



## Pore Clogging Ingredients in Skin Care

Do not ever put anything on your skin or your hair without checking the ingredients first, even if it says “won’t clog pores” or “noncomedogenic” on the bottle. No government agency oversees this so skincare companies can claim their products promote clear skin and have pore cloggers in their ingredient deck.

**\*\*Natural oils can be some of the worst offenders like cocoa butter and coconut oil which are found in many “organic” skin care lines.**

Other oils such as jojoba, olive and lanolin are mildly comedogenic and can be a problem if formulated with other comedogenic ingredients. Some prescription products like the cream form of Retin A have pore cloggers. Many over-the-counter acne medications also have pore clogging ingredients.

“Oil-free” products can be comedogenic.

These are all ingredients that can aggravate acne.

### Makeup

The best makeup is one that does not contain comedogenic ingredients. Loose powder, mineral make-up tends to be the safest choice but still should be checked.

**Bare Minerals** Original Formula loose powder foundation is a safe choice; however the newer Bare Minerals Matte is NOT a safe choice - it contains ActiveSoil Complex that is causing breakouts for most users. Any pressed or liquid products also should be checked for pore-clogging ingredients. We do not recommend any of the pressed Bare Minerals blushes, bronzers or veils.

Ingredient	Ingredient
Acetylated Lanolin	Laminaria Digitata Extract
Acetylated Lanolin Alcohol	Laminaria Saccharina Extract (Laminaria Saccharine)
Algae Extract	Laureth-23
Algin	Laureth-4
Butyl Stearate	Lauric Acid
Carrageenan	Mink Oil
Cetyl Acetate	Myristic Acid
Cetearyl Alcohol + Cetareth 20	Myristyl Lactate
Chondrus Crispus (aka Irish Moss or Carageenan Moss)	Myristyl Myristate
Chlorella	Octyl Palmitate
Coal Tar	Octyl Stearate
Cocoa Butter	Oleth-3
Coconut Alkanes	Oleyl Alcohol
Coconut Butter	PEG 16 Lanolin
Coconut Oil	PEG 200 Dilaurate
Colloidal Sulfur	PEG 8 Stearate
Cotton Awws Oil	PG Monostearate
Cotton Seed Oil	PPG 2 Myristyl Propionate
D & C Red # 17	Plankton

D & C Red # 21	Polyglyceryl-3 Diisostearate
D & C Red # 3	Potassium Chloride
D & C Red # 30	Propylene Glycol Monostearate
D & C Red # 36	Red Algae
Decyl Oleate	Seaweed
Diocetyl Succinate	Sea Whip Extract
Disodium Monooleamido PEG 2- Sulfosuccinate	Shark Liver Oil (Squalene)
Ethoxylated Lanolin	Shea Butter
Ethylhexyl Palmitate	Sodium Laureth Sulfate
Glyceryl Stearate SE	Sodium Lauryl Sulfate
Glyceryl-3 Diisostearate	Solulan 16
Hexadecyl Alcohol	Sorbitan Oleate
Hydrogenated Vegetable Oil	Soybean Oil
Isocetyl Alcohol	Spirulina
Isocetyl Stearate	Steareth 10
Isodecyl Oleate	Stearic Acid Tea
Isopropyl Isostearate	Stearyl Heptanoate
Isopropyl Linolate	Sulfated Castor Oil
Isopropyl Myristate	Sulfated Jojoba Oil
Isopropyl Palmitate	Wheat Germ Glyceride
Isostearyl Isostearate	Wheat Germ Oil
Isostearyl Neopentanoate	Xylene
Kelp	