

Award Winning Sunbeatable SPF Cover



GREENPEOPLE

Broad spectrum UVA & UVB protection

Rich in anti-ageing and anti-inflammatory actives

Suitable for adults and children who may be prone to prickly heat, eczema and allergies



 @GreenPeopleUK  GreenPeopleOrganic

01403 740 350 | www.greenpeople.co.uk



Green People products are not tested on animals and never contain: Sodium lauryl/laureth sulphate, parabens, lanolin, phthalates, propylene glycol, alcohol (ethyl alcohol, ethanol), harsh foaming agents, synthetic fragrances, irritating emulsifiers, PABA-sunscreen, petrochemicals, colourants, urea, DEA, TEA or PEG'S

Sun protection

There are over 69,000 new cases of skin cancer diagnosed each year in the UK, but most people are now aware of the necessity of using sun lotion. With a wide range of brands available, and with experts reminding us that the most expensive and well-known products are not necessarily any better than the smaller names, there is no reason not to consider some of the lesser known and more ethical companies when protecting your skin.

SCREENS AND BLOCKS

The British Department of Health and the US Food and Drug Administration claim that, although sunscreen prevents sunburn, there is no proof that it actually prevents cancer. They also warn that the main danger of sunscreen is that people increase their risk of skin cancer by increasing the length of time they spend in the sun. They warn against the use of expensive and very high sun protection factor (SPF) lotions as 'the benefits are minimal'. A study by the Consumers' Association in 2001 found that cheap sunscreens can provide as much sun protection as those at the more pricey end of the market.

Sunscreen only works when it's slapped on thick at least half an hour before going outside, as it doesn't start working immediately. The Department of Health recommends using a sunscreen with a minimum rating of SPF 15. Unfortunately, many alternative cosmetics companies only produce low factor sunscreens. For example, Weleda uses a filter based on the vegetable extract camphor to produce SPF 8 in its

highest-rated product. Green People, a brand approved by *The Good Shopping Guide*, has products with SPF 15-25.

Studies suggest that sunscreens with SPF 15 to 20 are generally acceptable, but that some of those above this level increase their ratings by increasing concentrations of key chemical components, which can cause irritation. Meanwhile, the EU is abolishing the term 'sunblock' because it is potentially misleading to customers.

WHAT CHEMICALS?

Sunscreens may contain one or more of a number of different active compounds to block out the sun's rays, such as OMC (octyl methoxycinnamate), benzophenone, benzophenone 3 (oxybenzone), titanium dioxide, zinc oxide and talc, all of which should be listed on the packaging. Despite the potential risks of some of these ingredients (studies carried out on mice have raised concerns about the safety of OMC), it isn't possible to find a sunscreen with a high SPF that doesn't use at least one of them.

ANIMAL TESTING

Sunscreens are currently classed as cosmetics, which means that animal testing is not required by law. Every year 35,000 animals in the EU are subjected to unnecessary experiments to test cosmetic products. The UK introduced a total ban on the testing of cosmetic products and ingredients on animals in November 1998, but because there is no world-wide ban, many cosmetics sold in the UK will simply have had their tests carried out elsewhere. Until a clear deadline is set, there is little regulatory incentive for widespread industry change. Vegetarians and vegans will be pleased to know that sunscreens

by Honesty contain no animal derived ingredients, but they will have to watch out for beeswax, chitin, collagen, elastin, lanolin and stearin, which may be found in other companies' products. Green People, who have gained *Ethical Accreditation*, also sell organic sun care creams.

PACKAGING

The majority of sun lotions come in plastic bottles (usually polyethylene, PE, or high-density polyethylene, HDPE) and can only be recycled where such facilities exist. However, Weleda's sun cream is packaged in an aluminium tube to enable it to be easily recycled.



- Green People
- Honesty
- Oy!
- Soltan
- Weleda



- Banana Boat
- Body Shop
- Calypso
- Clarins
- Delph
- Estee Lauder
- L'Oreal
- Malibu
- Nivea Sun
- Simple



- Coppertone
- Piz Buin

SUN PROTECTION BRAND NAME	ENVIRONMENT				ANIMALS		PEOPLE			OTHER			Company group	
	ENVIRONMENTAL REPORT	GM	ORGANIC	NUCLEAR POWER	ANIMAL WELFARE	VEGETARIAN	ARMAMENTS	IRRESPONSIBLE MARKETING	POLITICAL DONATIONS	PUBLIC RECORD CRITICISMS	BOYCOTT	ETHICAL ACCREDITATION		ETHICAL COMPANY INDEX
AMBRE SOLEIL	●	●	●	●	●	○	●	●	●	○	●	○	50	L'Oreal Group
BANANA BOAT	●	●	●	●	●	○	●	●	●	●	●	○	57	Playtex products
BODY SHOP	●	●	●	●	●	○	●	●	●	○	●	○	50	L'Oreal Group
CALYPSO	●	●	●	●	○	○	●	●	●	●	●	○	64	Linco Care Ltd
CLARINS	○	●	●	●	○	○	●	●	●	●	●	○	68	Clarins SA
COPPERTONE	○	●	●	●	●	○	○	●	●	●	●	○	25	Schering-Plough
DELPH	●	●	●	●	○	○	●	●	●	●	●	○	64	Fenton Pharmaceuticals
ESTEE LAUDER	○	●	●	●	○	○	●	●	●	○	●	○	68	The Estee Lauder Companies Inc
GREEN PEOPLE	●	●	●	●	○	●	●	●	●	●	●	●	92	Green People Company
HONESTY	●	●	●	●	●	●	●	●	●	●	●	●	89	Honesty Cosmetics
MALIBU	●	●	●	●	○	○	●	●	●	●	●	○	64	Malibu Health
NIVEA SUN	●	●	●	●	●	○	●	●	●	●	●	○	64	Beiersdorf AG
OY!	●	●	●	●	○	●	●	●	●	●	●	●	92	Green People Company
PIZ BUIN	●	●	●	●	●	○	●	●	●	●	●	○	36	Johnson & Johnson
SIMPLE	●	●	●	●	●	○	●	●	●	●	●	○	64	Beiersdorf AG
SOLTAN	●	●	●	●	○	○	●	●	●	●	●	○	71	Boots Group Plc
WELEDA	●	●	●	●	○	○	●	●	●	●	●	○	79	Weleda AG

REMEMBER

- Skin cancer can be caused by excessive exposure to the sun
- Wear a hat, sunglasses and tightly woven clothes
- Pale clothes let more sun through than darker ones
- During holidays in the hottest weather, have a long lunch and a siesta

Key

- Top rating
- Middle rating
- Bottom rating

Source: The Ethical Company Organisation

Toothpaste

Having clean teeth is much more important for dental health reasons than for the sake of cosmetics. Toothpastes marketed on the basis of their visual effect, such as whitening and smokers' products, should be approached with caution, as they can often contain abrasives. Alongside health worries about excessive fluoride ingestion, other ingredients to look out for are sodium lauryl sulphate and triclosan, both of which have been a source of recent controversy.

LABELLING

The British Dental Health Foundation and the British Dental Association both run labelling schemes which allow oral health and hygiene products to carry the BDHF or BDA logo. Companies have to pay for the initial checks on the products and then pay an annual fee to the relevant body in order to carry the logo. The Consumers' Association has concerns about the scheme, because toothpastes without an accreditation logo are not necessarily any worse.

FLUORIDE

Since fluoride toothpaste came onto the market in the 1970s, tooth decay rates have fallen by 75 per cent. However, there are associated health concerns. Over-exposure to fluoride can lead to fluorosis, with flu-like symptoms and possible links to future thyroid problems, so manufacturers warn against ingestion of toothpaste, particularly for children. However, the

amount of fluoride in toothpaste has not been proven to pose a serious health risk, and the benefits of healthy teeth are usually thought to outweigh any potential problems. Readers concerned about their fluoride intake, particularly the 10 per cent of the British population who live in areas where the water is fluoridated, can choose fluoride-free toothpastes such as Green People, Kingfisher, Tom's of Maine or the appropriate Weleda brand.

OTHER INGREDIENTS

Many toothpastes contain sodium lauryl sulphate (SLS), a synthetic foaming agent. Some experts have raised concerns about this ingredient, saying that it is a suspected gastro-intestinal or liver toxicant. Others point to the fact that it has been associated with recurrent mouth ulcers. It is also an industrial-strength detergent, so many people may want to think twice before putting it in their mouths. However, a small application for a short period followed by a thorough rinsing

should be harmless for most people. For those with a recurring mouth ulcer problem, Green People and Weleda toothpastes are SLS-free.

Triclosan (which may also be listed under CH 3635, Irgasan Ch 3635 or Ster-Zac) is an antibacterial agent which has caused controversy because it may increase the growth of superbugs, although it has not been shown to be dangerous for human health.

All toothpastes list the active ingredients, so levels of triclosan and fluoride salts present in the paste should always be found on the packet. Toothpaste brands which contain triclosan include Colgate, Crest, Mentadent P, Sensodyne F and Macleans. Other brands marketing themselves as 'antibacterial' may also contain triclosan.

PACKAGING

Most toothpastes now come in plastic tubes, and several in pump dispensers. Some still come in the traditional aluminium tube. Tom's of Maine says that its aluminium tube, lined with food-grade plastic, can be recycled along with aluminium cans. Kingfisher Natural Toothpaste is packed in boxes manufactured from recycled cardboard and its tubes are made from biodegradable cellulose.

ALTERNATIVES

Dabur is an ayurvedic brand and made according to ancient Hindu principles.

If you wish to join the 6 per cent of the population who don't use toothpaste at all, experiment with sea salt, soot, chalk or bicarbonate of soda.



- Green People
- Kingfisher
- Thursday Plantation
- Tom's of Maine
- Weleda



- Dabur
- Nelson
- Sarakan



- Aquafresh
- Arm & Hammer
- Colgate
- Crest
- Euthymol
- Mentadent P
- Oral B
- Pearl Drops

GOOD HEALTH & BEAUTY

TOOTH PASTE BRAND NAME	ENVIRONMENT			ANIMALS			PEOPLE			OTHER			Company group	
	ENVIRONMENTAL REPORT	GM	ORGANIC	NUCLEAR POWER	ANIMAL WELFARE	VEGETARIAN	ARMAMENTS	IRRESPONSIBLE MARKETING	POLITICAL DONATIONS	PUBLIC RECORD CRITICISMS	BOYCOTT	ETHICAL ACCREDITATION		ETHICAL COMPANY INDEX
AQUAFRESH	●	●	●	●	●	○	●	●	●	●	●	○	21	GlaxoSmithKline
ARM & HAMMER	●	●	●	●	●	○	●	●	●	●	●	○	50	Church & Dwight
COLGATE	○	●	●	●	●	○	●	●	●	○	●	○	46	Colgate-Palmolive
CREST	○	●	●	●	●	○	○	●	●	●	●	○	25	Procter & Gamble
DABUR	●	●	●	●	○	○	●	●	●	●	●	○	64	Dabur India Ltd
EUTHYMOL	●	●	●	●	●	○	●	●	●	●	●	○	36	Pfizer Inc
GREEN PEOPLE	●	●	●	●	○	●	●	●	●	●	●	●	89	Green People Company
KINGFISHER	●	●	●	●	●	○	●	●	●	●	●	○	86	Rainbow Wholefood
MENTADENT P	●	●	●	●	●	●	●	●	●	●	●	○	46	Unilever
NELSON	○	●	●	●	○	○	●	●	●	●	●	○	68	Nelson and Russell Holdings Ltd
ORAL B	○	●	●	●	●	○	○	●	●	●	●	○	25	Procter & Gamble
PEARL DROPS	●	●	●	●	●	○	●	●	●	●	●	○	50	Church & Dwight
SARAKAN	○	●	●	●	○	○	●	●	●	●	●	○	68	Arrowmed
THURSDAY PLANTATION	●	●	●	●	○	○	●	●	●	●	●	○	71	Thursday Plantation
TOM'S OF MAINE	●	●	●	●	●	○	●	●	●	●	●	○	79	Tom's of Maine
WELEDA	●	●	●	●	○	○	●	●	●	●	●	○	79	Weleda AG

Key

- Top rating
- Middle rating
- Bottom rating

Source: The Ethical Company Organisation





Vitamins

Given that much of the marketing surrounding them seems to play on our desire for wellbeing, some consumers are understandably cautious about vitamins. However, there are a number of exceptions to the rule that healthy eating is the best way to get all the vitamins and minerals we need, and dietary supplements can be of benefit to many people. Those who choose vitamins need to know exactly what is in the products they take.

A VITAMIN A DAY KEEPS THE DOCTOR AWAY?

Some people argue that the traditional apple will do a better job. Fruit and vegetables have much more varied benefits than one-dimensional vitamin supplements. For example, a vitamin C supplement is usually made of ascorbic acid, whereas food with vitamin C also contains other micro-nutrients, such as tyrosinase, which play an important role in the prevention of disease. Vitamin C in food also contains bioflavonoids which help the body to absorb the vitamin itself. Similarly, some vitamin B supplements are manufactured from coal tar, which does not work as effectively as natural sources of the vitamin, such as wheat germ. Therefore, a balanced diet remains the best way to enhance your health, and vitamin supplements shouldn't be used to make up for bad eating habits.

But what if you don't get the recommended five portions of fruit and veg a day? Most doctors agree that taking a low dose multi-vitamin and mineral supplement won't do any harm, and will probably

have some benefits. After all, vitamins are essential for a healthy and active lifestyle. Problems only arise if you exceed the recommended dosage.

Vitamin supplements are, however, most beneficial if you have special health needs or a particular gap in your diet. Pregnant women, for example, can benefit from taking folic acid supplements, and it is particularly important for adolescents to get the proper intake of calcium, making a supplement worthwhile if they don't receive the recommended amount through their diet. Advertisements and health editorials commonly target vegetarians and vegans as those who are most in need of supplements. However, both the Vegan and Vegetarian societies argue that a healthy, mixed diet should provide all the nutrients we need.

INGREDIENTS

When the Food Commission conducted a survey into additives it was shocked by the numbers contained in supplements, as well as by the lack of clear labelling of ingredients. Its survey found a colouring

in Redoxon which is banned in virtually all foods. Artificial sweeteners, aspartame and sorbitol, as well as talcum powder, silicon dioxide and anti-caking agents were found in some other supplements. More worryingly, an earlier government survey discovered higher-than-permitted levels of lead and arsenic in a number of supplements. Although the government did not at the time conclude that the products posed a significant risk, manufacturers were required to change their formulations.

Information on how supplements should be labelled, and safe dosage levels, are available at www.food.gov.uk.

PACKAGING

Many vitamin pills are vastly overpackaged. Some products, such as Seven Seas, are packaged in an outer box as well as the vitamin bottle, while Perfectil vitamins go even further by packaging each individual pill in its own bubble pack.

The majority of vitamin bottles are also made from plastic, although a few brands use glass. Viridian is the only company offering recycling of its bottles. Consumers can return their empty Viridian glass bottle to the place of purchase, and receive a 25p refund when it is taken for recycling. The company also makes a charity donation for every sale.



- Boots
- Viridian



- FSC
- GNC
- Holland & Barrett
- Perfectil
- Quest
- Red Kooga



- Centrum
- Redoxon
- Sanatogen
- Seven Seas
- Solgar

VITAMINS BRAND NAME	ENVIRONMENT				ANIMALS				PEOPLE				OTHER				Company group
	ENVIRONMENTAL REPORT	GM	ORGANIC	NUCLEAR POWER	ANIMAL WELFARE	VEGETARIAN	ARMAMENTS	IRRESPONSIBLE MARKETING	POLITICAL DONATIONS	PUBLIC RECORD CRITICISMS	BOYCOTT	ETHICAL ACCREDITATION	ETHICAL COMPANY INDEX				
BOOTS	●	●	●	●	○	○	●	●	●	●	●	●	○	71	Boots Group Plc		
CENTRUM	○	●	●	●	●	●	●	●	●	●	○	●	○	36	Wyeth		
FSC	●	●	●	●	○	○	●	●	●	●	●	●	○	64	NBTY Inc		
GNC	●	●	●	●	○	○	●	●	●	●	●	●	○	64	Apollo Management		
HOLLAND & BARRETT	●	●	●	●	○	○	●	●	●	●	●	●	○	64	NBTY Inc		
PERFECTIL	●	●	●	●	○	○	●	●	●	●	●	●	○	64	Vitabiotics Ltd		
QUEST	●	●	●	●	○	○	●	●	●	●	●	●	○	64	Quest Vitamins Ltd		
RED KOOGA	●	●	●	●	○	○	●	●	●	●	●	●	○	64	Peter Black Holdings Ltd		
REDOXON	●	●	●	●	●	○	○	●	●	●	●	●	○	29	Roche Holding Ltd		
SANATOGEN	●	●	●	●	●	○	○	●	●	●	●	●	○	29	Roche Holding Ltd		
SEVEN SEAS	○	●	●	●	●	○	●	●	●	●	○	●	○	46	Merck Ltd		
SOLGAR	○	●	●	●	●	●	●	●	●	●	○	●	○	36	Wyeth		
VIRIDIAN	●	●	●	●	○	○	●	●	●	●	●	●	○	79	Viridian Nutrition Ltd		

Key

- Top rating
- Middle rating
- Bottom rating

Source: The Ethical Company Organisation