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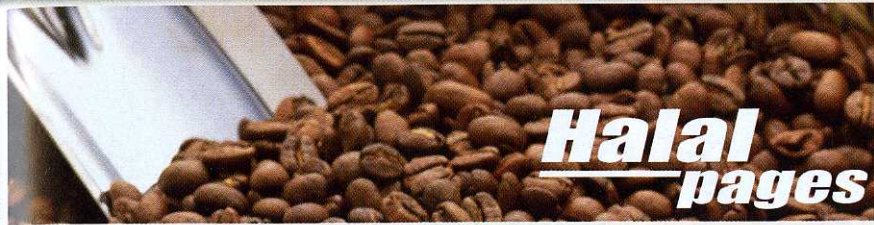
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HALAL INDUSTRY  
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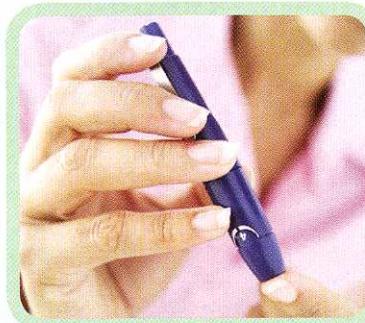
# Halal Cosmeceuticals: The Vogue And The Vague

Are Halal and Toyyibah Aspects of Cosmetic Products Being Overlooked?



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**C**osmeceuticals is a catch-word coined during the 90's along with nutraceuticals, which loosely reflect the combination of a product delivering cosmetics and pharmaceutical (drug) effects. Although the term is being widely used in the cosmetic (health and well-being) industry, the U.S. Food and Drug Administration (FDA) does not define the term 'cosmeceutical' or recognize it as one of the product category. Instead, according to the U.S. Food, Drug and Cosmetic Act (FDC Act), a product can be a drug, a cosmetic, or a combination of both, but the term "cosmeceutical" has no meaning under the U.S. law.



The FDC Act defines cosmetics by their intended use, as "articles intended to be rubbed, poured, sprinkled, or sprayed on, introduced into, or otherwise applied to the

human body...for cleansing, beautifying, promoting attractiveness, or altering the appearance". The FDC Act also defines drugs, in part, by their intended use, as "articles intended for use in the diagnosis, cure, mitigation, treatment, or prevention of disease" and "articles (other than food) intended to affect the structure or any function of the body of man or other animals".

However, cosmeceutical products do exist in the market. For instance, anti-dandruff shampoo falls under this category based on the two intended uses. It is a shampoo that cleanses hair. Simultaneously, the anti-dandruff is intended to treat the dandruff condition. Under the FDA regulations, this type of product must meet both requirements for cosmetics and drugs.

Currently, cosmeceuticals term also refers to products that are marketed as cosmetics but with 'claimed' added value of containing biologically active ingredients. For example, skin products contain retinol (vitamin A) as an active ingredient that normalizes keratinization, thus decreasing face wrinkles and roughness of skin. In this sense, cosmeceutical 'bioactive' ingredients may or may not penetrate through the skin cells hence deserving the [(cosme + pharmaceuticals] category, to be recognized as one unique entity.

In Malaysia, the guideline of control of cosmetics products was prepared by the Cosmetic Technical Working Group (CTWG), comprising National Pharmaceutical Control Bureau (NPCB) and representatives from the cosmetic industry, in accordance to the ASEAN Cosmetics Directive. Under the guideline, cosmetic products are defined as any substance or preparation intended to be placed in contact with the external parts of the human body... or with the teeth and the mucous membranes of the oral cavity with a view exclusively or mainly for cleaning them, perfuming them, changing their appearance, and/or correcting body odours and/or protecting or keeping them in good condition.





It is noteworthy that the guideline does not use the 'cosmeceuticals' term in any of its conditions. The Cosmetic Technical Working Group (CTWG-Malaysia) provides an illustrative list of category of cosmetic products as depicted below.

Illustrative list by category of cosmetic cosmeceutical products

- Creams, emulsions, lotions, gels and oils for the skin (hands, face, feet)
- Face masks (with the exception of chemical peeling products).
- Tinted bases (liquids, pastes, powders).
- Make-up powders, after-bath powders, hygienic powders etc.
- Toilet soaps, deodorant soaps, etc.
- Perfumes, toilet waters and eau de Cologne.
- Bath and shower preparations (salts, foams, oils, gels, etc.).
- Depilatories.
- Deodorants and anti-perspirants.
- Hair care products.
  - o hair tints and bleaches,
  - o products for waving, straightening and fixing,
  - o setting products,
  - o cleansing products (lotions,

- o powders, shampoos),
- o conditioning products (lotions, creams, oils),
- o hairdressing products (lotions, lacquers, brilliantines).
- Shaving products (creams, foams, lotions, etc.).
- Products for making-up and removing make-up from the face and the eyes
- Products intended for application to the lips.
- Products for care of the teeth and the mouth.
- Products for nail care and make-up.
- Products for external intimate hygiene.
- Sunbathing products.
- Products for tanning without sun.
- Skin-whitening products.
- Anti-wrinkle products

**Safety is of paramount issue in the cosmeceutical industry. For instance, in line with an article in the ASEAN Cosmetics Directive requires an "assessment of the safety for human health of the finished product, its ingredients, its chemical**

**structure and its level of exposure". In relation to this, it is crucial to select 'safe' ingredients to ensure the safety of the finished products. These ingredients may be categorized into chemicals, botanical extracts, animal extracts and flavours/fragrances. Good Manufacturing Practice (GMP) has also been put in place to ensure the safety of these products.**

However, despite the growing use of cosmeceuticals among the Muslim community, the halal and *toyyibah* (permissible and good/wholesome) aspects of these products are often being overlooked. Among others, animal extracts, flavours and fragrances could be the sources of haram (*unlawful*) or *mashbooh* (*suspect or doubtful*) ingredients in cosmeceutical products.

Present day cosmetics sometimes use animal sources as ingredients. For example, fats and fatty acids which are widely used in cosmetic products

such as shampoo, soap and lipstick may be derived from animal sources. Keratin, a protein found in horns, hooves and hair of animals are commonly added to products like shampoo and body lotion. Gelatins that are used in shampoos and face masks may also be derived from animal sources. Allantoin – a skin proctant, and a metabolite of uric acid from mammals is often used in creams and lotions. Carbamide, a substance excreted from urine is used in deodorants, hair colorings, hand creams, lotions and shampoos. Collagens, fibrous protein derived from animal tissue are used in anti ageing creams. The use of placenta (*sourced from sheep, cows, pigs and even human* [sic]) is also as commonplace as anti-ageing remedy!

Often, we find 'Natural Sources' being listed on the label of cosmeceutical products. As Muslim consumers, we should be cautious in ensuring that these 'Natural Sources' are indeed halal since they can be of animal or vegetable sources.

'Natural Sources' in Cosmetics/  
Cosmeceutical Products

#### **Albumen**

Usually derived from egg whites and used as a coagulating agent

#### **Amino acids**

Building blocks of in all animals and

plants. Used in forms of vitamins and supplements in cosmetics

#### **Arachidonic acid**

A liquid unsaturated fatty acid that is found in the liver, brain, glands and fat of animals and humans. It is generally isolated from animal liver, and is used in some skin creams and lotions to sooth eczema and rashes

#### **Colours/dyes**

Pigments from animal, plant or synthetic sources

#### **Cysteine A**

sulphur containing amino acid found in high keratin sources such as animal and human hair, animal skeletal and connective tissues. Used in anti-ageing skin-care products

#### **Glycerine A**

by-product of soap manufacturers (normally using animal fat). Used in mouthwashes, soap and toothpastes

#### **Hyaluronic acid A**

protein found in umbilical cords and fluids around joints. Used to produce oils in cosmetics

#### **Hydrolysed animal protein**

Commonly used in shampoo and hair treatment

#### **Lanolin A**

product of the oil glands of sheep,

extracted from their wool. Used as emollients in skin care products

#### **Progesterone A**

steroid hormone used in some anti-wrinkle face cream

#### **Tallow**

Rendered beef fat, mostly used in soaps, lipstick and shaving cream

Extracted from Rahmat, K. "**The problem with cosmetic ingredients**". The Halal Journal. Mar & Apr 2008"

There are alternatives to these haram (unlawful) and mashbooh (suspect or doubtful) ingredients. For example, plant oils could be used as sources of fatty acids and collagen could be obtained from soy proteins. However, these alternatives may not be readily available or not economically feasible to be used in large scale production of cosmeceutical products. With the estimated figure of USD560 million for halal cosmetics worldwide (2007), there is a window of opportunity for all to work towards ensuring that cosmeceutical products are not only safe, but more importantly meet the halal and toyyibah (permissible and good/wholesome) requirements.

