



Miamoo fact sheets:

## Synthetic Colours

### What are they?

In many countries colours in cosmetics are listed as colour index numbers. C.I. numbers are allocated by the Society of Dyers and Colourists. The scheme covers colours used in food, personal care products, cosmetics, household products and fabric dyeing. The E Number system is used by the European Community (EC). This is a system of giving code numbers to food additives, some of which are also used in cosmetics and personal care products. This system is also used in some other countries but without the E prefix, so E102 becomes simply colour 102.

### How can I recognise them on a product label?

Synthetic colours can be identified as

E102	tartrazine	FD & C Yellow 5	C.I. 19140
E104	quinoline yellow		C.I. 47005
E110	sunset yellow	FD & C Yellow 6	C.I. 15985
E123	amaranth	FD & C Red 2	C.I. 16185
E124	ponceau 4R		C.I. 16255
E127	erythrosine	FD & C Red 3	C.I. 45430
E128	red 2G		C.I. 18050
E129	allura red AC	FD & C Red 40	C.I. 16035
E131	patent blue V		C.I. 42051
E132	indigo carmine	FD & C Blue 2	C.I. 73015
E133	brilliant blue FCF	FD & C Blue 1	C.I. 42090
does not have E number	fast green FCF	FD & C Green 3	C.I. 42053
E142	green S		C.I. 44090

### Why are they potentially harmful to babies?

Some of these colours are known to cause problems such as allergy reactions in susceptible individuals. For example, tartrazine (also known as FD & C Yellow 5, CI 1914 and E102) can cause migraines, itching, rhinitis and agitation in susceptible individuals. Many individuals avoid its use in food, but do not realise how extensively it is used in skincare products.

### Why are they unnecessary in baby skincare products?

- They do not enhance the effectiveness of the product to care for baby's skin
- Not an active ingredient

### Why do manufacturers use synthetic colours?

- It is cheap and cost effective
- They can make their products look attractive and luxurious by adding colour and therefore dupe customers to think that the product is more expensive and of better quality.

### How to be informed about what you are putting on your baby's skin

- Know the ingredients that are potentially harmful
- Read the Label and check for the nasties
- Don't be duped by words and imagery on packaging like, "natural, organic, gentle, tear free, calming, soothing, hypoallergenic, dermatologically tested, pure. Try and buy baby products which do not contain any synthetic colour
- Don't buy products on your baby just because your mum did – times and products have changed.
- Don't always buy something because it's cheap – it may save pennies but could have long term effects on your baby's skin and well being.