



# Dr. Alex's - Sunscreen Buyer's Guide

**" IF YOU CAN'T EAT IT... THEN YOU SHOULDN'T BE PUTTING IT ON YOUR SKIN."**

- Not sure where I heard that one .. But It seemed like good advice to Me....-Dr Alex

"In my opinion, corporate greed has created products that are harmful. I'm talking hundreds of sunscreens that I believe are toxic because they contain man-made chemicals ... chemicals I believe can cause serious health problems and increase your risk of disease." - Dr. Joseph Mercola, mercola.com

Here's why.

The main chemical used in sunscreens to filter out ultraviolet B light is **octyl methoxycinnamate**. OMC for short. OMC was found to kill mouse cells even at low doses. Plus, it was also shown to be particularly toxic when exposed to sunshine. And guess what? **OMC is present in 90 percent of sunscreen brands!** But that's not the half of it. A common ultraviolet A filter, **butylthoxydibenzoylmethane**, has also demonstrated toxic properties. Furthermore, several studies show that the chemicals commonly used in sunscreens are absorbed through the skin and end up circulating in your blood stream. Not good. So...

**If Your Sunscreen Contains Any of These Chemicals That I Consider Dangerous and Potentially Life Threatening, Do Yourself a BIG Favor...**

Dump it in the trash now !

Yes, that's right. Toss your sunscreen in the trash if it contains any of these questionable chemicals:

Avoid this stuff....

- ☒ Para amino benzoic acid...
- ☒ Octyl salicyclate...
- ☒ Avobenzene...
- ☒ Oxybenzone...
- ☒ Cinoxate...
- ☒ Padimate O...
- ☒ Dioxybenzone...
- ☒ Phenylbenzimidazole...
- ☒ Homosalate...
- ☒ Sulisobenzene...
- ☒ Menthyl anthranilate...
- ☒ Trolamine salicyclate...
- ☒ Octocrylene...



Toxic



**Make no mistake: Natural Sunscreens will meet your need sunscreen needs !**

Look for an all-natural sunscreen lotion starting with the "ACTIVE INGREDIENTS" either /or

**Titanium Dioxide & Zinc Oxide**

← the GOOD stuff

These two active ingredients in **Natural Sunscreen** are natural minerals. Minerals that actually come from clay and beach sand deposits. This means, they are not harsh, synthetically-produced chemicals you'll often find in popular brands. And it may surprise you to find out that **zinc oxide has been used all over the world for over 75 years as a safe sunscreen to help you prevent excessive sun exposure.** Unlike chemical sunscreens that absorb ultraviolet light, nature provides us with titanium dioxide and zinc oxide ... two remarkable ingredients that remain on your skin to reflect and scatter away both UVA and UVB rays from your body. How do they do this?

Quite simply, they do it by forming a physical barrier, without irritating or clogging your pores.

Other criteria I look for in a sunscreen

- FREE of chemical fragrances...**
- FREE of parabens (harsh chemical preservatives)...**
- FREE of nanoparticles** (allows sunscreen to be more cosmetically appealing as it's less visible, yet it remains on your skin's surface)...

**P.S.....DON'T FORGET YOUR HAT**

"hookin out for You"  
DR ALEX

