



What are Parabens?

Parabens are a group of chemicals used as preservatives to prevent and reduce the growth of bacteria in consumer products. These chemicals have been linked to endocrine disruption, cancer, developmental and reproductive toxicity.

Where are Parabens Found?

Parabens are found as preservatives in **food**, **cosmetics** and many **personal care products**.

For a safer option, look for products that do not include this chemical. Read product labels for these toxic ingredients: *ethylparaben, butylparaben, methylparaben, propylparaben, isobutylparaben, isopropylparaben, other ingredients ending in -paraben*

Look for products labeled as “paraben-free”

Why are Parabens Concerning?

Parabens have been linked to endocrine disruption, reproductive harm, as well as cancer. Recent studies have shown that propylparaben and butylparaben are linked to increased growth of breast cancer cells.

Where can I find more information about Parabens?

To learn more about this hazardous chemical, please visit the following organization's websites:

Scientific Government Resources:

- [Food and Drug Administration \(FDA\): Parabens in Cosmetics](#)
- [Centers for Disease Control and Prevention: Parabens Factsheet](#)

Consumer Support Information:

- [Campaign for Safe Cosmetics: Parabens](#)
- [Environmental Working Group: What Are Parabens, and Why Don't They Belong in Cosmetics?](#)