

# Endocrine disruptors in cosmetics

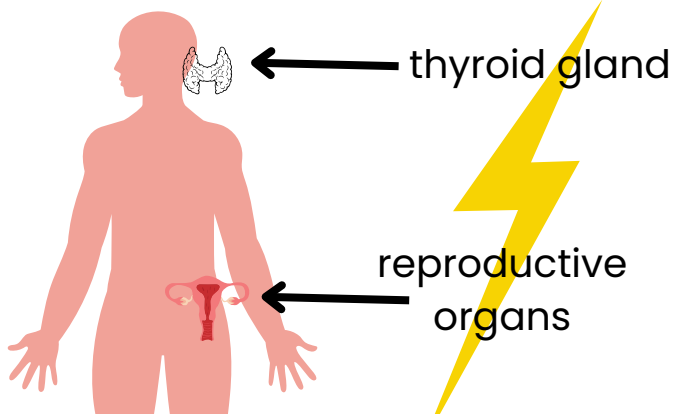
## What is it ?

According to the WHO, an endocrine disruptor is "a substance or mixture of substances, which **alters the functions of the endocrine system** and thereby induces adverse **effects in the body.**"

These substances can **block the activity** of certain hormones or limit their action, thereby deceiving receptors and **confusing the messages sent to the body.** They can enter the body by **digestive, respiratory or cutaneous routes.**

Water and food, but also air and **cosmetics**, are the main sources of ED exposure.

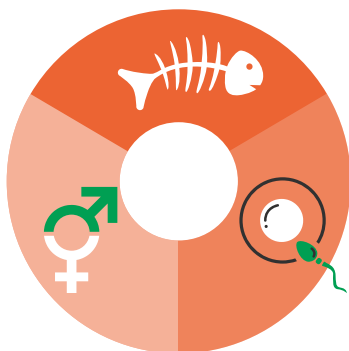
## Harmful effects on mankind and the planet



### Information box

On average, a woman uses **16 cosmetics a day**, the equivalent of more than **160 chemical ingredients.**

**-50%** of spermatozoa over the last 30 years



- reduced fertility in animals
- deformed vertebrae in fish
- feminization of species



**40%** of beauty products contain them

## What can we do ?

- Use products that are **as simple as possible** (e.g. vegetable-based soap, without perfume or antibacterial agents, and vegetable oil such as sweet almond oil).
- Choose products with **short ingredient lists**
- **Limit the use** of cosmetics, perfumes, make-up, etc.
- **Make your own** cosmetics (it's so easy!)



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Source : [ConsoGlobe](#)



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