**Cocamide DEA: A Harmful Chemical in Shampoos and Beauty Products**

**Introduction**

Cocamide DEA is a surfactant that is used in shampoos, soaps, and cosmetics. It is commonly used to increase the foaming properties of these products. However, cocamide DEA is a suspected carcinogen and has been linked to skin irritations and sensitivities.

**Is Cocamide DEA Safe?**

The United States Food and Drug Administration (FDA) has stated that cocamide DEA is safe to use in cosmetics. The International Agency for Research on Cancer (IARC) has listed cocamide DEA as a potential carcinogen.

**Potential Side Effects of Cocamide DEA**

When ingested or inhaled, cocamide DEA can cause mild skin irritations and mild dermatitis. However, large doses can cause more severe skin damage.

**Who Is Selling Cocamide DEA in Shampoos?**

The Center for Environmental Health (CEH) conducted a study that found 98% of shampoos on the market contained cocamide DEA. The CEH also listed major personal hygiene retailers that carry products containing cocamide DEA.

**Cocamide DEA on Their Shelves**

Major personal hygiene retailers such as Sephora, Ulta, and Target carry products containing cocamide DEA. The CEH's list of retailers also includes brands such as Organic by Africa's Best and African Pride.

**Cocamide DEA Replaced by**

Cocamide DEA has been replaced by Cocamidopropyl betaine (CAPB) in some products. CAPB is thought to cause fewer skin irritations and skin sensitivities than cocamide DEA.

**CEH's List of Retailers**

In August 2013, the Oakland, California-based CEH released its list of retailers that carry products containing cocamide DEA. The list includes Sephora, Ulta, and Target. The CEH also listed other retailers that carry products containing cocamide DEA.

**Do I Want to Be Cocamide DEA Free?**

If you want to avoid cocamide DEA, you should look for products that are labeled “DEA-free.” The FDA does not require manufacturers to list the ingredients on their products, but many companies do so voluntarily.

**Other Foaming Agents that May Still Contain DEA**

Other foaming agents that may still contain DEA include TEA-Lauryl Sulfate, Triethanolamine, DEA-Cetyl Phosphate, Myristamide DEA, Linoleamide MEA, DEA-Cetyl Stearate, Cocamine DEA, and DEA-Cetyl Phosphate.

**Summary**

Cocamide DEA is a surfactant that is commonly used in shampoos, soaps, and cosmetics. It is a suspected carcinogen and has been linked to skin irritations and sensitivities. If you want to avoid cocamide DEA, look for products that are labeled “DEA-free.”

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**Ingredients that May Contain DEA**

If you are interested in avoiding products that contain DEA, you should look for products that are labeled “DEA-free.” The FDA does not require manufacturers to list the ingredients on their products, but many companies do so voluntarily.