

THE FOLLOWING LISTS CAN BE USED TO DETERMINE WHETHER OR NOT A PRODUCT CONTAINS PALM OIL OR IS LIKELY TO CONTAIN PALM OIL. THE LAST PAGE CONTAINS A LIST OF PRODUCTS THAT ARE PALM-OIL FREE. Scroll to page 5 for that list.

**30 NAMES PALM OIL CAN BE LABELLED UNDER**

Foods, Body Products, Cosmetics & Cleaning Agents:

- Vegetable Oil
- Vegetable Fat
- Sodium Laureth Sulfate (in almost everything that foams) ^
- Sodium Lauryl Sulfate ^
- Sodium Dodecyl Sulphate (SDS or NaDS) ^
- Palm Kernel#
- Palm Oil Kernel #
- Palm Fruit Oil #
- Palmate #
- Palmitate #
- Palmolein #
- Glyceryl Stearate #
- Stearic Acid #
- Elaeis Guineensis #
- Palmitic Acid #
- Palm Stearine #
- Palmitoyl oxostearamide #
- Palmitoyl tetrapeptide3 #
- Steareth 2 \*
- Steareth 20 \*
- Sodium Kernelate #
- Sodium Palm Kernelate #
- Sodium Lauryl Lactylate/Sulphate \*
- Sodium Lauryl Sulfoacetate ^
- Hyrated Palm Glycerides #
- Sodium Isostearoyl Lactylate ^
- Cetyl Palmitate #
- Octyl Palmitate #
- Cetyl Alcohol ^
- Palmityl Alcohol #

# These ingredients are definitely palm oil or derived from palm oil.

\* These ingredients are often derived from palm oil, but could be derived from other vegetable oils.

^ These ingredients are either derived from palm oil or coconut oil.

**PRODUCTS THAT CONTAIN CRUDE PALM OIL:**

**COLGATE PALMOLIVE**

- Shampoos (AP)
- Conditioners (AP)
- Body wash (AP)
- Soaps (AP)
- Liquid handsoap (AP)
- Shower gel (AP)

**COLGATE**

- Toothpastes (AP)
- Mouthwash
- Shaving cream

**GENERAL MILLS**

- Old El Paso tacos, dips, salsas & tortillas (AP)
- Betty Crocker products (AP)
- Cheerios breakfast cereal
- Nature Valley granola bars
- Fruit rollups
- Latina Pasta (AP)
- Olay (owned by General Mills)
- Most cosmetics

**KRAFT**

- Easy Mac
- Deluxe macaroni and cheese
- Peanut Butter
- Philadelphia cream cheese (AP)
- Toblerone Chocolate
- Velveeta
- Cool Whip cream

**NABISCO (owned by Kraft)**

- Oreos (AP)
- Ritz Crackers
- Chips Ahoy! (biscuits)
- Wheat Thins

**HEINZ**

- Beans
- Spaghetti Spaghetti
- Sauces & dressings
- Soups (AP)
- Frozen meals
- Desserts (AP)
- Wattie's canned snack foods (AP)
- Weight watchers products
- MARS INCORPORATED
- M&Ms
- Snickers
- Mars bars
- Milky Way
- Twix
- Bounty
- Maltesers

- Doublemint
- Dove
- Wrigley's (owned by Mars)
- 5 gum (AP)
- Extra gum (AP)
- Juicy Fruit gum (AP)
- Starburst lollies
- Skittles lollies
- Hubba Bubba bubble gum (AP)
- P.K. chewing gum (AP)

**MARS PETCARE**

- Pedigree
- My Dog
- Dine
- Kitekat
- Optimum
- Schmakos
- Advance
- Whiskas
- Royal Canin

**SARALEE**

- Bavarians
- Cakes & cheesecakes (AP)
- Chocolate Pies & Fruit Pies
- Croissants & Danishes (AP)
- Crumbles & Puddings
- Ice Creams (AP)
- Lasagna
- Quiches (AP)

(AP)= All products:- palm oil is found in all products or flavours of this specific brand.

**PRODUCTS THAT CONTAIN OR ARE SWITCHING TO 'SUSTAINABLE' PALM OIL**  
**(sustainable is still problematical in some cases, but it's difficult to ascertain)**

**CRISCO****KELLOGS CEREALS & CONFECTIONARY**

- Just Right (AP)
- Special K (AP)
- Cornflakes

- Crunchy Nut
- Rice Krispies
- LCM bars (AP)

## L'OREAL PARIS

- Most cosmetics (makeups, tanning lotions, cleansers) (AP)
- Shampoos (AP)
- Conditioners (AP)
- Maybelline (owned by L'Oreal)
- Most cosmetics
- Garnier (owned by L'Oreal)
- Most cosmetics
- The Body Shop (owned by L'Oreal)
- Aloe Calming Facial cleanser
- Aloe Soothing night cream
- Body Focus Firming lotion
- Moisture White makeup remover
- Olive Leaf Cleansing gel
- Wise Woman Luxury cleanser

## MCDONALDS

- All foods that have been deep fried or contain vegetable oil:
- Fries
- Burger meat
- Hash browns
- Chicken nuggets
- Crispy chicken pieces
- Tortilla meat
- Desserts (AP)
- Cookies

## NATURES ORGANICS/ORGANIC CARE

- Natures Organics/ Organic Care
- Shampoos & Conditioners (AP)
- Hair styling gel
- Hand wash (AP)

## NESTLE

- Maggi noodles (AP)
- Cheerios
- Corn Flakes (Nestle)
- Milo cereal
- Allen's lollies (AP)
- Kitkat chocolate bars (AP)
- Wonka chocolate bars

## PALMER'S BODY PRODUCTS

- Skin products (AP)
- Cocoa butter lotions (AP)
- Make up (AP)
- Facial lotion (AP)
- Tanning lotion
- Shea butter formula

## PROCTOR & GAMBLE

- Procter & Gamble products
- Pringles (AP)
- Iams dog food (AP)
- Detergents & body products (AP)
- OralB toothpaste

## SMITHS SNACKFOOD COMPANY

- Crinklecut chips (AP)
- Doritos (AP)
- Twisties
- Burger Rings
- Cheetos
- Zigzag chips
- Nobbys (AP)

## UNILEVER (Multibillion dollar company that consumes 20% of all palm oil farmed annually)

- Flora margarine
- Dove soaps and bodyproducts (AP)

## **UNILEVER (continued)**

- Lux soaps and bodyproducts (AP)
- Brut men's products (AP)
- Radox bodyproducts
- Sunsilk shampoos and conditioners (AP)
- Vaseline skin care (AP)
- Chicken Tonight (AP)
- Continental
- Bertolli
- Raguletto
  
- Woolworths/ Safeway Supermarkets Select homebrand range
- Woolworths 'Select' range
- Woolworths HomeBrand range

## **PERSONAL CARE PRODUCTS**

Accem Scott  
Aloette Cosmetics  
Avon  
Borghese  
Bumble & Bumble  
California Baby  
Channoine  
Clinique  
Cornelia  
Cover Girl  
Day & Night Minerals  
DebLynne Soaps  
Dial  
Dr. Bronner's  
Earth Therapeutics

Ecco Bella Botanical cosmetics  
Genome Cosmetique  
Herbal Essences  
Hoffmans House of Treasure  
Island Soap Company  
Isomers Laboratories (makeup)  
Jerome Alexander cosmetics  
Juice Beauty  
Kiss My Face Big Kiss Organic  
Palm Oil Soap  
Lancome  
La Série (beauty products)  
Mary Kay  
MD Skincare  
Mountain Country  
Neutrogena  
One With Nature  
Palmer's  
Prai Beauty Products  
Protameen  
Pür Minerals  
Regena Cell / Anti-Aging Cream  
Revlon  
Sappo Hill Skin Care Products  
Senna Cosmetics  
Sensaria  
Sephora  
Skin Biology  
Skin Scope  
Soma Therapy products  
South of France  
Tasha & Co.  
Urban Decay cosmetics  
ZENMED

A great way to help is to use these lists to target companies and complain about the use of palm oil in their products. Choose some of your favorite products that contain palm oil, go to their websites and find their contact details. You could either send them an email, or even better, give them a call! Express your opinion about their use of environmental-damaging palm oil - tell them about the catastrophic impacts palm oil is having on the planet, and encourage them to switch to an alternative vegetable oil!

**CONSUMER PRESSURE = CHANGE!**

## THE GOOD LIST

### **SUSTAINABLE YIELD (products that do NOT use palm oil)**

AirWick (Reckitt Benckiser)	Lush Cosmetics (is not a member of the Roundtable of Sustainable Palm Oil but claims to use sustainable yield and also donates to orangutan conservation)
Aveeno (Johnson & Johnson)	Lux (Unilever)
AXE (Unilever)	Lysol (Reckitt Benckiser)
Ben Gay (Johnson & Johnson)	Matrix Hair Products (L'Oreal)
Brasso Brass Polish (Reckitt Benckiser)	Maybelline (L'Oreal)
Cacharel Fragrances (L'Oreal)	Mizani Hair Products (L'Oreal)
Caladryl Anti-Itch Lotion (Johnson & Johnson)	Mop & Glo (Reckitt Benckiser)
Calgon (Reckitt Benckiser)	Neutrogena (Johnson & Johnson)
Clean & Clear (Johnson & Johnson)	Noxon (Reckitt Benckiser)
Clean & Smooth (Reckitt Benckiser)	Old English (Reckitt Benckiser)
Clearasil (Reckitt Benckiser)	Ojon
Cling-Free (Reckitt Benckiser)	Persa Gel (Johnson & Johnson)
Closeup (Unilever)	Plax (Johnson & Johnson)
Cortaid (Johnson & Johnson)	Ponds (Unilever)
Desitin Diaper Rash Ointment (Johnson & Johnson)	Purpose Soap (Johnson & Johnson)
Dip-It (Reckitt Benckiser)	Ralph Lauren (L'Oreal)
Dove (Unilever)	Reach (Johnson & Johnson)
Easy-Off (Reckitt Benckiser)	Redken (L'Oreal)
Easy-On (Reckitt Benckiser)	Rembrandt (Johnson & Johnson)
Electrasol (Reckitt Benckiser)	Rexona (Unilever)
Garnier (L'Oreal)	Sani-Flush toilet Cleaner (Reckitt Benckiser)
Giorgio Armani (L'Oreal)	Saraya Co., Ltd
Glass Plus (Reckitt Benckiser)	Shower to Shower (Johnson & Johnson)
Halls Throat Lozenges (Cadbury Schweppes plc)	Shu Uemura Cosmetics (L'Oreal)
Jet Dry (Reckitt Benckiser)	Signal (Unilever)
Johnson's Baby Products (Johnson & Johnson)	Silvo (Reckitt Benckiser)
Johnson's Soothing Naturals (Johnson & Johnson)	Snowy (Reckitt Benckiser)
Kerastase Hair Products (L'Oreal)	Softsheen (L'Oreal)
Lifebudy (Unilever)	Spray N' Wash (Reckitt Benckiser)
Lion Corporation	Sunsilk (Unilever)
Listerine Mouthwash (Johnson & Johnson)	Surf (Unilever)
Listermint (Johnson & Johnson)	The Body Shop International
L'Oreal	Vaseline (Unilever)
Lubriderm (Johnson & Johnson)	Veet (Reckitt Benckiser)
	Vivid (Reckitt Benckiser)
	Woolite (Reckitt Benckiser)