

INGREDIENTS TABLE

POTENTIAL SYMPTOMS & HEALTH EFFECTS OF OVEREXPOSURE TO INGREDIENTS USED IN NAIL CARE PRODUCTS

INGREDIENT	USAGE	SYMPTOMS OF OVEREXPOSURE*
Acetone	Nail polish remover, fingernail glue remover ^A	Overexposure may cause headache, dizziness, irritation to skin, eyes, and throat, and central nervous system depression ¹
Benzoyl Peroxide	Powder additive for artificial nails ^{A,B,E}	Overexposure may cause irritation to eyes, skin, nose, mouth, throat, and lungs, and skin rash ²
Butyl acetate	Nail polish ^{A,D,F}	Overexposure may cause irritation to eyes, skin, nose, mouth, and throat, headache, drowsiness, skin rash, confusion and/or haziness ^{1,2}
Butyl methacrylate	Artificial nails ^A	Overexposure may cause irritation to eyes, skin, nose, mouth, and throat, shortness of breath, and skin rash ²
Camphor**	Nail polish ^D	Overexposure may cause irritation to eyes, skin, nose, mouth, and throat, nausea, vomiting, diarrhea, headache, dizziness, and in extreme cases of overexposure, uncontrollable muscle contractions ^{1,2}
Dibutyl phthalate**	Nail polish, nail hardener ^C	Overexposure may cause irritation to eyes, stomach, and upper respiratory system. Prolonged exposure to high concentrations may be hazardous to human reproduction and development ^{1,2,3}
Ethyl acetate	Nail polish, ^{DE} fingernail glue ^F	Overexposure may cause irritation to eyes, skin, nose, mouth, and throat, skin rash, confusion and/or haziness ^{1,2}
Ethyl cyanoacrylate	Fingernail glue ^{A,C,D,G}	Overexposure may cause irritation to eyes, mucous membranes, and skin, and skin sensitization ^{2,4}
Ethyl methacrylate	Artificial nails ^{A,E,F,G}	Overexposure may cause irritation to eyes, skin, and respiratory track, and skin sensitization ^{2,4}
Formalin**†	Nail hardener ^A	Overexposure may cause irritation to eyes, nose, skin, throat and respiratory system, and wheezing. Prolonged exposure may cause asthma-like respiratory problems. ⁵ Substance may be a carcinogen if inhaled in high concentrations or for long periods ^{1,2,^}

INGREDIENTS TABLE (CONT'D)

POTENTIAL SYMPTOMS & HEALTH EFFECTS OF OVEREXPOSURE TO INGREDIENTS USED IN NAIL CARE PRODUCTS		
INGREDIENT	USAGE	SYMPTOMS OF OVEREXPOSURE*
Hydroquinone**	Artificial nails ^A	Overexposure may cause irritation and inflammation to eyes, irritation to skin, skin rash, and in more serious cases of overexposure, colored urine, nausea, dizziness, rapid breathing, muscle contraction, and central nervous system excitement ^{1,2}
Isobutyl methacrylate	Artificial nails ^A	Overexposure may cause irritation to eyes, skin, nose, mouth, throat, and lungs ³
Methacrylic acid	Artificial nails ^{F,G}	Overexposure may cause irritation to eyes, skin, nose, mouth, and throat, burning of eyes and skin, shortness of breath, labored breathing, and cough ²
4-methoxyphenol**	Artificial nails ^A	Overexposure may cause irritation to eyes and skin, burning of eyes and skin, and central nervous system depression ^{1,2}
Methyl ethyl ketone	Nail polish, ^{D,E} nail polish remover, ^C artificial nail remover	Overexposure may cause irritation to eyes, skin, nose, mouth, and throat, cough, headache, dizziness, drowsiness, vomiting, and skin rash ^{1,2}
Methyl methacrylate (typically not used - illegal in many states. See fact sheet on page v)	Artificial nails ^A	Overexposure may cause irritation to eyes, skin, nose, mouth, and throat, sore throat, cough, shortness of breath, and skin rash ^{1,2}
Poly (ethyl/methyl Methacrylate)	Powder for artificial nails ^{E,F,H}	Overexposure may cause irritation to the eyes, skin, and throat (by inhalation) ⁶
Titanium dioxide**	Nail polish, powder for artificial nails ^A	Overexposure may cause lung fibrosis and may be an occupational carcinogen ¹
Toluene	Nail polish, ^A fingernail glue	Overexposure may cause irritation to eyes and nose, weakness, exhaustion, confusion, inappropriate feelings of happiness, dizziness, headache, dilated pupils, runny eyes, anxiety, muscle fatigue, inability to sleep, feeling of numbness/tingling, skin rash, and in more serious cases of overexposure or intentional abuse, liver and kidney damage ^{1,2,‡}
Tosylamide Formaldehyde Resin (TFR Resin)	Nail hardener, ^A nail polish ^I	Overexposure may cause irritation to skin and skin rash ⁴