

SUNSCREEN INGREDIENT BUYER'S GUIDE (INDIA EDITION)

✓ LOOK FOR (SAFE & EFFECTIVE)

Zinc Oxide
(non-nano)

Titanium Dioxide
(non-nano)

✗ AVOID (RISKY OR CONTROVERSIAL)

Oxybenzone
(Benzophenone-3)

Octinoxate
(Ethylhexyl
Methoxycinnamate)

Octocrylene

Homosalate

Avobenzene

Retinyl Palmitate
(Vitamin A)

Fragrance (Parfum)

Benzene (in aerosols)

Alcohol
(SD alcohol/ethanol
in high %)

⚠ WHY TO AVOID

Endocrine disruptor,
allergen, absorbs
systemically

Hormone disruptor,
thyroid interference

Converts to
benzophenone
(potential carcinogen),
hormone disruptor

Disrupts estrogen/
testosterone balance

Unstable under UV,
causes free radical
formation unless
stabilized

May accelerate skin
damage/tumour
formation under sun

Common allergen,
respiratory irritant

Known carcinogen

Dries out skin,
disrupts skin barrier

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