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Other Products to Avoid in Pregnancy

- Avoid Skin Lightening Products
 - These products are also called skin brighteners or fade products and are marketed for lightening skin tone or reducing the appearance of age spots or freckles
 - Many products contain mercury, which in excess is dangerous during pregnancy and also when not pregnant

- Avoid products containing Retinol
 - Retinol is one form of Vitamin A, which in excess is dangerous during pregnancy
 - Many Skin Care products contain Retinol or other forms of Retin A, while very little is absorbed, there are case reports indicating harmful effects to the pregnancy
 - Do NOT take isotretinoin in pregnancy, an oral form of Retinoid

- Avoid Hair Regrowth Products containing Finasteride or Retinoids
 - Exposure to Finasteride, an anti-DHT chemical, is dangerous during pregnancy
 - Some products with high levels of Finasteride, often marketed toward men, warn that pregnant people should not even touch the product. If contact is made, immediate washing off of the area is recommended.

For more information, visit:

<https://www.health.state.mn.us/communities/environment/skin/gpfs.html>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3114665/>



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<https://www.marchofdimes.org/pregnancy/isotretinoin-and-other-retinoids-during-pregnancy.aspx>