

Ingredients to Stay Away from in Your Toothpaste

Don't forget to look at your toothpaste and the ingredients it contains. There are "groups" of ingredients that are used to get that product in the tube, and they are not healthy.

- Abrasives
- Humectants and binders
- Detergents
- Flavors
- Preservatives
- Colorings
- Therapeutics (*like fluoride*)

Triclosan – Can decrease your thyroid hormones; some on-going studies are showing the potential of slowing your metabolism and the potential to develop skin cancer.

Propylene Glycol – Can cause damage to the central nervous system, liver, and heart. (*This chemical is found in antifreeze*)

Artificial Sweeteners – Saccharin has been linked to bladder cancer, brain tumors and lymphoma. Aspartame has been found to affect gut bacteria and increase blood glucose. Sorbitol can cause diarrhea in children.

Artificial Colorings – Can cause hyperactivity, anxiety, migraines, and cancer. (*Artificial coloring is made from petroleum*)

Fluoride – Can cause fluorosis which are discolored spots on the teeth; can also potentially calcify your pineal gland.

Sodium Lauryl Sulfate – Can cause skin irritations; can aggravate aphthous ulcers.

Diethanolamine or DEA -- Has been linked to cancer in animals; induced hepatic choline deficiency (deficiency of the liver)

Parabens – Can be hormone disruptors by mimicking the hormone estrogen; in some cases, it's been linked to breast cancer; also, there are claims that it produces developmental and reproductive issues.

Carrageenan – Can cause gastrointestinal inflammation, ulcers, and colon cancer in laboratory animals.

What Toothpastes are Safe?

Redmond Earthpaste

Tom's of Maine (*no fluoride*)

Dr. Bronner's Magic All-One Toothpaste

Green People Toothpaste

Happy Teeth Toothpaste Organic

Miessence Toothpaste Mint Sweet Orange Toothpaste (*Made Simple Skin Care*)

Places to Purchase

<https://www.vitacost.com/>

<https://www.luckyvitamin.com/>

<https://www.amazon.com>