensitive skin should opt for sunscreen without fragrance as this can be a common allergen. "I also prefer those with sensitive skin to use mineral-based sunscreen over chemical sunscreen (chemical sunscreens can also be an allergen)," she adds.