

## Cosmetics and metals

Cosmetics use metal pigments to make colour, but the metals are usually hidden behind “E-numbers” on the packaging. If your skin reacts badly to cosmetics this might be a sign of clinical metal allergy.

All these metals (some at trace levels) have been found in some cosmetics. Please refer to packaging but be aware that trace elements will not be included in product labelling.

Metal	Cosmetic
Titanium dioxide (E171)	Face powder, foundations, blushers, SPF creams, sunscreens, toothpaste
Lead	Lipsticks (dark red), eyeshadows, bath bombs
Cobalt	Eye shadows
Nickel	Eye shadows, foundations, mascara
Chromium	Eye shadows, blushers
Aluminium	Deodorants
Mercury	Skin lightening products, eye drops (thimerosal)
Cadmium	Lipstick
MMA	Acrylic nails
Bismuth	Highlighters, powder foundation

More information:

[Safe Cosmetics](#)

[FDA](#)

[Women's Voices](#)

[CosIng](#) – EU Database enter search term