

### Sodium Lauryl Sulfate – Hidden hazard in hair care products

99% of all shampoos and body cleansers (even the ones sold in health food stores) have as one of their main ingredients a detergent named sodium laurel sulfate, sodium laureate sulfate, sodium laureth sulfate, ammonium lauryl sulfate, or ammonium laureth sulfate. In its crudest form, sodium lauryl sulfate is an engine degreaser. It cleans your hair, but also strips it of all the natural oils and moisturizers that should be protecting and nurturing your hair follicles and scalp.

Sodium lauryl sulfate can also react with other chemicals to form known adverse agents called nitrosamines. A shampoo in which nitrosamines have formed can produce a much higher absorption rate than eating foods with nitrates such as bacon. When sodium lauryl sulfate was tested on young animals, it was shown to cause serious eye damage by interfering with protein formation. Some scientists feel prolonged exposure to sodium lauryl sulfate has a potential to lead to eye damage. In addition, sodium lauryl sulfate is a skin irritant. It can cause rough skin and magnify allergic reactions to other toxins. Hair follicles deteriorate with prolonged exposure to sodium lauryl sulfate. The growth cycle is disrupted prolonging the hair loss phase, which results in thinning hair.

Why would anyone put sodium lauryl sulfate in a hair or body care product? Short term, it's a very effective cleaner. It removes oil and dirt (along with most everything else) from hair and skin. It's very inexpensive so manufacturers can keep costs low and their profits high.

HLCC Scripts doesn't use sodium lauryl sulfate or other harsh, unsafe chemical ingredients.