

Comparing Ingredients Across 3 Popular Deodorant Brands

Below is a chart comparing the ingredients of three popular, conventional deodorant brands. The chart includes the Environmental Working Group's safety ratings for each ingredient, as well as the ingredients' primary cautions based on available research.



Ingredient	EWG Rating	Ingredient Caution	Deodorant Brand #1 (Secret)	Deodorant Brand #2 (Dove)	Deodorant Brand #3 (Tom's)
Cyclopentasiloxane	3	Studies have shown that moderate doses of this ingredient may contribute to higher risks of cancer, endocrine disruption, and neurotoxicity in animals. It is also considered to have detrimental effects on the environment.	X	X	
Aluminum Zirconium Tetrachlorohydrate Glycol	2-4	Is intended to obstruct pores in the skin and prevent sweat from leaving the body. When mixed with sweat it is known to stain clothing yellow. Because aluminum compounds in antiperspirants create a chemical reaction with your sweat and clumping to clog your sweat glands, it may cause irritation in sensitive underarm areas. This may result in allergic reactions like contact dermatitis, acne or itching.	X	X	
Stearyl Alcohol	1	Considered to be a low-hazard ingredient. Can potentially be harmful when in aerosol form, as it is easier to get in the eyes and lungs.	X	X	
Mineral Oil	1-3	Mineral Oil is a liquid mixture of hydrocarbons obtained from petroleum. Safety concerns include possible human immune system toxicant or allergen, and it may contribute to toxicity in non-reproductive organs in humans.	X		
Dimethicone	3	Generally considered to be safe, with likeliest side effects being dryness, slight irritation, and allergic reactions.	X	X	
Talc	3	Intended to help absorb moisture. Talc can be contaminated with asbestos fibers, posing risks for respiratory toxicity and cancer.	X		
Petrolatum	4	Petrolatum is a semisolid mixture of hydrocarbons obtained from petroleum and contains 1,4-Dioxane, which has been listed by the World Health Organization and the Environmental Protection Agency as a probable carcinogen.	X		
Hydrogenated Castor Oil	1	A hydrogenated vegetable oil that is generally considered safe.	X	X	
Cyclodextrin	1	Cyclodextrins are non-toxic cyclic polysaccharides.	X		
PPG-14 Butyl Ether	1	Enhances the appearance of dry or damaged skin by reducing flaking and restoring suppleness. Generally considered safe.	X	X	
C12-15 Alkyl Benzoate	1	Used as a skin-conditioning agent. Generally considered safe.		X	
C20-40 Pareth-10	1	Is an emulsifier that is generally considered safe.	X		
PEG-8 / Polyethylene / Steareth-100	3	PEGs are widely used in cosmetics as thickeners, solvents, softeners, and moisture-carriers. Depending on manufacturing processes, PEGs may be contaminated with measurable amounts of ethylene oxide and 1,4-dioxane, which are both carcinogens.		X	
Fragrance	8	An engineered scent or flavoring agent that may contain any combination of 3,000-plus stock chemical ingredients, including hormone disruptors and allergens. Fragrance formulas are protected under federal law classification of trade secrets and therefore can remain undisclosed.	X	X	X

Behenyl Alcohol	1	Behenyl alcohol is a saturated fatty alcohol as an emollient, emulsifier, and thickener. It is generally considered safe.	X	
Silica	1-2	Silica is a mineral found naturally in sandstone, clay, and granite, as well as in parts of plants and animals, and is used as a versatile ingredient in the cosmetics and skin care industry as an anticaking agent, bulking agent, opacifying agent and suspending agent. It is used in antiperspirant to absorb oil and sweat. It is generally considered safe.		X
Sunflower Seed Oil	1	A hydrating vegetable oil, generally considered safe.	X	X
BHT	4	Synthetic antioxidants used to extend shelf life. They are likely carcinogens and hormone disruptors and may cause liver damage.	X	
Shea Butter	1	Shea butter is a vegetable fat obtained from the fruit of a tree native to Africa, <i>Butyrospermum parkii</i> . It helps hydrate the skin, and is generally considered safe.	X	
Hydroxyethyl Urea	1	Thought to be derived from animal urine, when used in cosmetics it is likely synthetic. Urea is used to extend shelf-life of a product, alters the skin's structure, allowing other chemicals to penetrate deeper into the skin, and acts as a humectant by hydrating the top layer of the skin. A study published in 2010, ureas can release formaldehyde, which has been classified as a human carcinogen.	X	
Propylene Glycol	3	Propylene glycol is a small organic alcohol commonly used as a skin conditioning agent. It has been associated with irritant and allergic contact dermatitis as well as contact urticaria in humans.		X
Water				X
Sodium Stearate	1	The Stearate salts are generally used for their lubricating properties. They also help to keep emulsions from separating into their oil and liquid components. Generally considered as safe.		X
Aloe Leaf Juice	1	This ingredient is extracted from the succulent leaves of the aloe plant, <i>Aloe barbadensis</i> . Aloe is used to hydrate and soothe irritation in the skin. Generally considered as safe.		X
Hops Extract	1	Oil and resins extracted from the female flowers of the hop plant are highly antibacterial, meaning they prevent the growth of bacteria and therefore help fight odor. Is also antimicrobial and used as a natural preservative (alternative to parabens).		X
Ascorbic Acid (Vitamin C)	1	A naturally occurring antioxidant, used to preserve oils, provide fragrance, condition the skin, and maintain pH balance. Considered safe.		X
Cymbopogon Flexuosus oil	1	Cymbopogon Flexuosus Oil is a volatile oil obtained from the dried lemongrass. Used as a natural fragrance.		X