

Small amounts of some of these ingredients might not cause a problem (if they are near the bottom of the list of ingredients on the product you are using.) However, it is better to find products that don't contain any of the especially High ranking ingredients.

Comedogenic Ingredient:

Ranking:

High	Acetylated Lanolin
High	Acetylated Lanolin Alcohol
High	Algae Extract
High	Algin
Medium	Almond Oil
Medium	Apricot Kernel Oil
Medium	Arachidic Acid
Medium	Ascorbyl Palmitate
Medium	Avocado Oil
Medium	Azulene
Medium	Behenic acid
Medium	Benzaldehyde
Medium	Benzoic Acid
Medium	BHA
High	Bismuth oxychloride
High	Butyl Stearate
Medium	Butylated Hydroxyanisole (BHA)
Medium	Cajeput Oil
Medium	Camphor
Medium	Capric Acid
Medium	Caprylic acid
High	Carrageenans
Medium	Cetearyl Alcohol
High	Cetearyl Alcohol + Cetareth 20
Medium	Cetyl Alcohol
Medium	Chamomile
High	Coal tar
High	Cocoa Butter
High	Coconut Butter
High	Coconut Oil
High	Colloidal Sulfur
High	Corn Oil
High	Cotton Seed Oil
High	Cotton Seed Oil
High	Crisco
High	D & C Red # 17
Medium	D & C Red # 19
High	D & C Red # 21
High	D & C Red # 3
High	D & C Red # 30
High	D & C Red # 36
Medium	D & C Red #27
Medium	D & C Red #40
High	Decyl Oleate
High	Diethyl Succinate
High	Disodium Monooleamido PEG 2-Sulfosuccinate

High	Ethoxylated Lanolin
High	Ethylhexyl Palmitate
Medium	Evening Primrose Oil
High	Glyceryl Stearate SE
High	Glyceryl-3-Disostearate
Medium	Grape Seed Oil
High	Hexadecyl Alcohol
Medium	Hexylene Glycol
High	Hydrogenated Vegetable Oil
High	Isocetyl Stearate
High	Isodecyl Oleate
High	isopropyl linoleate
High	Isopropyl Isosterate
High	Isopropyl lanolate
High	Isopropyl Myristate
High	Isopropyl Palmitate
High	isostearic acid
High	isostearyl acid
High	Isostearyl Isostearate
High	Isostearyl Neopentanoate
High	lanolic acid
High	Laureth 23
High	Laureth 4
High	Lauric Acid
High	Linseed oil
High	Mink Oil
High	Myreth 3 myrstate
High	Myristic Acid
High	Myristyl Lactate
High	Myristyl Myristate
High	Octyl Palmitate
High	Octyl Stearate
Medium	Octyldodecanol
High	Oleic Acid
Medium	Oleth-10
High	Oleth-3
High	Oleyl Alcohol
Medium	Olive Oil (but Olive Oil Extract is OK)
Medium	Palmitic Acid
Medium	Peach Kernel Oil
Medium	Peanut Oil
Medium	PEG 100 Distearate
Medium	PEG 150 Distearate
High	PEG 16 Lanolin
High	PEG 200 Dilaurate
Medium	Peg 75 lanolin
High	PEG 8 Stearate
Medium	Pentarythritol Tetra Isostearate
Medium	PG Dipelargonate
Medium	PG Dipelargonate
High	PG Monostearate
High	Polyglyceryl-3-Disostearate (the "3" must be present)
High	Potassium Chloride
High	PPG 2 Myristyl Propionate
High	Propylene Glycol Monostearate
High	Red Algae
Medium	Sandalwood Seed Oil

Medium	Sesame Oil
High	Shark Liver Oil
High	Salt - Table Salt or Sodium Chloride
High	Sodium Laureth Sulfate
High	Sodium Lauryl Sulfate
High	Solulan 16
High	Sorbitan Oleate
High	Sorbitan Sesquinoate
High	Soybean Oil
High	Steareth 10
Medium	Steareth 2
Medium	Steareth 20
Medium	Stearic Acid
High	Stearic Acid Tea
Medium	Stearyl Alcohol
High	Stearyl Heptanoate
High	Sulfated Castor Oil
High	Sulfated Jojoba Oil
High	Syethyl Heptanoate
Medium	Tocopherol (Tocopherol Acetate is OK)
Medium	Triethanolamine
High	Wheat Germ Glyceride
High	Wheat Germ Oil
High	Xylene

The following can be problematic for some people especially at higher concentrations:

avocado oil
castor oil
corn oil
d & c red number 4, 6 7 or 8
glyceryl stearate
lanolin
lanolin alcohol
lauryl alcohol
mineral oil-fine for makeup
safflower oil
sunflower oil