

COMEDGOENIC INGREDIENTS

Comedogenic (pore-clogging) research is still an evolving field: as such this list may be updated over time. There are a few factors to consider when exploring comedogenicity:

- 1) Quality of the ingredient used in the product
- 2) Presence of other comedogenic ingredients
- 3) Length of time the finished product remains on the skin
- 4) Where the product is used on the body.

Check your skincare for any of the following ingredients. Remove these products until your skin is totally clear.

NOTE: Not all oils have been tested. The safest oils for acne-prone skin are jojoba, sunflower, and safflower.

A & D additive	Ethylhexyl palmitate	Linseed oil	PG monostearate**
Acetylated lanolin alcohol	Ethylhexyl pelargonate	Mineral oil*	Phytantriol
Almond oil	Evening primrose oil	Mink oil	Polyglyceryl-3-diisostearate
Apricot kernel oil	Flax seed oil	Mink oil, refined	PPG 10 cetyl ether
Ascorbyl palmitate	Glyceryl stearate SE	Myreth-3 myristate	PPG 12 PEG 65 lanolin oil
Avocado oil	Glyceryl-3-diisostearate	Myristic acid	PPG 2 myristyl propionate
Avocado oil, refined	Grapeseed oil	Myristyl alcohol	PPG 5 Ceteth 10 phosphate
Beeswax	Hexylene glycol*	Myristyl lactate	Sandalwood seed oil
Betyl stearate	Hydrogenated vegetable oil	Myristyl myristate	Sesame oil
Butyl sterate	Isocetyl alcohol	Octyl palmitate	Shark liver oil
Capric acid	Isocetyl stearate	Octyl stearate	Sorbitan isostearate*
Ceramides	Isodecyl oleate	Octyldodecanol	Sorbitan laurate*
Cerearyl alcohol + cetareth 20	Isoparaffin C9-11	Oleic acid (in natural oils)	Sorbitan oleate
Cetareth-20	Isopropyl isostearate	Oleth-10	Soybean Oil
Cetearyl alcohol*	Isopropyl lanolate	Oleth-3	Steareth-10
Cetyl acetate	Isopropyl linolate	Oleth-3 phosphate	Steareth-20
Cetyl alcohol	Isopropyl myristate	Oleth-5	Stearic acid
Coal tar	Isopropyl neopentanoate	Oleyl alcohol	Stearic acid: TEA
Cocoa butter	Isopropyl palmitate	Olive oil	Stearyl alcohol
Coconut butter	Isostearic acid	Palm oil	Stearyl heptanoate
Coconut oil	Isostearyl alcohol	Palmitic acid	Sulfulated jojoba oil
Corn oil	Isostearyl isostearate	Peach kernel oil	Sweet almond oil
Cotton seed oil	Isostearyl neopentanoate	Peanut oil	Triethanoleamine
D&C red (most pigments)**	Laneth-10	PEG 100 distearate	Vitamin A palmitate**
Decaglyceryl decaoleate	Lanolic acid	PEG 150 distearate	Water-soluble sulfur
Deryl oleate	Lanolin alcohol*	PEG 16 lanolin	Wheat germ glyceride
Di (2 ethylhexyl) succinate	Laureth-23	PEG 200 dilaurate	Wheat germ oil
Diocetyl malate	Laureth-4	PEG 8 stearate	Xylene
Diocetyl succinate	Lauric acid	PG caprylate/caprata	
Eicosanoic acid	Linoleic acid	Pentaerythritol tetra isostearate	
Ethoxylated lanolins	Linolenic acid	PG dipelargonate	

*0-2, depending on source
**0-3 depending on source

References:

Fulton, James E., *Comedogenicity and irritancy of commonly used ingredients in skincare products*. Society of Cosmetic Chemists, 1989.
Gadberry, Rebecca James. "Introduction to Skin and Biochemistry for Cosmetic Science." UCLA, April 2015.