

# NO AND LOW CARB PERSONAL CARE PRODUCTS

---

*Sugar and sweeteners are carbohydrates that are typically eliminated from ketogenic diets but can be included in limited amounts. Sugar substitutes, which are lower in carbohydrate, are available, however, some should be used with caution or avoided. This list is designed to assist you with determining which are appropriate for you. Keep in mind that while in a state of ketosis there is a change in taste sensation. Most people following ketogenic diets lose their taste for sweet, and, can eliminate these completely.*



**Charlie**  
FOUNDATION

## INGREDIENTS WHICH ARE SOURCES OF CARBOHYDRATE

**Sugars:** dextrose, fructose, glucose, lactose, sucrose, sugar; each provides 4.0 kcal per gram

**Starches:** cornstarch, pregelatinized starch, sodium starch glycolate, sodium starch glycolate; each provides 4.0 kcal per gram

<b>Ascorbic acid:</b>	4.0 kcal/gm
<b>Citric acid:</b>	4.0 kcal/gm
<b>Erythritol:</b>	0.2kcal/gm
<b>Glycerin/Glycerol:</b>	4.2 kcal/gram
<b>Hydrogenated Starch Hydrolysates (HSH):</b>	3 kcal/gm
<b>Isomalt:</b>	2.0 kcal/gm
<b>Lactic acid:</b>	4.0kcal/gm
<b>Maltitol:</b>	2.1 kcal/gram
<b>Maltodextrin:</b>	4.0 kcal/gm
<b>Mannitol:</b>	1.6 kcal/gram
<b>Propylene glycol:</b>	4 kcal/gm
<b>Sorbitol:</b>	2.6 kcal/gram
<b>Xylitol:</b>	2.4kcal/gm

## INGREDIENTS WHICH ARE NOT SOURCES OF CARBOHYDRATE

Alcohol which is metabolize similar to fat contains 7kcal/gm

Cellulose, Carboxymethylcellulose, Hydroxymethylcellulose, Microcrystalline cellulose, Magnesium stearate, Aspartame\*, Saccharine\*, Sucralose\*, Asulfamine potassium (AceK), Stevia.

\*Preliminary, recent research in animals and humans reveals that bacteria in the guts of those who consume artificial sweeteners were different from those who did not. In a human study, people who used artificial sweeteners also tended to have higher fasting blood sugar levels. More extensive studies are underway to confirm these effects.

# KEY



Carbohydrate free



Products that contain minimal carbohydrate

## FIRST AID

### **A&D Original Ointment • Schering-Plough Healthcare**

INGREDIENTS: Petrolatum (53.4% - Skin Protectant), Lanolin (15.5% - Skin Protectant), Cod Liver Oil (contains Vitamins A & D), Fragrance, Light Mineral Oil, Microcrystalline Wax, Paraffin

### **Bacitracin Ointment, First Aid Antibiotic • Walgreens brand**

INGREDIENTS: Bacitracin 500 units in each gram, Light Mineral Oil, White Petrolatum

### **Bacitracin Ointment USP • Rite Aid**

INGREDIENTS: Bacitracin (500 units in each gram), Light Mineral Oil, White Petrolatum

### **CareOne Bacitracin First Aid Ointment • American Sales Company**

INGREDIENTS: Bacitracin 500 units in each gram, Light Mineral Oil, White Petrolatum

### **Boudreaux's Butt Paste • Blairex Laboratories**

INGREDIENTS: Zinc Oxide 16%, Castor Oil, Mineral Oil, Paraffin, Peruvian Balsam, Petrolatum

### **Boudreaux's Butt Paste Maximum Strength • Blairex Laboratories (Red tube)**

INGREDIENTS: Zinc Oxide 40%, Castor Oil, Mineral Oil, Paraffin, Peruvian Balsam, Petrolatum

### **Desitin Original Maximum Strength, Paste • Warner-Lambert Company**

INGREDIENTS: Zinc Oxide 40% BHA, petrolatum, cod liver oil, lanolin, talc, glycerin, sorbitan sesquioleate, beeswax, tocopheryl acetate, fragrance

### **Zinc Oxide Skin Protectant • Rite Aid**

INGREDIENTS: Zinc Oxide (20%) Light Mineral Oil, White Beeswax, White Petrolatum

### **Neosporin Original First Aid Antibiotic Ointment, Triple Antibiotic • Pfizer**

ACTIVE INGREDIENTS: Bacitracin - 400 IU First aid antibiotic, Neomycin - 3.5 mg First aid antibiotic, Polymyxin B - 5000 IU First aid antibiotic, Cocoa Butter, Cottonseed Oil, Olive Oil, Sodium Pyruvate, Vitamin E, White Petrolatum

### **Neosporin First Aid Antibiotic Ointment + Pain Relief • Pfizer**

INGREDIENTS: Bacitracin - 500 IU First aid antibiotic, Neomycin - 3.5 mg First aid antibiotic, Polymyxin B - 10000 IU First aid antibiotic, Pramoxine HCl - 10 mg External analgesic, White Petrolatum



**Charlie**  
FOUNDATION

● **Vaseline 100% Pure Petroleum Jelly, Original • Unilever**

INGREDIENT: White Petrolatum

● **Cocoa Butter – Various manufacturers prepare this in a hard, stick-form**

INGREDIENT: Cocoa butter, also called Theobroma cocoa seed butter is a pale-yellow, edible vegetable fat obtained from cocoa beans, having a mild chocolate flavor and aroma, and used in the manufacture of chocolate confections, pharmaceutical ointments, and toiletries. Purchase one that has “cocoa butter” as the only ingredient. This is a moisturizer that is especially good for sensitive skin.

● **Coconut Oil – Various manufacturers package this in glass or plastic jars**

INGREDIENT: Coconut oil is extracted from the dried inner flesh of coconuts. It is used as an ingredient in foods, cosmetics and moisturizers and is a pure moisturizer on its own for skin and lips. It may also be used as a fat source on the ketogenic diet as it contains medium chain triglycerides which are helpful in producing ketones. There are no additives or preservatives in pure coconut oil.

● **Eucerin Dry Skin Therapy Original Moisturizing Cream • Eucerin**

INGREDIENTS: Water, Petrolatum, Mineral Oil, Ceserin, Lanolin, Alcohol, Methylchloroisothiazolinone, Methylisothiazolinone

● **Body Butter • Sunrise Soap Co.**

INGREDIENTS: Beeswax, Cocoa Butter, Almond Oil, Essential Oil(s)

● **Bee Silk and Bee Silk Jr (they have the same ingredients) • Madeon**

INGREDIENTS: Shea Butter, Coconut oil, Beeswax

● **Tropical Traditions Unscented Moisturizing Cream**

INGREDIENTS: Purified Water, Organic Virgin Coconut Oil, Emulsifying Wax (plant based, no soy), Palm Stearic, Grapefruit Seed Extract, Organic Beeswax, and Organic Virgin Palm Oil. Contains no essential oils for people with allergies or sensitivities to scents.

● **Tropical Traditions Coconut Moisturizing Cream**

INGREDIENTS: Purified Water, Organic Virgin Coconut Oil, Emulsifying Wax (plant based, no soy), Palm Stearic, Grapefruit Seed Extract, Organic Beeswax, Organic Virgin Palm Oil, and Organic Coconut Oil Flavor

● **Tropical Traditions Unscented Moisturizing Lotion**

INGREDIENTS: Purified Water, Organic Virgin Coconut Oil, Organic Jojoba, Emulsifying Wax (plant based, no soy), Grapefruit Seed Extract, and Virgin Palm Oil. Contains no essential oils for people with allergies or sensitivities to scents

● **Tropical Traditions Virgin Coconut Moisturizing Lotion**

INGREDIENTS: Purified Water, Organic Virgin Coconut Oil, Organic Jojoba, Emulsifying Wax (plant based, no soy), Grapefruit Seed Extract, Virgin Palm Oil, and Organic Coconut Oil Flavor

● **Burt's Beeswax Lip Balm**

INGREDIENTS: Cera Alba (beeswax, cire d'abeille), Cocos Nucifera (coconut) Oil, Helianthus Annuus (sunflower) Seed Oil, Mentha Piperita (peppermint) Oil, Lanolin, Tocopherolrosmarinus Officinalis (rosemary) Leaf Extract, Glycine Soja (soybean) Oil, Canola Oil (huile de colza), Limonene



### **Lifeguard's Choice Lip Balm**

INGREDIENTS: Beeswax, Cocos Nucifera (coconut) Oil, Helianthus Annuus (sunflower) Seed Oil, Tocopheryl Acetate, Lanolin, Titanium Dioxide, Mentha Piperita (peppermint) Oil, Symphytum Officinale (comfrey) Root Extract, Rosmarinus officinalis (rosemary) Extract

### **Medicated Lip Balm**

INGREDIENTS: Camphor (0.6%), Menthol (0.6%)

INACTIVE INGREDIENTS: Vitis Vinifera (grape) Seed Oil, Beeswax, Cocos Nucifera (coconut) Oil, Lanolin, Butyrospermum Parkii (shea butter), Illicium Verum (anise) oil, Elettaria Cardamomum (cardamom) Seed Oil, Mentha Arvensis (cornmint) Leaf Oil, Eucalyptus Globulus (eucalyptus) Leaf Oil, Mentha Viridis (spearmint) Leaf Oil, Eugenia Caryophyllus (clove) Flower Oil, Vanillin, Calendula Officinalis Flower Extract, Melissa Officinalis (lemon balm) Leaf Extract, Ribes Nigrum (black currant) Leaf Extract, Hydrastis Canadensis (golden seal) Extract

### **Coconut Oil – Various manufacturers package this in glass or plastic jars**

INGREDIENT: Coconut oil is extracted from the dried inner flesh of coconuts. It is used as an ingredient in foods, cosmetics and moisturizers and is a pure moisturizer on its own for skin and lips. It may also be used as a fat source on the ketogenic diet as it contains medium chain triglycerides which are helpful in producing ketones. There are no additives or preservatives in pure coconut oil.

## **SUNSCREEN**

*Most sunscreen lotions contain sorbitol and most sprays contain glycerin. Both are sources of carbohydrate. Sunscreen should not be applied to infants under the age of 6 months according to the FDA; they should not be exposed to harsh sunlight (between the hours of 10 am-2 pm).*

### **Neutrogena Lip Moisturizer, SPF 15**

ACTIVE INGREDIENTS: Octinoxate - 7.5% Sunscreen, Oxybenzone - 4.0% Sunscreen

INACTIVE INGREDIENTS: Castor (Ricinus Communis) Seed Oil, Corn (Zea Mays) Oil, Ozokerite, Petrolatum, Beeswax, Ethylhexyl Palmitate, Paraffin, Stearyl Alcohol, Carnauba (Copernicia Cerifera) Wax, BHT

### **Tropical Traditions Unscented Lip Moisturizer**

Created for those with allergies or are sensitive to fragrances.

INGREDIENTS: Organic Virgin Coconut Oil, Organic Beeswax, and Organic Virgin Palm Oil

### **Tropical Traditions Coconut Lip Moisturizer**

INGREDIENTS: Organic Virgin Coconut Oil, Organic Beeswax, Organic Virgin Palm Oil, and Organic Coconut Oil Flavor

### **Homemade Sunscreen**

Mix 2 Tablespoons Zinc Oxide (such as Desitin Original or Rite Aid) with 1 Tablespoon Coconut Oil

### **Badger Broad Spectrum SPF 35 Sport Sunscreen All Season Face Stick**

ACTIVE SUNSCREEN INGREDIENT: Non-Nano Uncoated Zinc Oxide 22.5%

OTHER INGREDIENTS: \*Helianthus Annuus (Sunflower) Seed Oil, \*Cera Alba (Beeswax), \*Simmondsia Chinensis (Jojoba) Seed Oil, Tocopherol (Sunflower Vitamin E).

### **Badger Broad Spectrum SPF 35 Sport Sunscreen Cream (Unscented)**

ACTIVE SUNSCREEN INGREDIENT: Non-Nano, Uncoated Zinc Oxide 22.5%

OTHER INGREDIENTS: Helianthus Annus (Sunflower) Seed Oil, \*Cera Alba (Beeswax), Tocopherol (Sunflower Vitamin E), \*Hippophae Rhamnoides (Seabuckthorn) Fruit Extract.

ACTIVE SUNSCREEN INGREDIENT: Non-Nano, Uncoated Zinc Oxide 8%

OTHER INGREDIENTS: \*Olea Europaea (Organic Extra Virgin Olive) Oil, \*Cera Alba (Organic Beeswax), \*Theobroma Cacao (Organic Cocoa) Butter, \*Butyrospermum Parkii (Organic Shea) Butter, and Tocopherol (Sunflower Vitamin E) \* = Certified Organic

### **Neutrogena Ultra Sheer Body Mist Sunscreen Broad Spectrum SPF 30 Helioplex**

ACTIVE SUNSCREEN INGREDIENTS: Avobenzone (3.0%), Homosalate (8.0%), Octisalate (4.0%), Octocrylene (2.35%), Oxybenzone (5.0%)

OTHER INGREDIENTS: Acrylates/Octylacrylamide Copolymer, Acrylates/Dimethicone Copolymer, Alcohol Denat, Ascorbyl Palmitate, Cyclopentasiloxane, Diethylhexyl 2, 6 -Naphthalate, Dimethicone, Fragrance, Isobutane, PPG- 5 -Ceteth -20, Retinyl Palmitate, Tocopheryl Acetate, Trisiloxane

### **Neutrogena Ultra Sheer Body Mist Sunscreen Broad Spectrum SPF 45 Helioplex**

ACTIVE SUNSCREEN INGREDIENTS: Avobenzone (3.0%), Homosalate (15.0%), Octisalate (5.0%), Octocrylene (2.35%), Oxybenzone (6.0%)

OTHER INGREDIENTS: Acrylates/Octylacrylamide Copolymer, Acrylates/Dimethicone Copolymer, Alcohol Denat, Ascorbyl Palmitate, Cyclopentasiloxane, Diethylhexyl 2, 6 -Naphthalate, Dimethicone, Fragrance, Isobutane, PPG- 5 -Ceteth -20, Retinyl Palmitate, Tocopheryl Acetate, Trisiloxane

### **Neutrogena Ultra Sheer Body Mist Sunscreen Broad Spectrum SPF 70 Helioplex**

ACTIVE SUNSCREEN INGREDIENTS: Avobenzone (3.0%), Homosalate (15.0%), Octisalate (5.0%), Octocrylene (4%), Oxybenzone (6.0%)

OTHER INGREDIENTS: Acrylates/Octylacrylamide Copolymer, Alcohol Denat, Ascorbyl Palmitate, Butyloctyl salicylate, Diethylhexyl 2, 6 -Naphthalate, Fragrance, Isobutane, Retinyl Palmitate, Tocopheryl Acetate

### **Neutrogena Ultra Sheer Body Mist Sunscreen Broad Spectrum SPF 100 + Helioplex**

ACTIVE SUNSCREEN INGREDIENTS: Avobenzone (3.0%), Homosalate (15.0%), Octisalate (5.0%), Octocrylene (10%), Oxybenzone (6.0%)

OTHER INGREDIENTS: Acrylates/Dimethicone Copolymer, Acrylates/Octylacrylamide Copolymer, Alcohol Denat, Ascorbyl Palmitate, Butyloctyl Salicylate, Cyclopentasiloxane, Diethylhexyl 2, 6 -Naphthalate, Fragrance, Isobutane, Retinyl Palmitate, Tocopheryl Acetate

### **Neutrogena Beach Defense Water + Sun Barrier Spray Sunscreen Broad Spectrum SPF 30 Helioplex**

ACTIVE SUNSCREEN INGREDIENTS: Avobenzone (3.0%), Homosalate (8.0%), Octisalate (4.0%), Octocrylene (2.0%), Oxybenzone (5.0%)

OTHER INGREDIENTS: Alcohol Denat, Isobutane, Dimethicone, Acrylates/Octylacrylamide Copolymer, Trisiloxane, Diethylhexyl 2, 6 -Naphthalate, Tocopheryl Acetate, Fragrance

### **Neutrogena Beach Defense Water + Sun Barrier Spray Sunscreen Broad Spectrum SPF 70 Helioplex**

ACTIVE SUNSCREEN INGREDIENTS: Avobenzone (3.0%), Homosalate (15.0%), Octisalate (5.0%), Octocrylene (4.0%), Oxybenzone (6.0%)

OTHER INGREDIENTS: Alcohol Denat, Isobutane, Octyldodecyl Neopentanoate, Acrylates/Octylacrylamide Copolymer, Diethylhexyl 2, 6 -Naphthalate, Tocopheryl Acetate, Fragrance

### **NOTE**

All Australian Gold sunscreens (including the sheer coverage continuous spray) now have carbohydrates All other Badger sunscreens contain carbohydrates

All Banana Boat sunscreens now contain carbohydrates

All Coppertone sunscreens contain carbohydrates

## TOOTHPASTE

Use a pea size amount and avoid swallowing.

### Country Gent Tooth Powder (with and without flouride) • [www.amazon.com](http://www.amazon.com)

INGREDIENTS: Calcium Carbonate, Sodium Bicarbonate, Stevia, cornstarch, (sodium flouride in the flouride product).

### ECO-DENT Daily Care Tooth Powder

Fluoride-free. Sodium Bicarbonate (Baking Soda), Tartaric Acid, Sodium Methyl Cocoyl Taurate, Dicalcium Phosphate Dihydrate, Calcium Carbonate, Magnesium Carbonate, Sea Salt, Hydrated Silica, Mentha Piperita (Peppermint) Oil, Menthol, Anethole, Cyamopsis Tetragonoloba (Guar) Gum, Commiphora Myrrha (Myrrh) Resin Extract. 100% CRUELTY-FREE SLS-Free. NO DYES OR SWEETENERS.

### Earthpaste - Redmond • [www.earthpaste.com](http://www.earthpaste.com)

Ingredients: water, Redmond Clay, Real Salt, xylitol, and essential oils.

### Arm & Hammer Advance White Toothpaste with Baking Soda & Peroxide • Church & Dwight Co

INGREDIENTS: Sodium Fluoride (0.24%). Sodium Bicarbonate (Baking Soda), PEG-8, PEG/PPG-116/66 Copolymer, Sodium Carbonate Peroxide, Tetrasodium Pyrophosphate, Silica, Sodium Lauroyl Sarcosinate, Sodium Saccharin, Flavor, Water, Sodium Lauryl Sulfate

### Arm & Hammer Peroxi Care Tartar Control Toothpaste Baking Soda & Peroxide • Church & Dwight Co

INGREDIENTS: Sodium Fluoride (0.24%). Sodium Bicarbonate (Baking Soda), PEG-8, PEG/PPG-116/66 Copolymer, Tetrasodium Pyrophosphate, Sodium Carbonate Peroxide, Silica, Sodium Saccharin, Flavor, Water, Sodium Lauroyl Sarcosinate, Sodium Lauryl Sulfate.

### Tropical Traditions Mint Teeth Cleaner

INGREDIENTS: Purified Water, Organic Virgin Coconut Oil, Baking Soda, Xanthum Gum, Wildcrafted Myrrh Powder, Stevia, and Organic Essential Oils of Peppermint and Spearmint

### Tom's of Maine

The following toothpastes contain less glycerin (carbohydrate) by weight than most toothpastes:

Flavor	Carbohydrate %
Peppermint Baking Soda Cavity Protection	36.3
Spearmint Cavity Protection	42.6
Orange Mango Whole Care Gel Flouride	46.9
Children's Silly Strawberry Fluoride	47.28
Wintermint Cavity Protection	47.7

## FLOURIDE SUPPLEMENTS

Check with your dentist for appropriate dose.

### Kirkman Flura-Drops (1mg Fluoride in 4 drops) • Kirkman

INGREDIENTS: Distilled Water, Methylparaben, Propylparaben, Carboxymethylcellulose and Sodium Fluoride USP

### Perry Medical Fluorabon Drops USP (0.25mg Fluoride in 0.6mL) • Kirkman

INGREDIENTS: Distilled Water, Methylparaben, Propylparaben, and Sodium Fluoride USP



## MISC. DENTAL

**Homemade Mouthwash** Commercial mouthwashes contain significant amounts of carbohydrate (alcohol and glycerin). This is a recipe that is carbohydrate-free. Baking soda mouthwash for fresh breath:

1. Combine 2 ounces of water, 1/4 teaspoon of baking soda, 1 drop of pure peppermint oil
2. Make a large batch and store in a plastic container. Shake well before using

**Vita-Myr Mouthwash** Ingredients: zinc, folic acid, clove, myrh oil, distilled water

Oil Pulling. According to WebMD, recent studies show that oil pulling helps guard against gingivitis, plaque and microorganisms that cause bad breath. Swish 1 tablespoon of coconut oil in your mouth strating with just 5 minutes a day working up to 10 or 15 minutes. The longer you swish, the more bacteria you will pull out.

**Tooth Whitening Crest White Whitestrips, Advanced Vivid • Procter & Gamble**

INGREDIENTS: PVP, PEG-8, Water, Hydrogen Peroxide, Acrylates Copolymer, Sodium Hydroxide, Sodium Saccharin

**Preppies Flour of Pumice Paste • Whip Mix**

INGREDIENTS: Pumice, water. This pumice paste has been specifically formulated for dental professionals requiring a cleaning agent that contains no flavoring agents, sweeteners, oils or fluoride

**Nupro Prophylaxis Paste • Dentsply International**

INGREDIENTS: Pumice, Glycerine, Sodium Saccharine, Water, Sodium Silicate, flavoring, color, thickeners. May contain FD&C Yellow No. 6, FD&C Blue No. 1, FD&C Blue No. 2, FD&C Red No. 40, D&C Yellow No. 10, or D&C Green No. 5

**Duraflor 5% Sodium Fluoride Varnish • A.R.Medicom Inc.**

INGREDIENTS: 5% Sodium Fluoride, Denatured Ethyl Alcohol, flavor, purified water, Rosin, Sucralose, Xylitol, Yellow Beeswa

## HAIR CARE

**DHS Clear Shampoo, Fragrance-Free • DHC**

INGREDIENTS: Water (Purified), TEA Lauryl Sulfate, Cocamidopropyl Betaine, PEG 8 Distearate, Benzyl Alcohol, Cocamide MEA, Polyquaternium 22, Citric Acid

**Suave Shampoo, Daily Clarifying • Unilever**

INGREDIENTS: Water (Aqua), Ammonium Lauryl Sulfate, Ammonium Laureth Sulfate, Cocamide MEA, Ammonium Chloride, PEG-5 Cocamide, Cocamidopropyl Betaine, Fragrance (Parfum), Hydroxypropyl Methylcellulose, Polyquaternium-10, Tetrasodium EDTA, DMDM Hydantoin, Citric Acid, PEG/PPG-20/15 Dimethicone, Tocopheryl Acetate [Vitamin E Acetate], Methylchloroisothiazolinone, Methylisothiazolinone1, Blue 1 (CI 42090)19. Red 33 (CI 17200)

**Johnson's® Baby Shampoo No More Tears • Johnson & Johnson**

INGREDIENTS: Water, Cocamidopropyl Betaine, PEG-80 Sorbitan Laurate, Sodium Trideceth Sulfate, PEG-150 Distearate, Phenoxyethanol, Sodium Chloride, Glycerin, Citric Acid, Sodium Benzoate, Tetrasodium EDTA, Polyquaternium-10, Ethylhexylglycerin, Sodium Hydroxide, Potassium Acrylates Copolymer, Yellow 6, Yellow 10, Parfum



**Johnson's® NO MORE TANGLES® Detangling Spray • Johnson & Johnson**

INGREDIENTS: Water, Behentrimonium Methosulfate, Sodium Benzoate, Dimethicone, Hydroxyethyl Behenamidopropyl Dimonium Chloride, Polysorbate 20, Cetearyl Alcohol, Trisiloxane, Citric Acid, Fragrance, Ceteth-10, LAURETH-4

**Johnson's® Detangling Baby Shampoo • Johnson & Johnson**

INGREDIENTS: Water, Cocamidopropyl Betaine, PEG-80 Sorbitan Laurate, Sodium Trideceth Sulfate, PEG-150 Distearate, Fragrance, Polyquaternium-10, Tetrasodium EDTA, Quaternium-15, Citric Acid, Red 40, Yellow 10

**Pantene Pro V Fine Hair Solutions Flat to Volume Shampoo • Procter & Gamble**

INGREDIENTS: Water, Sodium Lauryl Sulfate, Sodium Laureth Sulfate, Sodium Chloride, Cocamidopropyl Betaine, Citric Acid, Sodium Citrate, Sodium Xylenesulfonate, Fragrance, Hydroxypropyl Methylcellulose, Sodium Benzoate, Tetrasodium EDTA, Panthenol, Panthenyl Ethyl Ether, Methylchloroisothiazolinone, Methylisothiazolinone

**Tropical Traditions Shampoo Bar**

INGREDIENTS: Saponified Organic Virgin Coconut Oil and Natural Patchouli (mint oil)

**Pronto Lice Killing Shampoo Kit – Maximum Strength**

INGREDIENTS: Pyrethrum Extract with Piperonyl Butoxide (4%). Cananga Odorata Flower Oil, Fragrance, Melaleuca Alternifolia (Tea Tree) Leaf Oil, PEG-45 Palm Kernel Glycerides, Propylene Glycol, Chamomilla Recutita (Matricaria) Extract, Propylene Glycol (and) Water (and) Pimpinella Anisum (Anise) Fruit Extract, Sodium Laureth Sulfate, Water

**Nizoral A-D Anti-Dandruff Shampoo**

INGREDIENTS: Active Ingredient: Ketoconazole (1%).

INACTIVE INGREDIENTS: Acrylic Acid Polymer (Carbomer 1342), Butylated Hydroxytoluene, Cocamide MEA, FD&C Blue No. 1, Fragrance, Glycol Distearate, Polyquaternium-7, Quaternium-15, Sodium Chloride, Sodium Cocoyl Sarcosinate, Sodium Hydroxide and/or Hydrochloric Acid, Sodium Laureth Sulfate, Tetrasodium EDTA, Water

**Selsun Blue Medicated Maximum Strength Dandruff Shampoo • Chattem Inc.**

INGREDIENTS: Selenium Sulfide - 1 % Antidandruff, Water, Ammonium Lauryl Sulfate, TEA Lauryl Sulfate, Ammonium Laureth Sulfate, Cocamidopropyl Betaine, Magnesium Aluminum Silicate, Fragrance, Menthol, Cocamide DEA, DMDM Hydantoin, Citric Acid, Hydroxypropyl Methylcellulose, FD&C Blue No. 1, D&C Red No. 33, Sodium Citrate, Sodium Chloride

**Suave Professionals Conditioner Almond & Shea Butter • Unilever**

INGREDIENTS: Water (Aqua), Cetearyl Alcohol, Cyclopentasiloxane, Stearamidopropyl Dimethylamine, Prunus Amygdalus Dulcis (Sweet Almond) Oil (Certified Organic Ingredient), Butyrospermum Parkii (Shea Butter) (Certified Organic Ingredient), Simmondsia Chinensis (Jjoba) Seed Oil (Certified Organic Ingredient), Aloe Barbadensis Leaf Juice (Aloe Vera) (Certified Organic Ingredient), Cymbopogon Schoenanthus Oil (Lemongrass) (Certified Organic Ingredient), Rosmarinus Officinalis (Rosemary) Leaf Oil (Certified Organic Ingredient), Chamomilla Recutita (Matricaria) Flower/Leaf Extract (Certified Organic Ingredient), Lavandula Angustifolia (Lavender) Flower Extract (Certified Organic Ingredient), Dimethiconol, Behentrimonium Chloride, Fragrance (Parfum), Dipropylene Glycol, Potassium Chloride, Lactic Acid, Disodium EDTA, TEA-Dodecylbenzenesulfonate, PEG-150 Distearate, Methylchloroisothiazolinone, Methylisothiazolinone

**Dove Advanced Care Conditioner Therapy • Unilever**

INGREDIENTS: Water (Aqua), Cetearyl Alcohol, Dimethiconol, Cetrimonium Chloride, Quaternium-18, Fragrance (Parfum), C11-13 Isoparaffin, Propylene Glycol, Hydroxyethylcellulose, Poloxamer 217, Disodium EDTA, Merxapol 311, Quaternium-18 Bentonite, Amodimethicone, TEA-Dodecylbenzenesulfonate, DMDM Hydantoin, C12-14 SEC-Parth-5, C12-14 Sec-Parth-7, Citric Acid, Methylchloroisothiazolinone, Methylisothiazolinone

### **Johnson's Buddies No More Tangles Easy-Comb Conditioner • Johnson & Johnson**

INGREDIENTS: Water, Cetyl Alcohol, PEG-180, Behentrimonium Chloride, Amodimethicone, Glycol Distearate, Hydroxyethylcellulose, Cetyl Esters, Lauryl PEG/PPG-18/ 18 Methicone, Methylparaben, Trideceth-12, Propylparaben, Cetrimonium Chloride, Fragrance

## **OTC MEDICATIONS**

*Adult-type swallow tablets and capsules are lower in carbohydrate than the children's chewables, syrups and elixirs. Ask your pediatrician to recommend an appropriate dose of the adult-type products. NOTE: Over-the-counter cough and cold medications should not be used in children younger than age 6 according to an advisory panel of the FDA.*

### **Tylenol • McNeil**

Regular Strength Caplets & Tablets = 74mg carbohydrate

Extra Strength Caplet = 107mg carbohydrate

Extra Strength PM Caplet = 50mg carbohydrate

Note: The pediatric formulations of Tylenol are very high in carbohydrate.

The Cherry flavored has 420mg carbohydrate in 0.8mL

The Grape and Dye-free Cherry flavors have 1000mg carbohydrate in 0.8mL

The Children's Meltaways Chewtabs have 1000mg carbohydrate per tablet

### **Advil • Pfizer**

These contain Ibuprofen which may be necessary to use for pain relief and for their anti-inflammatory effect.

100mg tablet Jr Strength – 131.5mg carbohydrate

200mg tablet – 258mg carbohydrate • 200mg caplet – 258mg carbohydrate

200mg Liqui-Gels – 38.67mg carbohydrate • 200mg Allergy Sinus caplet – 134.3mg carbohydrate

### **Aleve • Bayer**

220mg tablet – 44mg carbohydrate • 220mg caplet – 44mg carbohydrate

### **Benadryl Allergy Ultra Tab Tablets • McNeil**

35mg carbohydrate in each tablet

### **Robitussin Cough & Chest Congestion DM - Sugarfree • Wyeth**

ACTIVE INGREDIENTS: Dextromethorphan HBr, USP-10 mg Cough Suppressant, Guaifenesin, USP - 100 mg Expectorant  
INACTIVE INGREDIENTS: Acesulfame Potassium, Artificial & Natural Flavor, Citric Acid Monohydrate, Glycerin, Methylparaben, Polyethylene Glycol, Povidone, Propylene Glycol, Purified Water, Saccharin Sodium, Sodium Benzoate

### **FeverAll Acetamenaphen Suppositories (all strenghts) • Actavis**

NOTE: Although glycerol is a main ingredient of this product, the colon converts it to fatty acids; it is not used as sugar therefore it is safe for ketogenic therapy.

ACTIVE INGREDIENTS: Acetamenaphen

INACTIVE INGREDIENTS: Glycerol Monostearate , Hydrogenated Vegetable Oil , Polyoxyethylene Stearate , Polysorbate 80

### **Sudafed Nasal Decongestant Maximum Strength, Non-Drowsy 30 mg Tablets • Pfizer**

Contains 120mg carbohydrate per tablet

ACTIVE INGREDIENTS: Pseudoephedrine HCl - 30 mg Nasal Decongestant

INACTIVE INGREDIENTS: Carnauba Wax, Colloidal Silicon Dioxide, D&C Yellow #10 Aluminum Lake, FD&C Red

#40 Aluminum Lake, FD&C Yellow #6 Aluminum Lake, Iron Oxide, Magnesium Stearate, Microcrystalline Cellulose, Polyethylene Glycol, Polyvinyl Alcohol, Pregelatinized Starch, Shellac, Sodium Starch Glycolate, Talc, Titanium Dioxide

### **Sudafed PE Sinus & Allergy Maximum Strength Tablets • Pfizer**

Contains 100mg carbohydrate per tablet

ACTIVE INGREDIENTS: (in each Tablet): Chlorpheniramine Maleate (4 mg), Phenylephrine HCl (10 mg).

INACTIVE INGREDIENTS: Colloidal Silicon Dioxide, Crospovidone, Magnesium Stearate, Microcrystalline Cellulose, Pregelatinized Starch, and Stearic Acid

### **Sudafed PE Sinus Headache Maximum Strength, Non-Drowsy • Pfizer**

Contains less than 1000mg carbohydrate per caplet (NOTE: This is much higher than the above pain relievers).

ACTIVE INGREDIENTS: Acetaminophen (325 mg), Phenylephrine HCl (5 mg)

INACTIVE INGREDIENTS: Candelilla Wax, Colloidal Silicon Dioxide, Crospovidone, FD&C Yellow No. 6 Aluminum Lake, Hypromellose, Microcrystalline Cellulose, Polyethylene Glycol, Polysorbate 80, Povidone, Pregelatinized Starch, Starch, Stearic Acid, and Titanium Dioxide

### **Afrin 12 Hour Nasal Spray Original • Schering-Plough HealthCare Products**

INGREDIENTS: Oxymetazoline Hydrochloride (0.05%). Benzalkonium Chloride Solution, Benzyl Alcohol, Edetate Disodium, Polyethylene Glycol, Povidone, Propylene Glycol, Water Purified, Sodium Phosphate Dibasic, Sodium Phosphate Monobasic

### **Vicks VapoRub Vaporizing Ointment • Procter & Gamble**

INGREDIENTS: Camphor (4.8%), Eucalyptus Oil (1.2%), Menthol (2.6%), Cedarleaf Oil, Nutmeg Oil, Special Petrolatum, Thymol, Turpentine Oil

### **Vicks VapoInhaler (Nasal Decongestant) • Procter & Gamble**

INGREDIENTS: Levmetamfetamine, Bornyl Acetate, Camphor, Lavender Oil, Menthol, Methyl Salicylate

### **Ayr Mentholated Vapor Inhaler (Nasal Decongestant) • B.F. Ascher & Co., Inc**

INGREDIENTS: Aromatic Eucalyptus Oil, Menthol and Lavender Oil

### **Breath Again with SinoMarin – All Natural Seawater Nasal Spray • P.N. GEROLYMATOS**

INGREDIENTS: Sterilized Seawater 70%, Purified Water 30%. Equivalent to 2.3% of Salt

### **Neo-Synephrine Nasal Saline Moisturizer Spray • Bayer**

INGREDIENTS: Water, Sodium Chloride, Disodium Phosphate, Sodium Phosphate, EDTA Disodium, Benzalkonium Chloride

**NOTE:** *Breath Again and Neo-Synephrine are salt solutions for clearing nasal passageways. There are several similar products on the market that may also be used. Check to make sure the ingredients are comparable to these.*

## **DIGESTIVE HEALTH**

### **Dulcolax Laxative Suppositories**

INGREDIENTS: Bisacodyl USP 10mg Stimulant Laxative, Hydrogenated Vegetable Oil

### **Fleet Enema Adult • CB Fleet Co, Inc**

ACTIVE INGREDIENTS: Monobasic Sodium Phosphate (19g), Dibasis Sodium Phosphate (7g). Sodium Content: 4.4 g INACTIVE INGREDIENTS: Benzalkonian Chloride, Disodium EDTA, purified water

### **Mineral Oil – There are several brands**

INGREDIENT: Mineral oil

This is an oil that our body does not digest and therefore acts as a laxative (lubricant) in the colon. It should not be taken within 1 hour of medications or vitamin supplements. As with any laxative, it should not be used daily.

**Miralax • Schering-Plough HealthCare Products, Inc.**

INGREDIENTS: Polyethylene Glycol 3350

IMPORTANT NOTE: This laxative is on the FDA's Watch List for complaints of "neuropsychiatric events".

There have also been reports of skin rash (urticaria) with Miralax.

**Senokot Tablets • Purdue Products**

Senokot tablet: 1 tablet has 100mg of carbohydrate Senokot-S: 1 tablet has 110mg of carbohydrate

## INFANT PRODUCTS

*WARNING: FDA issued this warning in April of 2011: FDA continues to receive reports of methemoglobinemia, a serious and potentially fatal adverse effect, associated with benzocaine products both as a spray, used during medical procedures to numb the mucous membranes of the mouth and throat, and benzocaine gels and liquids sold over-the-counter and used to relieve pain from a variety of conditions, such as teething, canker sores, and irritation of the mouth and gums. Benzocaine products should not be used on children less than two years of age, except under the advice and supervision of a healthcare professional.*

**Heather's Fennel Tummy Tea • HelpforIBS.com**

INGREDIENTS: Organic fennel

Warning: Fennel may cause an increase in seizures when used in combination with these drugs: phenytoin (Dilantin); carbamazepine (Tegretol, Carbatrol, Epitol) or oxcarbazepine (Trileptal); gabapentin (Neurontin); valproic acid (Depakene) or divalproex sodium (Depakote); felbamate (Felbatol); tiagabine (Gabitril); levetiracetam (Keppra); topiramate (Topamax); lamotrigine (Lamictal); zonisamide (Zonegran); ethosuximide (Zarontin); and others.

**Mylicon Infant Drops • Johnson & Johnson DISCONTINUED**

**Mylicon Infant Drops, Non-Staining Formula • Johnson & Johnson DISCONTINUED**

**Baby Orajel Oral Pain Reliever for Teething, Teething Swabs DISCONTINUED**

**Johnson's Soothing Vapor Baby Bath • Johnson & Johnson**

Recommended for babies 3 months and older.

Infant tubs: Use one capful; full size tubs: use three capfuls poured into warm bath.

INGREDIENTS: Water; Cocamidopropyl Betaine, PEG-80 Sorbitan Laurate, Sodium Trideceth Sulfate, Sodium Chloride, Fragrance, PEG-150 Distearate, Tetrasodium EDTA, Citric Acid, Sodium Hydroxide, Quaternium-15

**Head to Toe No More Tears Baby Wash • Johnson & Johnson**

INGREDIENTS: Water, Cocamidopropyl Betaine, PEG-80 Sorbitan Laurate, Sodium Laureth Sulfate, PEG-150 Distearate, Tetrasodium EDTA, Sodium Chloride, Polyquaternium-10, Fragrance, Quaternium-15, Citric Acid  
NEW FORMULATION: Johnson & Johnson modified this product in 2014 and labeled it "New Formulation".

The new formulation contains glycerin in an unspecified amount and therefore we are not recommending it for use with ketogenic diets.

**Baby Wipes**

*The following brands contain carbohydrate however the amount is very small and the degree of absorption of through the skin is not known.*

## **Avalon Organics Biodegradable Flushable Baby Wipes – Avalon**

## **Seventh Generation Baby Wipes – Seventh Generation**

### **Luvs Wipes Ultra Clean Wipes – Proctor & Gamble**

### **Water Wipes • Irish Breeze**

INGREDIENTS: 99.9% water and 0.1% extract from grape seed (fiber)

**Baby Powder** - The main ingredient in baby powder is corn starch which is 100% carbohydrate. It is not known whether corn starch can be absorbed through skin. There is a brand of baby powder made by Pure Essentials called “Natural Baby Powder” which contains arrowroot flour and clay as the main ingredients. This would be lower in carbohydrate than those that contain cornstarch.

### **Antacids**

#### **Zantac 150 Maximum Strength Tablets • Boehringer Ingelheim**

131mg Carbohydrate in each tablet

INGREDIENTS: Ranitidine - 75 mg Acid Reducer Hypromellose, Magnesium Stearate, Microcrystalline Cellulose, Synthetic Red Iron Oxide, Titanium Dioxide, Triacetin

#### **Zantac 75 Tablets • Boehringer Ingelheim**

70mg carbohydrate in each tablet

INGREDIENTS: Ranitidine - 150 mg Acid Reducer Hypromellose, Magnesium Stearate, Microcrystalline Cellulose, Synthetic Red Iron Oxide, Titanium Dioxide, Triacetin

#### **Pepto Bismol Liquid – Regular and Maximum Strength • Procter and Gamble**

ACTIVE INGREDIENT: (per tablespoon): Bismuth Subsalicylate (262 mg). (Total Salicylate 130 mg)

INACTIVE INGREDIENTS: Benzoic Acid, D&C Red No. 22, D&C Red No. 28, Flavor, Magnesium Aluminum Silicate, Methylcellulose, Saccharin Sodium, Salicylic Acid, Sodium Salicylate, Sorbic Acid, and Water

#### **Pepto Bismol Easy To Swallow Caplets Original • Procter and Gamble**

Company reports less than 1gram of carbohydrate in 2 caplets

INGREDIENTS: Bismuth Subsalicylate, Calcium Carbonate, D&C Red No. 27 Aluminum Lake, Magnesium Stearate, Mannitol, Microcrystalline Cellulose, Povidone, Polysorbate 80, Silicon Dioxide, Sodium Starch

### **Mylanta**

Mylanta antacid is no longer available in gel caps.

The liquid versions contain 700-900mg of carbohydrate per teaspoon. The chewable tablets are just under 1gm of carbohydrate per tablet.

### **Heather’s Tummy Tea - Fennel**

Herbal remedy: traditional digestive aid for colic, heartburn, indigestion, and stomachaches INGREDIENTS: Organic fennel

Warning: Fennel may cause an increase in seizures when used in combination with these drugs: phenytoin (Dilantin); carbamazepine (Tegretol, Carbatrol, Eptol) or oxcarbazepine (Trileptal); gabapentin (Neurontin); valproic acid (Depakene) or divalproex sodium (Depakote); felbamate (Felbatol); tiagabine (Gabitril); levetiracetam (Keppra); topiramate (Topamax); lamotrigine (Lamictal); zonisamide (Zonegran); ethosuximide (Zarontin); and others.



## FOOT & ANTIFUNGAL POWDERS

### ● **Dr. Scholl's Original Foot Powder • Schering-Plough**

INGREDIENTS: Talc, Salicylic Acid, Methyl Salicylate

### ● **Derman Antifungal Powder • Vitacilina Corporation of America**

ACTIVE INGREDIENTS: Zinc Undecylenate 20%, Undecylenic Acid 2% INACTIVE INGREDIENTS: Fragrance, Kaolin, Talc, Zinc Stearate

### ● **Zeoborb-AF Antifungal Powder • Stiefel**

ACTIVE INGREDIENT: Miconazole Nitrate - 2 % Antifungal

INACTIVE INGREDIENTS: Acrylamide, Sodium Acrylate Copolymer, Aldioxa, Chloroxylenol, Fragrance, Imidurea, Microporous Cellulose, Talc

## INSECT REPELLENTS

### ● **Kiss My Face Swy Flotter Natural Tick & Insect Repellent, Deet Free • Kiss My Face Corporation**

INGREDIENTS: Isopropyl Palmitate (from Coconut Oil), Cyclomethicone (Silica Derived), Essential Oil Blend, Citronella, Bay, Cedarwood, Vetiver, Patchouli, Juniper, Tea Tree, Lemon Peel, Tansy, Goldenseal, Dimethicone (Silica Derived), Propylparaben

### ● **SKIN SO SOFT Bug Guard Plus IR3535® Expedition SPF 30, Pump Spray • AVON**

INSECT REPELLENT ACTIVE INGREDIENT: Beta-alanine, n-acetyl-N-butyl-, ethyl ester/carboxylic acid 20.0%

ACTIVE SUNSCREEN INGREDIENTS: Octocrylene 10%, Octinoxate 7.5% Oxybenzone 6%, Octisalate 5% OTHER INGREDIENTS: SD Alcohol 40-B Water, Hexylene Glycol, Polyurethane Copolymer, Fragrance Aloe Barbadensis Extract, Tocopheryl Acetate

### ● **SKIN SO SOFT Bug Guard Plus IR3535A® Expedition SPF 30, Aerosol Spray • AVON**

INSECT REPELLENT ACTIVE INGREDIENT: Beta-alanine, n-acetyl-N-butyl-, Ethyl Ester\*, Carboxylic Acid 20.07% ACTIVE SUNSCREEN INGREDIENTS: Octocrylene 9% Octinoxate 6.75% Oxybenzone 5.4% Octisalate 4.5% OTHER INGREDIENTS: SD Alcohol, 40-B, Water, Isobutane, Hexylene Glycol, Polyurethane Copolymer, Propane, Tocopheryl Acetate

### ◆ **Bug Block • MadeOn**

INGREDIENTS: Coconut Oil, Shea Butter, Beeswax, Essential oils of Citronella, Cedarwood, and Lavender

### ● **Tropical Traditions Organic Insect Repellent**

INGREDIENTS: Purified Water, Organic Virgin Coconut Oil, Organic Jojoba, Emulsifying Wax (plant based, no soy), Grapefruit Seed Extract, Virgin Palm Oil, and Organic Essential Oils of Citronella, Catnip, Lemongrass, Peppermint, and Tansy

### ● **Homemade Insect Spray**

Make a solution of 1/2 Avon SKIN SO SOFT® Original Bath Oil and 1/2 rubbing alcohol. Pour into a spray bottle.

AVON SKIN SO SOFT INGREDIENTS: Mineral Oil/Huile Minerale, Isopropyl Palmitate, Dicapryl Adpate, Parfum/Fragrance, Dioctyl Sodium Sulfosuccinate, BHT, Daucus Carota Sativa (Carrot) Seed Oil

## Homemade Insect Repellent

Mix one part garlic juice with 5 parts water in a small spray bottle. Shake well before using. Spray lightly on exposed body parts for an effective repellent lasting up to 5 - 6 hours. Strips of cotton cloth can also be dipped in this mixture and hung in areas, such as patios, as a localized deterrent. Source: Natural Pest Control Eartheasy.com©

## DEODORANT

### Coconut Oil

Coconut oil is a gentle deodorant and is additive-free. For further information on coconut oil, see Moisturizers.

### Crystal Body Deodorant Stick

INGREDIENT: Natural Mineral Salts (Ammonium Alum)

### Crystal Body Deodorant Spray

INGREDIENTS: Purified Water (Aqua), Natural Mineral Salts (Potassium Alum)

### Certain Dry Clinical Strength Roll-On Antiperspirant • DSE Health Care

INGREDIENTS: Aluminum Chloride, Sodium Bicarbonate, Water

### Dove Clinical Protection Antiperspirant Deodorant Solid (all scents) • Unilever

INACTIVE INGREDIENTS: Cyclopentasiloxane, Dimethicone, Microcrystalline Wax, C18-36 Acid Triglyceride, Fragrance, Silica, Helianthus Annuus Seed Oil (Sunflower), Dimethicone Crosspolymer, BHT

### Mitchum® Deodorant Antiperspirant, Unscented Clear Gel • Revlon

ACTIVE INGREDIENT: Aluminum Zirconium Tetrachlorohydrate Gly (20%)

INACTIVE INGREDIENTS: Water, Dipropylene Glycol, Cyclomethicone, Dimethicone, Dimethicone Copolyol, Ethylene Brassylate

### Secret Clinical Strength Solid Antiperspirant/Deodorant • Procter & Gamble

INGREDIENTS: Aluminum Zirconium Trichlorohydrate GLY - 20% Antiperspirant, Cyclopentasiloxane, Dimethicone, Tribehenin, Petrolatum, Cyclodextrin, C18-36 Acid Triglyceride, Fragrance, PPG-14 Butyl Ether

## SOAPS & HAND SANITIZERS

### Shea Butter – 100%

Shea butter comes from the nut of the Shea tree grown in Africa. It is 100% fat. There are several companies that sell it as soap. The yellow variety is hard; the ivory variety is softer and has a more pleasant nutty scent.

### Johnson's Kids Easy Grip Sudzing Bath Bar Watermelon Explosion • Johnson & Johnson

INGREDIENTS: Sodium Palm Kernelate (Palm Kernel Oil), Sodium Palmate, Water, Glycerin, Fragrance, Sodium Chloride, Disodium EDTA, Pentasodium Pentetate, Tetrasodium Etidronate

### Avant Original Hand Sanitizer • B4 Brands

INGREDIENTS: Ethanol, Water, Propylene Glycol, Carbomer, Triethanolamine, Glycerin (0.03%), Retinyl Palmate, Fragrance

### Avant Hand Sanitizer-Fragrance Free Version • B4 Brands

INGREDIENTS: Ethanol, Water, Propylene Glycol, Glycerin (0.03%), Carbomer



Charlie  
FOUNDATION

**Dove Sensitive Skin, Unscented Beauty Bar • Unilever**

INGREDIENTS: Sodium Lauroyl Isethionate, Stearic Acid, Sodium Tallowate, Sodium Palmitate, Lauric Acid, Sodium Isethionate, Water, Sodium Stearate, Cocamidopropyl Betaine, Sodium Cocoate, Sodium Palm Kernelate, Sodium Chloride, Tetrasodium EDTA, Tetrasodium Etidronate, Maltol, Titanium Dioxide (CI 77891)

**Kids Foaming Hand Sanitizer Alcohol-Free • Smart & Silky**

INGREDIENTS: Benzalkonium Chloride, Behentrimonium Chloride, Dihydroxyethyl cocamineoxide, Dihydroxypropyl Peg-5, Linoeammonium Chloride, Glycereth-2 Cocoate, Water

**BabyGanics Alcohol Free Foaming Hand Sanitizer**

ACTIVE INGREDIENT: Benzalkonium Chloride 0.1% (Antimicrobial)

INACTIVE INGREDIENTS: Water, Dihydroxypropyl PEG -5 Linoleammonium Chloride, Glycereth-2 Cocoate, Behentrimonium Chloride, Dihydroxyethyl Cocamine Oxide

**18 in one Hemp Almond (liquid soap)• Dr Bronner’s**

INGREDIENTS: Water, Orgaic Coconut Oil, Potassium Hydroxide, Organic Palm Kernel Oil, Organic Olive Oil, Organic Hemp Oil, Organic Jojoba Oil, Natural Almond Fragrance, Citric Acid, Tocopherol

**Ivory Liqui-Gel Hand Soap, Mild • Procter & Gamble**

INGREDIENTS: Water, Sodium Laureth Sulfate, Sodium Lauryl Sulfate, Sodium Sulfate, Cocamidopropyl Betaine, Citric Acid, Sodium Chloride, Fragrance, DMDM Hydantoin, Tetrasodium EDTA

**Tropical Traditions Coconut Soap Unscented - Bar**

INGREDIENTS: Saponified Organic Virgin Coconut Oil

**Clearasil Daily Acne Control Pore Cleansing Pads • Boots Healthcare USA**

ACTIVE INGREDIENT: Salicylic Acid 2%

INACTIVE INGREDIENTS: SD Alcohol 40B, Aloe Barbadensis Gel, Denatonium Benzoate, Disodium EDTA, Fragrance, Isoceteth-20, Triethanolamine, Water

**Neutrogena Oil-Free Acne Wash Pump • Neutrogena Corp.**

ACTIVE INGREDIENT: Salicylic Acid (2%)

INACTIVE INGREDIENTS: Water, Sodium C14-16 Olefin Sulfonate, Cocamidopropyl Betaine, Sodium C12-15 Pareth-15 Sulfonate, Aloe Barbadensis Leaf Extract, Anthemis Nobilis Flower Extract, Matricaria (Chamomilla Recutita) Flower Extract, Linoleamidopropyl PG-Dimonium Chloride Phosphate, Disodium EDTA, Propylene Glycol, Yellow 5, Red 40, Sodium Chloride, Fragrance

**Oxy Maximum Daily Wash • Mentholatum Company**

ACTIVE INGREDIENT: Benzoyl Peroxide (10%) (Acne Treatment)

INACTIVE INGREDIENTS: Anhydrous Citric Acid, Cocamidopropyl Betaine, Diazolidinyl Urea, Methylparaben, Propylparaben, Water (Purified), Sodium Citrate, Sodium Cocoyl Isethionate, Sodium Lauroyl Sarcosinate, Xanthan Gum



## SHAVING CREAM

### ● **Pure Silk w/Aloe Moisturizing Shave Cream for Women • Barbasol**

Melon Splash, Raspberry Mist, Peaches & Cream

INGREDIENTS: Water, Stearic Acid, Triethanolamine, Isobutane, Laureth-23, Fragrance, Propane, Sodium Lauryl Sulfate, Aloe

### ● **Pure Barbasol Beard Buster, Thick and Rich Shaving Cream • Barbasol**

Original and Skin Conditioner.

INGREDIENTS: Water, Stearic Acid, Triethanolamine, Isobutane, Laureth-23, Fragrance, Lanolin, Propane, Sodium Lauryl Sulfate

## EYE DROPS

### ● **Visine-A Eye Allergy Relief Drops • McNeil**

INGREDIENTS: Naphazoline Hydrochloride - 0.025 % Redness Reliever, Pheniramine Maleate - 0.3 % Antihistamine, Boric Acid, Sodium Borate Buffer System, Benzalkonium Chloride (0.01%, preservative), Edetate Disodium (0.1%, Preservative), Sodium Hydroxide and, or Hydrochloric Acid, Purified Water

## BEVERAGES

NON-CARBONATED

WITHOUT SUCRALOSE (SPLENDA)

### ● **O Clear Water • O Beverages LLC**

INGREDIENTS: Purified/Distilled Water, Natural Flavors, Potassium Sorbate (Provides potassium and preserves natural flavor)

### ● **Smart Water Vapor Distilled Water • Glaceau**

INGREDIENTS: Vapor Distilled Water, Calcium Chloride and Magnesium Chloride and Potassium Bicarbonate

*NOTE: Removed from list – Stevita Fruit Flavored Stevia, now contains xylitol.*

NON-CARBONATED

WITH SUCRALOSE (SPLENDA)

### ◆ **Clear Fruit Lite • Sundance Beverage Company, Warren MI**

INGREDIENTS: Filtered Water, Natural Flavor, Citric Acid, Sucralose (Spenda Brand) Ascorbic Acid (Vitamin C)

### ◆ **Dasani Natural Flavored Water Beverage • Coca Cola Company**

INGREDIENTS: Filtered Water, Citric Acid, Natural Flavors, Potassium Sorbate and Potassium Benzoate (to protect taste), Sodium Citrate, Malic Acid, Sucralose, Magnesium Sulfate, Acesulfame Potassium, Potassium Chloride, Salt

### ◆ **Fruit 2-O (Original, Not Vitamin Enhanced) • Kraft Foods**

INGREDIENTS: Purified Water, Contains less than 2% of Natural Flavors, Citric Acid, Malic Acid, Sucralose and Acesulfame Potassium, Benzoate, Potassium Sorbate

### **Nestle Pure Life Natural Fruit Flavored Water • Nestle**

INGREDIENTS: Purified Water, Citric Acid, Natural Fruit Flavors, Sodium Polyphosphate, Potassium Sorbate (preserve freshness), Sodium Benzoate (preserve freshness), Sucralose, Acesulfame Potassium, Calcium Disodium EDTA, Magnesium Sulfate

## **ELECTROLYTE REPLACEMENT**

### **365 Electrolyte Enhanced Water • Whole Foods**

INGREDIENTS: Deionized Water, Electrolytes (Potassium Bicarbonate, Calcium Chloride, Magnesium Chloride)

### **Electrolyte Enhanced Water • Trader Joe's**

INGREDIENTS: Deionized Water, Electrolytes (Potassium Bicarbonate, Calcium Chloride, Magnesium Chloride)

### **Power Ade Zero • Coca Cola Company**

There is less than 1gm (1000mg) of carbohydrate per serving in all flavors.

INGREDIENTS: Water, Citric Acid, Natural Flavors, Salt, Potassium Citrate, Sucralose, Sodium Citrate, Potassium Phosphate, Acesulfame Potassium, Niacinamide (Vitamin B3), Red 40, Pyridoxine Hydrochloride (Vitamin B6), Blue 1, Cyanocobalamin (Vitamin B12)

### **Propel Zero • Pepsico**

There is less than 1gm (1000mg) of carbohydrate per serving in all flavors.

INGREDIENTS: Water, Citric Acid, Sodium Hexametaphosphate (to protect flavor), Natural Flavor, Potassium Sorbate (Preserves Freshness), Ascorbic Acid (Vitamin C), Sucralose, Sodium Citrate, Potassium Citrate, Acesulfame Potassium, Niacinamide (Vitamin B3), Calcium Disodium EDTA (to protect flavor), Vitamin E Acetate, Calcium Pantothenate (Vitamin B5), Pyridoxine Hydrochloride (Vitamin B6)

## **SWEETENER**

### **Erythritol:: Swerve, Now Real Food**

Caution: A sugar alcohol, but one that is not fermented in the colon; has minimal impact on metabolism. Can be used in cooking and baking. Provides 0.2 calories per gram (0.05gm carb) **Safe in small amounts**

### **Monk Fruit (Luo han guo): Pure Monk**

Caution: Generally regarded as safe (GRAS) per the USDA. Can be used in cooking and baking. Provides 2 calories per gram (0.5 gm carb) **Safe in small amounts**

### **Coconut Nectar: Coconut Secret, Big Tree**

Caution: 100% carb, primarily sucrose. Extracted from coconut tree sap. Low glycemic index (35, compared to 80 of sugar). Provides 4 calories per gram (same as sugar) **Use sparingly**

### **Inulin Fiber (fructooligosaccharide)**

Caution: Fermented in the colon. Can affect metabolism and cause an increase in blood glucose. Calories vary by brand. **Use sparingly**

### **Stevia: Truvia, Stevia, Pyure**

Caution: Insufficient evidence to support its safety according to European Commission. Loses sweetness in cooking and baking. Calories vary by brand **Use sparingly**

- ◆ **Sucralose: Sweet 'N Low, Splenda**  
Caution: Negative effects on gut microbiota and metabolism in mouse studies. Calories vary by brand. **Use sparingly**
- ◆ **Xyllitol: Xyla, Spry**  
Caution: A sugar alcohol that is fermented in the colon. Naturally occurring in some plant foods but is derived mostly from corn as a supplement. Not recommended for cooking or baking. Not safe for dogs. Provides 2.4 calories per gram (0.6gm carb) **Use sparingly**
- ◆ **Agave nectar**  
Caution: 100% carb, containing 70-90% fructose which causes the liver to make the (bad) small particle-sized LDL cholesterol. **Avoid**
- ◆ **Aspartame: Equal, Nutrasweet**  
Caution: Negative effect on the gut microbiota and metabolism in mouse study. **Avoid**
- ◆ **Saccharine: Sweet N' Low**  
Caution: Negative effect on the gut microbiota and metabolism in mouse study. **Avoid**