

Cruelty-Free Ingredient & Product Checklist

Category: Beauty & Makeup

- Carmine (Cochineal) - red pigment from crushed beetles
- Guanine - shimmering particles from fish scales
- Lanolin - from sheep's wool (used in lip balms and lotions)
- Beeswax - used in mascaras, lipsticks, and balms
- Collagen - typically animal-derived for anti-aging effects
- Elastin - sourced from animal connective tissue
- Tallow - rendered animal fat in foundations and creams
- Silk powder/protein - made by boiling silkworms
- Keratin - often from feathers or horns, in nail/hair treatments
- Casein - milk protein used in makeup and skin care

Category: Cleaning Supplies

- Animal glycerin - used in soaps and cleaning sprays
- Tallowate - derived from tallow, used in bar soap
- Lanolin - in some hand soaps or surface cleaners
- Stearic acid - from animal fat, in many household cleaners
- Fragrance stabilizers - may come from animal sources
- Sponge products - sometimes use sea sponges
- Testing practices - many common cleaning brands still test on animals

Category: Clothing

- Wool, Angora, Cashmere - cruel shearing or live plucking
- Leather/Suede - made from animal hides
- Silk - made by boiling silkworms alive
- Fur - from animals like mink, fox, rabbit
- Down feathers - plucked from ducks and geese
- Glue in shoes/accessories - may contain animal collagen

Category: Furniture & Decor

- Leather upholstery - cowhide or exotic skins
- Feather-filled cushions or pillows - duck/goose feathers

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- Wool rugs or throws - may involve harsh shearing
- Silk curtains or decor items - made with animal byproducts

Category: Food (Dairy, Cheese & Processed Foods)

- Cheese made with animal rennet - enzymes from calves' stomachs
- Milk and dairy - supports forced breeding cycles and veal industry
- Gelatin - from bones, cartilage, and connective tissues
- Casein - milk protein used in processed foods and protein bars
- Carmine - natural red dye used in yogurt, candies, drinks
- Lard - animal fat used in baked goods
- Whey - dairy-based, used in processed snacks
- Isinglass - fish bladder protein used to clarify wine/beer

Category: Fragrances & Perfumes

- Ambergris - from the digestive system of sperm whales
- Musk - traditionally sourced from deer
- Civet - secretions from a civet cat used in perfumes
- Castoreum - derived from beavers' castor sacs

Category: Self-Care (Lotions, Shampoos, Grooming)

- Squalene - shark-liver-derived version in lotions and creams
- Lanolin - common in lotions and moisturizers
- Beeswax - in balms, creams, and salves
- Collagen & Keratin - from animal tissues
- Stearic acid - in shaving creams and conditioners
- Shellac - secreted by insects, used in nail care and hair sprays
- Honey & Royal Jelly - from bees, in creams and masks