

# The Dark Side of Synthetic Fragrances

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We constantly expose to inhalation or contact with the constituent chemicals of perfumes, aromatic fragrances and colognes in cosmetics and detergents. Fragrances are one the most common causes of many sensitivity of the skin, eyes and respiratory system. Independent studies on the used chemicals to generate fragrances indicate the adverse effects of these chemicals on the activity and function of hormones, such as thyroid hormonal dysregulation. In this paper, we explain about secret chemicals that used in fragrances industry. review of results and investigations about allergy and hormonal disorders is provided. Typical use of these chemicals as well as their adverse effects and their alternatives for reducing possible adverse effects are discussed.

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