



Animal Ingredients

So you've made the decision to eliminate animal ingredients from your diet—good for you! It's a positive and powerful thing to do, so the next logical step would be to spread the word and influence your family and friends to follow your lead, right?

We at peta2 would like to take this opportunity to ask that you be patient and tolerant with those around you—in other words, don't go all "vegan police" on them! When you give a server a hard time or lecture your parents and friends about what is and what isn't vegan based on some almost non-existent ingredient that they've never even heard of, you are making it seem as if a vegan diet is a chore. Always think about the big picture—what's best for animals.

Now don't get us wrong: We aren't saying that you shouldn't try to eliminate all non-vegan ingredients from your diet. What we are saying is that the impression you make with your outreach should be just as important as your personal purity.

If you're worried about what may or may not be 100% vegan, then by all means, find out, but don't make a scene or turn it into an argument.

Our list of animal ingredients and their alternatives will help you avoid non-vegan foods, cosmetics, and other products. Please be aware that the list is not all-inclusive. There are thousands of scientific and patented names for ingredient variations, and many ingredients known by one name can be of animal, vegetable, or synthetic origin. If you have questions regarding a particular product's ingredients, the best thing to do is to contact the manufacturer. Other good sources for additional information are the books *A Consumer's Dictionary of Cosmetic Ingredients* and *A Consumer's Dictionary of Food Additives*, both of which can be found at most libraries, or an unabridged dictionary.

Thousands of products have labels that are hard to figure out, and although it's almost impossible to be a perfect vegan, it is getting easier to avoid animal ingredients. This list will provide you with a good working knowledge of the most common animal-derived ingredients and their alternatives, giving you the power to make purchases that will save animals' lives.

Have any other questions? E-mail us at peta2@peta2.com ~ We're happy to help!

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A

Adrenaline

Hormone from adrenal glands of hogs, cattle, and sheep. In medicine.

- *Alternatives:* synthetics

Alanine

(See **Amino Acids**.)

Albumen

In eggs, milk, muscles, blood, and many vegetable tissues and fluids. In cosmetics, albumen is usually derived from egg whites and used as a coagulating agent. May cause allergic reaction. In cakes, cookies, candies, etc. Egg whites sometimes used in “clearing” wines.

- *Derivative:* **Albumin**

Albumin

(See **Albumen**)

Alcloxa

(See **Allantoin**)

Aldioxa

(See **Allantoin**)

Aliphatic Alcohol

(See **Lanolin** and **Vitamin A**)

Allantoin

Uric acid from cows, most mammals. Also in many plants (especially comfrey). In cosmetics (especially creams and lotions) and used in treatment of wounds and ulcers.

- *Derivatives:* **Alcloxa, Aldioxa.**
- *Alternatives:* extract of comfrey root, synthetics.

Alligator Skin

(See **Leather**)

Alpha-Hydroxy Acids

Any one of several acids used as an exfoliant and in anti-wrinkle products. Lactic acid may be animal-derived (see **Lactic Acid**).

- *Alternatives:* glycolic acid, citric acid, and salicylic acid are plant- or fruit-derived.

Ambergris

From whale intestines. Used as a fixative in making perfumes and as a flavouring in foods and beverages.

- *Alternatives:* synthetic or vegetable fixatives.

Amino Acids

The building blocks of protein in all animals and plants. In cosmetics, vitamins, supplements, shampoos, etc.

- *Alternatives:* synthetics, plant sources.

Amino succinate Acid

(See **Aspartic Acid**)

Angora

Hair from the Angora rabbit or goat. Used in clothing.

- *Alternatives:* synthetic fibres.

Animal Fats and Oils

In foods, cosmetics, etc. Highly allergenic.

- *Alternatives:* olive oil, wheat germ oil, coconut oil, flaxseed oil, almond oil, safflower oil, etc.

Animal Hair

In some blankets, mattresses, brushes, furniture, etc.

- *Alternatives:* vegetable and synthetic fibres.

Arachidonic Acid

A liquid unsaturated fatty acid that is found in liver, brain, glands, and fat of animals and humans. Generally isolated from animal liver. Used in companion animal food for nutrition and in skin creams and lotions to soothe eczema and rashes.

- *Alternatives:* synthetics (for companion animal food), aloe vera, tea tree oil, calendula ointment (for creams and lotions).

Arachidyl Propionate

A wax that can be from animal fat.

- *Alternatives:* peanut or vegetable oil.

Aspartic Acid Amino succinate Acid

Can be animal or plant source (e.g., molasses). Sometimes synthesized for commercial purposes.

B

Bee Pollen

Microsporic grains in seed plants gathered by bees then collected from the legs of bees. Causes allergic reactions in some people. In nutritional supplements, shampoos, toothpastes, deodorants.

- *Alternatives:* synthetics, plant amino acids, pollen collected from plants.

Bee Products

Produced by bees for their own use. Bees are selectively bred. Culled bees are killed. A cheap sugar is substituted for their stolen honey. Millions die as a result. Their legs are often torn off by pollen-collection trapdoors.

Beeswax Honeycomb

Wax obtained from melting honeycomb with boiling water, straining it, and cooling it. From virgin bees. Very cheap and widely used. May be harmful to the skin. In lipsticks and many other cosmetics (especially face creams, lotions, mascara, eye creams and shadows, face makeups, nail whiteners, lip balms, etc.).

- *Derivative:* **Cera Flava.**
- *Alternatives:* paraffin, vegetable oils and fats. Ceresin, aka ceresine, aka earth wax. (Made from the mineral ozokerite. Replaces beeswax in cosmetics. Also used to wax paper, to make polishing cloths, in dentistry for taking wax impressions, and in candle-making.) Also, carnauba wax (from the Brazilian palm tree; used in many cosmetics, including lipstick; rarely causes allergic reactions). Candelilla wax (from Candelilla plants; used in many cosmetics, including lipstick; also in the manufacture of rubber and phonograph records, in waterproofing and writing inks; no known toxicity). Japan wax (Vegetable wax. Japan tallow. Fat from the fruit of a tree grown in Japan and China.).

Benzoic Acid

In almost all vertebrates and in berries. Used as a preservative in mouthwashes, deodorants, creams, aftershave lotions, etc.

- *Alternatives:* cranberries, gum benzoin (tincture) from the aromatic balsamic resin from trees grown in China, Sumatra, Thailand, and Cambodia.

Beta Carotene

(See **Carotene**)

Biotin. Vitamin H. Vitamin B Factor

In every living cell and in larger amounts in milk and yeast. Used as a texturiser in cosmetics, shampoos, and creams.

- *Alternatives:* plant sources.

Blood

From any slaughtered animal. Used as adhesive in plywood, also found in cheese-making, foam rubber, intravenous feedings, and medicines. Possibly in foods such as lecithin.

- *Alternatives:* synthetics, plant sources.

Boar Bristles

Hair from wild or captive hogs. In “natural” toothbrushes and bath and shaving brushes. *Alternatives:* vegetable fibres, nylon, the peelu branch or peelu gum (Asian, available in the U.S.; its juice replaces toothpaste).

Bone Char

Animal bone ash. Used in bone china and often to make sugar white. Serves as the charcoal used in aquarium filters.

- *Alternatives:* synthetic tribasic calcium phosphate.

Bone Meal

Crushed or ground animal bones. In some fertilizers. In some vitamins and supplements as a source of calcium. In toothpastes.

- *Alternatives:* plant mulch, vegetable compost, dolomite, clay, vegetarian vitamins.

C

Calciferol

(See **Vitamin D.**)

Calfskin

(See **Leather**)

Caprylamine Oxide

(See **Caprylic Acid**)

Capryl Betaine

(See **Caprylic Acid**)

Caprylic Acid

A liquid fatty acid from cow's or goat's milk. Also from palm and coconut oil, other plant oils. In perfumes, soaps.

- *Derivatives:* **Caprylic Triglyceride, Caprylamine Oxide, Capryl Betaine.**
- *Alternatives:* plant sources.

Caprylic Triglyceride

(See **Caprylic Acid**)

Carbamide

(See **Urea**)

Carmine. Cochineal. Carminic Acid

Red pigment from the crushed female cochineal insect. Reportedly, 70,000 beetles must be killed to produce one pound of this red dye. Used in cosmetics, shampoos, red apple sauce, and other foods (including red lollipops and food colouring). May cause allergic reaction.

- *Alternatives:* beet juice (used in powders, rouges, shampoos; no known toxicity); alkanet root (from the root of this herb-like tree; used as a red dye for inks, wines, lip balms, etc.; no known toxicity. Can also be combined to make a copper or blue colourings). (See **Colours**)

Carminic Acid

(See **Carmine**)

Carotene, Pro-vitamin A & Beta Carotene

A pigment found in many animal tissues and in all plants. Used as a colouring in cosmetics and in the manufacture of vitamin A.

Casein, Caseinate & Sodium Caseinate

Milk protein. In “non-dairy” creamers, soy cheese, many cosmetics, hair preparations, beauty masks.

- *Alternatives:* soy protein, soy milk, and other vegetable milks.

Caseinate

(See **Casein**)

Cashmere

Wool from the Kashmir goat. Used in clothing.

- *Alternatives:* synthetic fibers.

Castor & Castoreum

Creamy substance with strong odour from muskrat and beaver genitals. Used as a fixative in perfume and incense.

- *Alternatives:* synthetics, plant castor oil.

Castoreum

(See **Castor**)

Catgut

Tough string from the intestines of sheep, horses, etc. Used for surgical sutures. Also for stringing tennis rackets and musical instruments, etc.

- *Alternatives:* nylon and other synthetic fibers.

Cera Flava

(See **Beeswax**)

Cerebrosides

Fatty acids and sugars found in the covering of nerves. May include tissue from brain.

Cetyl Alcohol

Wax found in spermaceti from sperm whales or dolphins.

- *Alternatives:* Vegetable Cetyl alcohol (e.g., coconut), synthetic spermaceti.

Cetyl Palmitate

(See **Spermaceti**)

Chitosan

A fibre derived from crustacean shells. Used as a lipid binder in diet products, in hair, oral and skin care products, antiperspirants, and deodorants.

- *Alternatives:* raspberries, yams, legumes, dried apricots, and many other fruits and vegetables.

Cholesterin

(See **Lanolin.**)

Cholesterol

A steroid alcohol in all animal fats and oils, nervous tissue, egg yolk, and blood. Can be derived from lanolin. In cosmetics, eye creams, shampoos, etc.

- *Alternatives:* solid complex alcohols (sterols) from plant sources.

Choline Bitartrate

(See **Lecithin**)

Civet

Unctuous secretion painfully scraped from a gland very near the genital organs of civet cats. Used as a fixative in perfumes.

- *Alternatives:* (See *Alternatives to **Musk***).

Cochineal

(See **Carmine**)

Cod Liver Oil.

(See **Marine Oil**)

Collagen

Fibrous protein in vertebrates. Usually derived from animal tissue. Can't affect the skin's own collagen. An allergen.

- *Alternatives:* soy protein, almond oil, amla oil (see *Alternatives* to **Keratin**)

Colours & Dyes

Pigments from animal, plant, and synthetic sources used to colour foods, cosmetics, and other products.

Cochineal is from insects. Widely used FD&C and D&C colours are coaltar (bituminous coal) *Derivatives* that are continuously tested on animals due to their carcinogenic properties.

- *Alternatives:* grapes, beets, turmeric, saffron, carrots, chlorophyll, annatto, alkanet.

Corticosteroid

(See **Cortisone**)

Cortisone & Corticosteroid

Hormone from adrenal glands. Widely used in medicine.

- *Alternatives:* synthetics.

Cysteine & L-Form

An amino acid from hair which can come from animals. Used in hair-care products and creams, in some bakery products, and in wound-healing formulations.

- *Alternatives:* plant sources.

Cystine

An amino acid found in urine and horsehair. Used as a nutritional supplement and in emollients.

- *Alternatives:* plant sources.

D

Dexpanthenol

(See **Panthenol**)

Diglycerides

(See **Monoglycerides** and **Glycerine**)

Dimethyl Stearamine

(See **Stearic Acid**)

Down

Goose or duck insulating feathers. From slaughtered or cruelly exploited geese. Used as an insulator in quilts, parkas, sleeping bags, pillows, etc.

- *Alternatives:* polyester and synthetic substitutes, kapok (silky fibers from the seeds of some tropical trees) and milkweed seed pod fibers.

Duodenum Substances

From the digestive tracts of cows and pigs. Added to some vitamin tablets. In some medicines.

- *Alternatives:* vegetarian vitamins, synthetics.

Dyes

(See **Colours**)

E

Egg Protein

In shampoos, skin preparations

- *Alternatives:* plant proteins.

Elastin

Protein found in the neck ligaments and aortas of cows. Similar to collagen. Can't affect the skin's own elasticity.

- *Alternatives:* synthetics, protein from plant tissues.

Emu Oil

From flightless ratite birds native to Australia and now factory farmed. Used in cosmetics and creams.

- *Alternatives:* vegetable and plant oils.

Ergocalciferol

(See **Vitamin D**)

Ergosterol

(See **Vitamin D**)

Oestradiol

(See **Oestrogen**)

Oestrogen or Oestroidal

Female hormones from pregnant mares' urine. Considered a drug. Can have harmful systemic effects if used by children. Used for reproductive problems and in birth control pills and Premarin, a menopausal drug. In creams, perfumes, and lotions. Has a negligible effect in the creams as a skin restorative; simple vegetable-source emollients are considered better.

- *Alternatives:* oral contraceptives and menopausal drugs based on synthetic steroids or phytoestrogens (from plants, especially palm-kernel oil). Menopausal symptoms can also be treated with diet and herbs.

F

Fats

(See **Animal Fats**)

Fatty Acids

Can be one or any mixture of liquid and solid acids such as Caprylic, lauric, myristic, oleic, palmitic, and stearic. Used in bubble baths, lipsticks, soap, detergents, cosmetics, food.

- *Alternatives:* vegetable-derived acids, soy lecithin, safflower oil, bitter almond oil, sunflower oil, etc.

FD&C Colours

(See **Colours**)

Feathers

From exploited and slaughtered birds. Used whole as ornaments or ground up in shampoos. (See **Down** and **Keratin**.)

Fish Liver Oil

Used in vitamins and supplements. In milk fortified with vitamin D.

- *Alternatives:* yeast extract Ergosterol and exposure of skin to sunshine.

Fish Oil

(See **Marine Oil**) Fish oil can also be from marine mammals. Used in soap-making.

Fish Scales

Used in shimmery makeups.

- *Alternatives:* mica, rayon, synthetic pearl.

Fur

Obtained from animals (usually mink, foxes, or rabbits) cruelly trapped in steel-jaw traps or raised in intensive confinement on fur “farms.”

- *Alternatives:* synthetics. (See **Sable Brushes**.)

G

Gel

(See **Gelatine**)

Gelatine & Gel

Protein obtained by boiling skin, tendons, ligaments, and/or bones with water. From cows and pigs. Used in shampoos, face masks, and other cosmetics. Used as a thickener for fruit gelatines and puddings (e.g., “Jello”). In candies, marshmallows, cakes, ice cream, yogurts. On photographic film and in vitamins as a coating and as capsules. Sometimes used to assist in “clearing” wines.

- *Alternatives:* carrageen (carrageenan, Irish moss), seaweeds (algin, agar-agar, kelp—used in jellies, plastics, medicine), pectin from fruits, dextrin’s, locust bean gum, cotton gum, silica gel. Marshmallows were originally made from the root of the marshmallow plant. Vegetarian capsules are now available from several companies. Digital cameras don’t use film.

Glucose Tyrosinase

(See **Tyrosine**)

Glycerides

(See **Glycerine**)

Glycerine & Glycerol

A by-product of soap manufacture (normally uses animal fat). In cosmetics, foods, mouthwashes, chewing gum, toothpastes, soaps, ointments, medicines, lubricants, transmission and brake fluid, and plastics.

Derivatives: **Glycerides, Glycerols, Glycreth-26, Polyglycerol**

- *Alternatives:* vegetable glycerine—a by-product of vegetable oil soap. *Derivatives* of seaweed, petroleum.

Glycerol

(See **Glycerine**)

Glycerol's

(See **Glycerine**)

Glycreth-26

(See **Glycerine**)

Guanine & Pearl Essence

Obtained from scales of fish. Constituent of ribonucleic acid and deoxyribonucleic acid and found in all animal and plant tissues. In shampoo, nail polish, other cosmetics.

- *Alternatives:* leguminous plants, synthetic pearl, or aluminium and bronze particles.

H

Hide Glue

Same as gelatine but of a cruder impure form.

- *Alternatives:* dextrin's and synthetic petrochemical-based adhesives. (See **Gelatine**)

Honey

Food for bees, made by bees. Can cause allergic reactions. Used as a colouring and an emollient in cosmetics and as a flavouring in foods. Should never be fed to infants.

- *Alternatives:* in foods—maple syrup, date sugar, syrups made from grains such as barley malt, turbinado sugar, molasses; in cosmetics—vegetable colours and oils.

Honeycomb

(See **Beeswax**)

Horsehair

(See **Animal Hair**)

Hyaluronic Acid

A protein found in umbilical cords and the fluids around the joints. Used in cosmetics.

- *Alternatives:* synthetic hyaluronic acid, plant oils.

Hydrocortisone

(See **Cortisone**)

Hydrolysed Animal Protein

In cosmetics, especially shampoo and hair treatments.

- *Alternatives:* soy protein, other vegetable proteins, amla oil (see *Alternatives* to **Keratin**).

/

Imidazolidinyl Urea

(See **Urea**)

Insulin

From hog pancreas. Used by millions of diabetics daily.

- *Alternatives:* synthetics, vegetarian diet and nutritional supplements, human insulin grown in a lab.

Isinglass

A form of gelatine prepared from the internal membranes of fish bladders. Sometimes used in “clearing” wines and in foods.

- *Alternatives:* bentonite clay, “Japanese isinglass,” agar-agar (see *Alternatives* to **Gelatine**), mica, a mineral used in cosmetics.

Isopropyl Lanolate

(See **Lanolin**)

Isopropyl Myristate

(See **Myristic Acid**)

Isopropyl Palmitate

Complex mixtures of isomers of stearic acid and palmitic acid. (See **Stearic Acid**.)

K

Keratin

Protein from the ground-up horns, hooves, feathers, quills, and hair of various animals. In hair rinses, shampoos, permanent wave solutions.

- *Alternatives:* almond oil, soy protein, amla oil (from the fruit of an Indian tree), human hair from salons. Rosemary and nettle give body and strand strength to hair.

L

Lactic Acid

Found in blood and muscle tissue. Also in sour milk, beer, sauerkraut, pickles, and other food products made by bacterial fermentation. Used in skin fresheners, as a preservative, in the formation of plasticizers, etc.

- *Alternatives:* plant milk sugars, synthetics.

Lactose

Milk sugar from milk of mammals. In eye lotions, foods, tablets, cosmetics, baked goods, medicines.

- *Alternatives:* plant milk sugars.

Laneth

(See **Lanolin**)

Lanogene

(See **Lanolin**)

Lanolin, Lanolin Acids, Wool Fat & Wool Wax

A product of the oil glands of sheep, extracted from their wool. Used as an emollient in many skin care products and cosmetics and in medicines. An allergen with no proven effectiveness. (See **Wool** for cruelty to sheep.)

- *Derivatives:* **Aliphatic Alcohols, Cholesterin, Isopropyl Lanolate, Laneth, Lanogene, Lanolin Alcohols, Lanosterols, Sterols, Triterpene Alcohols.**
- *Alternatives:* plant and vegetable oils.

Lanolin Alcohol

(See **Lanolin**)

Lanosterols

(See **Lanolin**)

Lard

Fat from hog abdomens. In shaving creams, soaps, cosmetics. In baked goods, French fries, refried beans, and many other foods.

- *Alternatives:* pure vegetable fats or oils.

Leather, Suede, Calfskin, Sheepskin, Alligator Skin & Other Types of Skin

Subsidises the meat industry. Used to make wallets, handbags, furniture and car upholstery, shoes, etc.

- *Alternatives:* cotton, canvas, nylon, vinyl, ultra-suede, pleather, other synthetics.

Lecithin & Choline Bitartrate

Waxy substance in nervous tissue of all living organisms. But frequently obtained for commercial purposes from eggs and soybeans. Also from nerve tissue, blood, milk, corn. Choline Bitartrate, the basic constituent of lecithin, is in many animal and plant tissues and prepared synthetically. Lecithin can be in eye creams, lipsticks, liquid powders, hand creams, lotions, soaps, shampoos, other cosmetics, and some medicines.

- *Alternatives:* soybean lecithin, synthetics.

Linoleic Acid

An essential fatty acid. Used in cosmetics, vitamins.

- *Alternatives:* (See *Alternatives* to **Fatty Acids**)

Lipase

Enzyme from the stomachs and tongue glands of calves, kids, and lambs. Used in cheese-making and in digestive aids.

- *Alternatives:* vegetable enzymes, castor beans.

Lipids

(See **Lipoids**)

Lipoids & Lipids

Fat and fat-like substances that are found in animals and plants.

- *Alternatives:* vegetable oils.

M

Marine Oil

From fish or marine mammals (including porpoises). Used in soap-making. Used as a shortening (especially in some margarines), as a lubricant, and in paint.

- *Alternatives:* vegetable oils.

Methionine

Essential amino acid found in various proteins (usually from egg albumen and casein). Used as a texturizer and for freshness in potato chips.

- *Alternatives:* synthetics.

Milk Protein

Hydrolysed milk protein. From the milk of cows. In cosmetics, shampoos, moisturizers, conditioners, etc.

- *Alternatives:* soy protein, other plant proteins.

Mink Oil

From minks. In cosmetics, creams, etc.

- *Alternatives:* vegetable oils and emollients such as avocado oil, almond oil, and jojoba oil.

Monoglycerides, Glycerides (See Glycerine)

From animal fat. In margarines, cake mixes, candies, foods, etc. In cosmetics.

- *Alternatives:* vegetable glycerides.

Musk (Oil)

Dried secretion painfully obtained from musk deer, beaver, muskrat, civet cat, and otter genitals. Wild cats are kept captive in cages in horrible conditions and are whipped around the genitals to produce the scent; beavers are trapped; deer are shot. In perfumes and in food flavourings.

- *Alternatives:* labdanum oil (which comes from various rockrose shrubs) and other plants with a musky scent.

Myristal Ether Sulphate

(See **Myristic Acid**)

Myristic Acid

Organic acid in most animal and vegetable fats. In butter acids. Used in shampoos, creams, cosmetics. In food flavourings.

- *Derivatives:* **Isopropyl Myristate, Myristal Ether Sulphate, Myristyls, Oleyl Myristate.**
- *Alternatives:* nut butters, oil of lovage, coconut oil, extract from seed kernels of nutmeg, etc.

Myristyls

(See **Myristic Acid**)

N

'Natural Source.'

Can mean animal or vegetable sources. Most often in the health food industry, especially in the cosmetics area, it means animal sources, such as animal elastin, glands, fat, protein, and oil.

- *Alternatives:* plant sources.

Nucleic Acids

In the nucleus of all living cells. Used in cosmetics, shampoos, conditioners, etc. Also in vitamins, supplements.

- *Alternatives:* plant sources.

O

Ocenol

(See **Oleyl Alcohol**)

Octyl Dodecanol

Mixture of solid waxy alcohols. Primarily from stearyl alcohol. (See **Stearyl Alcohol**)

Oleic Acid

Obtained from various animal and vegetable fats and oils. Usually obtained commercially from inedible tallow. (See **Tallow**) In foods, soft soap, bar soap, permanent wave solutions, creams, nail polish, lipsticks, many other skin preparations.

- *Derivatives:* **Oleyl Oleate, Oleyl Stearate.**
- *Alternatives:* coconut oil. (See *Alternatives to **Animal Fats and Oils.***)

Oils

(See *Alternatives to **Animal Fats and Oils.***)

Oleths

(See **Oleyl Alcohol**)

Oleyl Alcohol & Ocenol

Found in fish oils. Used in the manufacture of detergents, as a plasticizer for softening fabrics, and as a carrier for medications.

- *Derivatives:* **Oleths, Oleyl Arachidate, Oleyl Imidazoline.**

Oleyl Arachidate

(See **Oleyl Alcohol**)

Oleyl Imidazoline

(See **Oleyl Alcohol**)

Oleyl Myristate

(See **Myristic Acid**)

Oleyl Oleate

(See **Oleic Acid**)

Oleyl Stearate

(See **Oleic Acid**)

P

Palmitamide

(See **Palmitic Acid**.)

Palmitamine

(See **Palmitic Acid**)

Palmitate

(See **Palmitic Acid**)

Palmitic Acid

From fats, oils (see **Fatty Acids**). Mixed with stearic acid. Found in many animal fats and plant oils. In shampoos, shaving soaps, creams.

- *Derivatives:* **Palmitate, Palmitamine, Palmitamide.**
- *Alternatives:* palm oil, vegetable sources.

Panthenol, Dexpanthenol, Vitamin B-Complex Factor, Pro-vitamin B-5

Can come from animal or plant sources or synthetics. In shampoos, supplements, emollients, etc. In foods.

- *Derivative:* **Panthenyl.**
- *Alternatives:* synthetics, plants.

Panthenyl

(See **Panthenol**)

Pepsin

In hogs' stomachs. A clotting agent. In some cheeses and vitamins. Same uses and *Alternatives* as **Rennet**.

Placenta, Placenta Polypeptides Protein, Afterbirth

Contains waste matter eliminated by the foetus. Derived from the uterus of slaughtered animals. Animal placenta is widely used in skin creams, shampoos, masks, etc.

- *Alternatives:* kelp. (See *Alternatives* to **Animal Fats and Oils**.)

Polyglycerol

(See **Glycerine**)

Polypeptides

From animal protein. Used in cosmetics.

- *Alternatives:* plant proteins and enzymes.

Polysorbates

- *Derivatives of fatty acids.* In cosmetics, foods.

Pristane

Obtained from the liver oil of sharks and from whale ambergris. (See **Squalene, Ambergris.**) Used as a lubricant and anti-corrosive agent. In cosmetics.

- *Alternatives:* plant oils, synthetics.

Progesterone

A steroid hormone used in anti-wrinkle face creams. Can have adverse systemic effects.

- *Alternatives:* synthetics.

Propolis

Tree sap gathered by bees and used as a sealant in beehives. In toothpaste, shampoo, deodorant, supplements

- *Alternatives:* tree sap, synthetics.

Pro-vitamin A

(See **Carotene**)

Pro-vitamin B-5

(See **Panthenol**)

Pro-vitamin D-2

(See **Vitamin D**)

R

Rennet & Rennin

Enzyme from calves' stomachs. Used in cheese-making, rennet custard (junket), and in many coagulated dairy products.

- *Alternatives:* microbial coagulating agents, bacteria culture, lemon juice, or vegetable rennet.

Rennin

(See **Rennet**)

Resinous Glaze

(See **Shellac**)

Ribonucleic Acid

(See **RNA**)

RNA & Ribonucleic Acid

RNA is in all living cells. Used in many protein shampoos and cosmetics.

- *Alternatives:* plant cells.

Royal Jelly

Secretion from the throat glands of the honeybee workers that is fed to the larvae in a colony and to all queen larvae. No proven value in cosmetics preparations.

- *Alternatives:* aloe Vera, comfrey, other plant derivatives.

S

Sable Brushes

From the fur of sables (weasel-like mammals). Used to make eye makeup, lipstick, and artists' brushes.

- *Alternatives:* synthetic fibers

Sea Turtle Oil

(See **Turtle Oil**)

Shark Liver Oil

Used in lubricating creams and lotions.

- *Derivatives:* **Squalane, Squalene.**
- *Alternatives:* vegetable oils.

Sheepskin

(See **Leather**)

Shellac, Resinous Glaze

Resinous excretion of certain insects. Used as a candy glaze, in hair lacquer, and on jewellery.

- *Alternatives:* plant waxes.

Silk & Silk Powder

Silk is the shiny fibre made by silkworms to form their cocoons. Worms are boiled in their cocoons to get the silk. Used in cloth. In silk-screening (other fine cloth can be and is used instead). Taffeta can be made from silk or nylon. Silk powder is obtained from the secretion of the silkworm. It is used as a coloring agent in face powders, soaps, etc. Can cause severe allergic skin reactions and systemic reactions (if inhaled or ingested).

- *Alternatives:* milkweed seed-pod fibers, nylon, silk-cotton tree and ceiba tree filaments (kapok), rayon, and synthetic silks.

Snails

In some cosmetics (crushed)

Sodium Caseinate

(See **Casein**)

Sodium Steroyl Lactylate

(See **Lactic Acid**)

Sodium Tallowate

(See **Tallow**)

Spermaceti, Cetyl Palmitate, Sperm Oil

Waxy oil derived from the sperm whale's head or from dolphins. In many margarines. In skin creams, ointments, shampoos, candles, etc. Used in the leather industry. May become rancid and cause irritations.

- *Alternatives:* synthetic spermaceti, jojoba oil, and other vegetable emollients.

Sponge (Luna and Sea)

A plant-like animal. Lives in the sea. Becoming scarce.

- *Alternatives:* synthetic sponges, loofahs (plants used as sponges).

Squalene

(See **Shark Liver Oil**)

Squalene

Oil from shark livers, etc. In cosmetics, moisturizers, hair dyes, surface-active agents.

- *Alternatives:* vegetable emollients such as olive oil, wheat germ oil, rice bran oil, etc.

Stearamide

(See **Stearic Acid**)

Stearamine

(See **Stearic Acid**)

Stearamine Oxide

(See **Stearyl Alcohol**)

Stearates

(See **Stearic Acid**)

Stearic Acid

Fat from cows and sheep and from dogs and cats euthanized in animal shelters, etc. Most often refers to a fatty substance taken from the stomachs of pigs. Can be harsh, irritating. Used in cosmetics, soaps, lubricants, candles, hairspray, conditioners, deodorants, creams, chewing gum, food flavouring.

- *Derivatives:* **Stearamide, Stearamine, Stearates, Stearic Hydrazide, Stearone, Stearoxtrimethylsilane, Stearoyl Lactic Acid, Stearyl Betaine, Stearyl Imidazoline.**
- *Alternatives:* Stearic acid can be found in many vegetable fats, coconut.

Stearic Hydrazide

(See **Stearic Acid**)

Stearone

(See **Stearic Acid**)

Stearoxytrimethylsilane

(See **Stearic Acid**)

Steroyl Lactic Acid

(See **Stearic Acid**)

Stearyl Acetate

(See **Stearyl Alcohol**)

Stearyl Alcohol & Sterols

A mixture of solid alcohols. Can be prepared from sperm whale oil. In medicines, creams, rinses, shampoos, etc.

- *Derivatives:* **Stearamine Oxide, Stearyl Acetate, Stearyl Caprylate, Stearyl Citrate, Stearyldimethyl Amine, Stearyl Glycyrrhetinate, Stearyl Heptanoate, Stearyl Octanoate, Stearyl Stearate.**
- *Alternatives:* plant sources, vegetable stearic acid.

Stearyl Betaine

(See **Stearic Acid**)

Stearyl Caprylate

(See **Stearyl Alcohol**)

Stearyl Citrate

(See **Stearyl Alcohol**)

Stearyldimethyl Amine

(See **Stearyl Alcohol**)

Stearyl Glycyrrhetinate

(See **Stearyl Alcohol**)

Stearyl Heptanoate

(See **Stearyl Alcohol**)

Stearyl Imidazoline

(See **Stearic Acid**)

Stearyl Octanoate

(See **Stearyl Alcohol**)

Stearyl Stearate

(See **Stearyl Alcohol**)

Steroids & Sterols

From various animal glands or from plant tissues. Steroids include sterols. Sterols are alcohol from animals or plants (e.g., cholesterol). Used in hormone preparation. In creams, lotions, hair conditioners, fragrances, etc.

- *Alternatives:* plant tissues, synthetics.

Sterols

(See **Stearyl Alcohol** and **Steroids**)

Suede

(See **Leather**)

T

Tallow, Tallow Fatty Alcohol, Stearic Acid

Rendered beef fat. May cause eczema and blackheads. In wax paper, crayons, margarines, paints, rubber, lubricants, etc. In candles, soaps, lipsticks, shaving creams, other cosmetics. Chemicals (e.g., PCB) can be in animal tallow.

- *Derivatives:* **Sodium Tallowate, Tallow Acid, Tallow Amide, Tallow Amine, Talloweth-6, Tallow Glycerides, Tallow Imidazoline.**
- *Alternatives:* vegetable tallow, Japan tallow, paraffin and/or ceresin (see *Alternatives* to **Beeswax** for all three). Paraffin is usually from petroleum, wood, coal, or shale oil.

Tallow Acid

(See **Tallow**)

Tallow Amide

(See **Tallow**)

Tallow Amine

(See **Tallow**)

Talloweth-6

(See **Tallow**)

Tallow Glycerides

(See **Tallow**)

Tallow Imidazoline

(See **Tallow**)

Triterpene Alcohols

(See **Lanolin**)

Turtle Oil, Sea Turtle Oil

From the muscles and genitals of giant sea turtles. In soap, skin creams, nail creams, other cosmetics.

- *Alternatives:* vegetable emollients (see *Alternatives to **Animal Fats and Oils***).

Tyrosine

Amino acid hydrolysed from casein. Used in cosmetics and creams.

- *Derivative:* **Glucose Tyrosinase**.

U

Urea & Carbamide

Excreted from urine and other bodily fluids. In deodorants, ammoniated dentifrices, mouthwashes, hair colourings, hand creams, lotions, shampoos, etc. Used to “brown” baked goods, such as pretzels.

- *Derivatives:* **Imidazolidinyl Urea, Uric Acid**.
- *Alternatives:* synthetics.

Uric Acid

(See **Urea**)

V

Vitamin A

Can come from fish liver oil (e.g., shark liver oil), egg yolk, butter, lemongrass, wheat germ oil, carotene in carrots, and synthetics. It is an aliphatic alcohol. In cosmetics, creams, perfumes, hair dyes, etc. In vitamins, supplements.

- *Alternatives:* carrots, other vegetables, synthetics.

Vitamin B-Complex Factor

(See **Panthenol**)

Vitamin B Factor

(See **Biotin**)

Vitamin B12

Can come from animal products or bacteria cultures. Twin-lab B12 vitamins contain gelatine.

- *Alternatives:* Vegetarian vitamins, fortified soy milks, nutritional yeast, fortified meat substitutes. Vitamin B12 is often listed as “cyanocobalamin” on food labels. Vegan health professionals caution that vegans get 5 to 10 mcg/day of vitamin B12 from fortified foods or supplements.

Vitamin D, Ergocalciferol, Vitamin D2, Ergosterol, Pro-vitamin D2, Calciferol & Vitamin D3

Vitamin D can come from fish liver oil, milk, egg yolk, etc. Vitamin D2 can come from animal fats or plant sterols. Vitamin D3 is always from an animal source. All the D vitamins can be in creams, lotions, other cosmetics, vitamin tablets, etc.

- *Alternatives:* plant and mineral sources, synthetics, completely vegetarian vitamins, exposure of skin to sunshine. Many other vitamins can come from animal sources. Examples: choline, biotin, inositol, riboflavin

Vitamin H

(See **Biotin**)

W

Wax

Glossy, hard substance that is soft when hot. From animals and plants. In lipsticks, depilatories, hair straighteners.

- *Alternatives:* vegetable waxes.

Whey

A serum from milk. Usually in cakes, cookies, candies, and breads. In cheese-making.

- *Alternative:* soybean whey.

Wool

From sheep. Used in clothing. Ram lambs and old “wool” sheep are slaughtered for their meat. Sheep are transported without food or water, in extreme heat and cold. Legs are broken, eyes injured, etc. Sheep are bred to be unnaturally woolly, also unnaturally wrinkly, which causes them to get insect infestations around the tail areas.

The farmer’s solution to this is the painful cutting away of the flesh around the tail (called “mulesing”).

“Inferior” sheep are killed. When shearing the sheep, they are pinned down violently and sheared roughly.

Their skin is cut up. Every year, hundreds of thousands of shorn sheep die from exposure to cold. Natural predators of sheep (wolves, coyotes, eagles, etc.) are poisoned, trapped, and shot. In the U.S., overgrazing of cattle and sheep is turning more than 150 million acres of land to desert. “Natural” wool production uses enormous amounts of resources and energy (to breed, raise, feed, shear, transport, slaughter, etc., the sheep).

- *Derivatives:* **Lanolin, Wool Wax, Wool Fat.**
- *Alternatives:* cotton, cotton flannel, synthetic fibers, ramie, etc.

Wool Fat

(See **Lanolin**)

Wool Wax

(See **Lanolin**)

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