



UNIVERSITY OF  
**ILLINOIS**  
URBANA-CHAMPAIGN

# SUMMER SELF-CARE

Week 2 • June 30, 2021 • Megan Woodbury, BS, BA  
*Our Chemical Environment*

---

## This week's takeaways

1. Items marketed as "natural" are not necessarily the better choice in regards to toxins present.
2. The Food and Drug Administration does not require approval for personal care products but are regulated under the us Food, Drug, and Cosmetic Act (1938).
3. Personal care products must undergo testing to show the product and ingredients are safe.

---

## Additional Resources for Evaluating Products and Ingredients

### Ingredient Lists

[INCIdecoder.com](https://incidecoder.com)

[INCIdecoder.com/decode-inc](https://incidecoder.com/decode-inc)

[INCIdecoder.com/ingredient-lists](https://incidecoder.com/ingredient-lists)

### Cruelty Free

[LeapingBunny.org](https://leapingbunny.org)

[CrueltyFreeInternational.org/LeapingBunny](https://crueltyfreeinternational.org/LeapingBunny)

[CrueltyFreeInternational.org/choose-cruelty-free-ccf-list-brands](https://crueltyfreeinternational.org/choose-cruelty-free-ccf-list-brands)

This series is hosted by University of Illinois Extension and the Interdisciplinary Health Sciences Institute. University of Illinois at Urbana-Champaign College of Agricultural, Consumer and Environmental Sciences - United States Department of Agriculture - Local Extension Councils Cooperating - University of Illinois Extension provides equal opportunities in programs and employment.

