

Hormones in Cosmetics and Personal Care Products: Inadvertent Transdermal Exposure

The presence of undisclosed hormones in consumer products often goes unnoticed unless tests for salivary hormones are ordered. Therefore, the FDA is likely not aware of the scope of this concern.

Here is a link to more information about the FDA oversight of cosmetics:

<https://www.fda.gov/cosmetics/cosmetics-laws-regulations/fda-authority-over-cosmetics-how-cosmetics-are-not-fda-approved-are-fda-regulated>.

This article discusses counterfeit products that may contain undisclosed hormones, heavy metals, and other substances: <https://www.fbi.gov/news/stories/counterfeit-cosmetics-fragrances>.

Here are links to several articles and studies that discuss the addition of undisclosed hormones to consumer products:

- Some Moisturizers Contain Estrogen Even Though Ingredients Don't List It - <https://www.breastcancer.org/research-news/20081217>
- Hormones in Personal Care Products - <https://www.bcphp.org/resource/hormones-in-personal-care-products/>
- Breast cancer patients unknowingly dosing themselves with estrogen by using topical moisturizers - <https://ascopubs.org/doi/10.1200/JCO.2009.23.1225>
- Estrogen in your moisturizer? - <https://www.metro.us/estrogen-in-your-moisturizer/>
- Estrogen in Cosmetics - <https://www.news-medical.net/health/Estrogen-in-Cosmetics.aspx>
- Childhood Hair Product Use and Earlier Age at Menarche in a Racially Diverse Study Population: A Pilot Study - <https://pubmed.ncbi.nlm.nih.gov/21421329/>
- Associations between Personal Care Product Use Patterns and Breast Cancer Risk among White and Black Women in the Sister Study: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6066348/>

Here are links to related studies:

- Personal care products that contain estrogens or xenoestrogens may increase breast cancer risk* - <https://pubmed.ncbi.nlm.nih.gov/17127015/>
- Racial/Ethnic Differences in Hormonally-Active Hair Product Use: A Plausible Risk Factor for Health Disparities* - <https://pubmed.ncbi.nlm.nih.gov/21626298/>
- Premature Sexual Development in Children Following the Use of Estrogen- or Placenta-Containing Hair Products* - <https://pubmed.ncbi.nlm.nih.gov/9864648/>

Note that DiagnosTechs salivary hormone assays are sensitive and specific for bioidentical hormones only. We do not test for hormone analogs, xenoestrogens, or other hormone-mimickers.

Saliva hormone testing is reliably the best tool available to screen for potential exposure to undisclosed bioidentical hormones in personal care products.

** A copy of the study is available upon request.*

For additional information or clarification, please call us. We are always happy to help you.