



A - JES PORE CLOGGING INGREDIENT LIST

Comedogenic Ingredients in Cosmetics... the hidden contributor to acne.

Have you ever purchased a product to have your skin breakout? How much money have you wasted on products? If you are anything like us it could be literally thousands of dollars.

Jessica Elizabeth Skincare takes the guesswork out of having clear radiant skin. Our products are designed to work and to clear your skin quickly.

The Skincare and cosmetic industry seems completely unaware that most vegetable oils are comedogenic. If it comes from a nut it is comedogenic. Shea Butter and Coconut Oil are also comedogenic. Argan Oil is another offender becoming pretty popular and used, which is a major contributor to acne.

The following ingredients are those that are known to contribute or exacerbate acne in those who are acne-prone. Acne Cosmetica or cosmetic-induced acne is becoming more prevalent. Women especially as we age, face the dilemma of quite often having to choose between wrinkles or pimples.

A comedogenic rating of 1: signifies a slight chance that the ingredient will clog the pores.

A comedogenic rating of 2: tells you that the ingredient will not clog pores for MOST people, but some will notice clogged pores or a “purge” in some cases.

A comedogenic rating of 3: is where a lot of people will break out using this ingredient, but a lot of people may not break out depending on their skin sensitivity.

A comedogenic rating of 4: suggests that MOST people will break out using this ingredient unless they have a good tolerance for it. This largely depends on their skin sensitivity.

A comedogenic rating of 5: is basically a guaranteed chance of breaking out. Very few people can tolerate ingredients labeled as a 5, but they do exist!



A- JES Pore-Clogging List

Cosmetic Ingredient	Comedogenic Rating	Ingredient Composition
A & D Additive	2/5	vitamins & herbs
A13-00356	5/5	surfactants & detergents
Abyssinian Seed Oil	0/5	high in erucic acid & moderate in oleic acid
Acai Berry Oil	4-5/5	high in oleic acid & moderate in linoleic acid
Acetol	3-5/5	
Acetulan	4-5/5	
Acetylated Lanolin	4/5	lanolins
Acetylated Lanolin Alcohol	4/5 - 2 irritant	lanolins
Active Soil	4/5	questionable minerals
Adamosis Stearate	2/5 - 2 irritant	
Ahnfeltia Concinna	3/5	seaweed
Akyposal SDS	5/5	surfactants & detergents
Alaria Esculenta	3/5	seaweed
Algae	3/5	seaweed
Algae Extract	5/5 - 4 irritant	botanical seaweed
Algin (Algae)	4/5	seaweed
Almond Oil/Sweet Almond Oil	2/5	high in oleic Acid
Aloe Butter	pore-clogging	butter
Amaranth Oil	3/5	oils
Amberlate P	3/5	
Amerchol	2/5	
Andiroba Seed Oil	2/5	high in oleic acid, moderate in linoleic acid
Anhydrous lanolin	1-5/5	lanolins
Anise Butter	pore-clogging	butter
Apricot Kernel Oil	4-5/5	high in oleic acid
Apricot Oil	2/5	66% oleic acid & 29% linoleic acid
Apricot Seed Oil	2/5	high in oleic acid
Aquarex ME	5/5	surfactants & detergents
Aquarex Methyl	5/5	surfactants & detergents
Archidic Acid	1/5	fatty acids
Archidic Acid in Sunflower Oil	2/5	fatty acids
Argan Oil	3-5/5	high in oleic acid, linoleic acid
Argania Spinosa	3/5	oils
Argania Spinosa Kernel Oil	3/5	oils



A - JES Pore-Clogging List

Cosmetic Ingredient	Comedogenic Rating	Ingredient Composition
Argania Spinosa Oil	3/5	oils
Ascophyllum Nodosum	3/5	seaweed
Ascorbyl Palmitate	2-5/5	fatty acids and their derivatives
Avocado Butter	pore-clogging	butter
Avocado Oil	3-5/5	high in oleic acid



B - JES Detective Pore-Clogging List

Cosmetic Ingredient	Comedogenic Rating	Ingredient Composition
Babassu Butter	pore-clogging	butter
Babassu Oil	1/5	high in lauric, myristic & oleic acid
Baobab Oil	4-5/5	high in oleic acid, moderate linoleic
Beeswax	0-2/5	waxes
Behenic Acid	0-2/5	fatty acids & their derivatives
Blackberry Seed Oil	1/5	high in linoleic, moderate linolenic acid
Black Cumin Seed Oil	4/5	high in linoleic acid, moderate oleic
Black Current Seed Oil	1/5	high in linoleic acid + GLA & ALA
Black Kelp	3/5	seaweed
Black Raspberry Seed Oil	1-2/5	high in linoleic acid, moderate linolenic
Bladderwrack	3/5	seaweed
Blue Algae	3/5	seaweed
Blueberry Seed Oil	1/5	high in linoleic acid, moderate linolenic & oleic
Blue Green Algae	3/5	seaweed
Borage Oil	2-3/5	high in linoleic acid & GLA
Brazil Nut Oil	2/5	high in oleic acid, moderate linoleic
Broccoli Butter	pore-clogging	butter
Broccoli Seed Oil	1/5	high in erucic acid & oleic acid
Brown Algae	3/5	seaweed
Buriti Oil	2/5	high in oleic acid
Butyl Stearate	3-4/5	fatty acids & their derivatives
Butylene Glycol	1/5	alcohols, sugars & their derivatives



C - JES Pore-Clogging List

Cosmetic Ingredient	Comedogenic Rating	Ingredient Composition
C13-14 Isoparaffin	pore-clogging	waxes
Calendula	1/5	vitamins & herbs
Camellia oil	4-5/5	high in oleic acid
Camphor oil	2/5 - 2 irritant	
Camuba wax	1/5	waxes
Candelilla Wax	1/5	waxes
Canola Oil	3/5	oils
Capric Acid	2/5 - 2 irritant	fatty acids & their derivatives
Capric Acid in Sunflower Oil	3/5	other lipids
Caprylic Acid	1/5 - 3 irritant	fatty acids & their derivatives
Capsicum Butter	pore-clogging	butters
Carageenan Moss	5/5	seaweed
Carbomer 940 or Carbomer	1/5	thickeners
Carboxypropylcellulose	1/5	thickeners
Carnuba Wax	1/5	waxes
Carrot Butter	pore-clogging	butters
Carrot Seed Oil	4/5	high in oleic acid
Castor Oil	1/5	high in ricinoleic acid
Ceteareth 6 Oliviate	pore-clogging	waxes
Ceteareth 20	4/5 - 1 irritant	alcohols, sugars & their derivatives
Cetearyl Alcohol	2/5 - 1 irritant	alcohols, sugars & their derivatives
Cetearyl Alcohol + Ceteareth 20	4/5 - 1 irritant	alcohols, sugars & their derivatives
Cetearyl Oliviate		waxes
Cetyl Acetate	4/5 - 2 irritant	fatty acids & their derivatives
Cetyl Alcohol	2//5 - 4 irritant	alcohols, sugars & their derivatives
Cetyl Ester NF	1/1 irritant	fatty acids & their derivatives
Chamomile Butter	pore-clogging	butters
Chaulmoogra Oil	1/5	oils
Chamomile Butter	pore-clogging	butters
Cherry Kernel Oil	2/5	high in oleic and linoleic acid
Cheru Seed Oil	pore-clogging	oils
Chia Seed Oil	3/5	high in linolenic
Cloudberry Seed Oil	1/5	high in linoleic & linolenic acid
Chlorella	3/5	seaweed
Chlorella Botanicals	3/5	seaweed



C - JES Pore-Clogging List

Cosmetic Ingredient	Comedogenic Rating	Ingredient Composition
Chondrus Crispus	3/5	seaweed
Chondrus Crispus Extract	3/5	seaweed
Chullu (Wild Apricot) Seed Oil	pore-clogging	oils
Cinnamon Butter	pore-clogging	butters
Coal Tar	5/5	
Cocoa Butter	4/5	high in oleic & stearic acid
Coconut Butter	4/5	high in oleic, stearic & palmitic acid
Coconut Oil	5/5	high in lauric acid
Coconut Oil, Fractionated	2-3/5	high in caprylic & capric acid
Cocos Nucifera (Coconut) Oil	5/5	oils
Coffee Butter	pore-clogging	butters
Colloidal Sulfur	3/5	vitamins & herbs
Corallina Officinalis	3/5	seaweed
Corallina Officinalis Extract	3/5	seaweed
Corn Oil	3/5	vegetable oils
Cotton Awws	3/5	oils
Cotton Seed Oil	3/2 irritant	high in linoleic acid
Cranberry Butter	pore-clogging	butters
Cranberry Oil	3/5	high in linoleic moderate in oleic & linolenic acid
Crisco	3/5	oils
Cucumber Seed Oil	1/5	high in linoleic acid
Cypress Butter	pore-clogging	butters



D - JES Pore-Clogging List

Cosmetic Ingredient	Comedogenic Rating	Ingredient Composition
D&C red no. 1	3/5	D&C pigments
D&C red no. 2	3/5	D&C pigments
D&C red no. 3	3/5	D&C pigments
D&C red no. 4	2/5 - 1 irritant	D&C pigments
D&C red no. 6	1/5	D&C pigments
D&C red no. 7	1/5	D&C pigments
D&C red no. 9	1/5	D&C pigments
D&C red no. 17	3/5	D&C pigments
D&C red no. 19	2/5	D&C pigments
D&C red no. 21	2/5	D&C pigments
D&C red no. 27	2/5	D&C pigments
D&C Red No. 30	3/5	D&C pigments
D&C red no. 33	1/5 - 2 irritant	D&C pigments
D&C red no. 35 in pentaerythritol tetra capra/caprylate	2/5	
D&C red no. 36	3/5	D&C pigments
D&C red no. 36 in mineral oil	3/5	D&C pigments
D&C red no. 36 in propylene glycol	1/5	D&C pigments
D&C red no. 40	2/5 - 2 irritant	D&C pigments
Date Seed Oil	3/5	high in oleic acid
Decyl Oleate	3/5	fatty acids & their derivatives
Dhupa Seed Oil	pore-clogging	oils
Di (2 ethylhexyl) Succinate	2/5	fatty acids & their derivatives
Dilsea Carnosa	3/5	seaweed
Diocetyl Malate	3/5 - 1 irritant	fatty acids & their derivatives
Diocetyl Succinate	3/5 - 2 irritant	fatty acids & their derivatives
Disodium Monooleamido PEG 2-Sulfosuccinate	4/5	
Dulse	3/5	seaweed



E - F - JES Pore-Clogging List

Cosmetic Ingredient	Comedogenic Rating	Ingredient Composition
Ecklonia (all 9 species of it)	3/5	seaweed
Eicosanoic Acid	2/5	fatty acids & their derivatives
Elderberry Seed Oil	1-2/5	high in linoelic & linolenic acid
Emu Oil	1/5	high in oleic acid, moderate in palmitic acid
Emulsifying Wax NF	0-2 irritant	waxes
Enteromorpha Compressa	3/5	seaweed
Ethoxylated Lanolin	3/5	lanolins
Ethylhexyl Palmitate	4/5	fatty acids & their derivatives
Ethylhexyl Pelargonate	2/5-3 irritant	fatty acids & their derivatives
Evening Primrose Oil	3/5-2 irritant	high in linoleic acid, moderate in GLA
Flax Seed Oil (Linseed)	4/5	high in alpha linolenic acid
Fragrance	3/5	other
Fucus vesiculosus	3/5	seaweed



G - JES Pore-Clogging List

Cosmetic Ingredient	Comedogenic Rating	Ingredient Composition
Gelidium Cartilagineum	3/5	seaweeds
Ginger Butter	pore-clogging	butters
Glycerol Monostearate	1/5	lipids derived from stearic acid
Glyceryl Oleate	pore-clogging	
Glyceryl Stearate NSE	1/5	alcohols, sugars & their derivatives
Glyceryl Stearate SE	3/5 - 2 irritant	alcohols, sugars & their derivatives
Glyceryl Tricaprylo/Caprato	1/5	alcohols, sugars & their derivatives
Glyceryl-3-Diisostearate	4/5	alcohols, sugars & their derivatives
Glycine Soja Oil (soybean oil)	3/5	oils
Goji Berry Seed Oil	1/1	high in linoleic acid
Grapeseed Butter	pore-clogging	butters
Grapeseed Oil	2-4/5	high in linoleic acid & vegetable oil
Green Algae	3/5	seaweeds
Green Tea Butter	pore-clogging	butters
Groundnut Oil	pore-clogging	oils
Guava Seed Oil	1-2/5	high in linoleic acid



H - I - JES Pore-Clogging List

Cosmetic Ingredient	Comedogenic Rating	Ingredient Composition
Haslea Ostrearia	3/5	seaweeds
Hazelnut Seed Oil	4-5/5	high in oleic acid
Hectorite	1/5	miscellaneous
Hemp Seed Butter	pore-clogging	butters
Hemp Seed Oil	1/5	high in linoleic acid, moderate in linolenic acid
Hexadecyl Alcohol	5/5	alcohols, sugars & their derivatives
Hexylene Glycol	2/5 - 1 irritant	alcohols, sugars & their derivatives
Hexyl Laurate	pore-clogging	
Himanthalia Elongate	3/5	seaweed
Hydrogenated Castor Oil	1/5	oils
Hydrogenated Polyisobutane	1/5 - 2 irritant	oils
Hydrogenated Vegetable Oil	3/5	oils
Hydrolyzed Lola Implexa	3/5	seaweed
Hydrolyzed Rhodophyceae	3/5	seaweed
Hydroxypropylcellulose	1/5	thickeners
Hypnea Musciformis	3/5	seaweed
Indian Gooseberry Oil	1/5	26% Oleic Acid and 51% Linoleic Acid
Irish Moss	3/5	seaweeds
Isocetyl Alcohol	4/5 - 4 irritant	alcohols, sugars & their derivatives
Isocetyl Stearate	5/5	alcohols, sugars & their derivatives
Isodecyl Oleate	3/5 - 2 irritant	fatty acids & their derivatives
Isopropyl Isostearate	5/5	fatty acids & their derivatives
Isopropyl Linolate	4/5 - 2 irritant	fatty acids & their derivatives
Isopropyl Myristate	5/5 - 3 irritant	fatty acids & their derivatives
Isopropyl Palmitate	4/5 - 1 irritant	fatty acids & their derivatives
Isostearic Acid	5/5	other
Isostearyl Isostearate	4/5 - 1 irritant	fatty acids & their derivatives
Isostearyl Neopentanoate	3/5 - 3 irritant	fatty acids & their derivatives



J - K - JES Pore-Clogging List

Cosmetic Ingredient	Comedogenic Rating	Ingredient Composition
Jasmine Butter	pore-clogging	butters
Jojoba Butter	pore-clogging	butters
Jojoba Oil	0-2/5	high in eicosenoic acid
Jojoba Wax	2/5	waxes
Kapok Oil	pore-clogging	oils
Karanja Oil	2/5	high in oleic acid
Kasum Oil	pore-clogging	oils
Kelp	3/5	seaweeds
Kiwi Seed Oil	1/5	high in linolenic acid
Knotted Kelp	3/5	seaweeds
Kokum Butter	pore-clogging	butters
Kukui Nut Butter	pore-clogging	butters
Kukui Nut Oil	3/5	high in linoleic acid, moderate in oleic and linolenic acid



L - JES Pore-Clogging List

Cosmetic Ingredient	Comedogenic Rating	Ingredient Composition
Lamimaria Ochroleuca Extract	3/5	seaweeds
Laminaria Digitata Extract	3/5	seaweeds
Laminaria Longicuris	3/5	seaweeds
Laminaria Saccharina	3/5	seaweeds
Laneth-10	2/5	lanolins
Lanolic Acid	5/5	other
Lanolin Acid	4/5	lanolins
Lanolin Alcohol	2/5 - 2 irritant	lanolins
Lanolin	1-2/5	oils
Lanolin Oil	1/5	oils
Lanolin Wax	1/5	waxes
Laureth-4	5/5 - 4 irritant	alcohols, sugars & their derivatives
Laureth-7	pore-clogging	waxes
Laureth-23	3/5	alcohols, sugars & their derivatives
Laurie Acid	4/5 - 1 irritant	fatty acids & their derivatives
Lauric Acid	4/5 - 1 irritant	fatty acids & their derivatives
Lauric Acid in Sunflower Oil	4/5	other lipids
Lauroyl Lysine	3-4/5	fatty acids & their derivatives
Lauryl Alcohol	1-2/5	other
Lauryl Olivatate	pore-clogging	waxes
Lavender Butter	pore-clogging	butters
Lemon Butter	pore-clogging	butters
Lemongrass Butter	pore-clogging	butters
Lime Butter	pore-clogging	butters
Linseed Oil	5/5	oils
Lithium Stearate	1/5	miscellaneous
Lithothamnium Calcareum	3/5	seaweed
Lola Implexa	3/5	seaweed



M - JES Pore-Clogging List

Cosmetic Ingredient	Comedogenic Rating	Ingredient Composition
Macadamia Nut Butter	pore-clogging	butters
Macadamia Nut Oil	4-5/5	high in oleic acid, moderate in palmitoleic acid
Macrocystis Pyrifera (sea kelp)	3/5	seaweeds
Macrocystis Pyrifera Extract	3/5	seaweeds
Magnesium Stearate	1/5	miscellaneous
Mahua Seed Oil	pore-clogging	oils
Mandarin Butter	pore-clogging	butters
Mango Butter	2/5	high in oleic acid, moderate in stearic acid
Mango Seed Oil	2/5	high in oleic & stearic acid
Marigold Butter	pore-clogging	butters
Marine Algae	3/5	seaweeds
Marula Oil	3-4/5	high in oleic acid
Mastocarpus stellatus	3/5	seaweeds
Meadowfoam Butter	pore-clogging	butters
Meadowfoam Seed Oil	1	high in eicosenoic acid
Milk Thistle Seed Oil	1	high in linoleic acid
Mink Oil	3/5 - 1 irritant	high in oleic acid
Monododecyl ester sodium salt	5/5	surfactants & detergents
sulfuric acid	3-4/5	high in oleic acid
Moringa Oil	3-4/5	high in oleic & palmitic acid
Mowrah Butter	5/5	alcohols, sugars & their derivatives
Myreth 3 Myristate	3/5	fatty acids & their derivatives
Myristic Acid	2/5 - 4 irritant	alcohols, sugars & their derivatives
Myristyl Alcohol	4/5 - 2 irritant	fatty acids & their derivatives
Myristyl Lactate	5/5 - 2 irritant	fatty acids & their derivatives
Myristyl Myristate		



N - O - JES Pore-Clogging List

Cosmetic Ingredient	Comedogenic Rating	Ingredient Composition
Nahor Seed Oil	pore-clogging	oils
Neem Butter	pore-clogging	butters
Neem Oil	pore-clogging	high in oleic acid
Neroli Butter	pore-clogging	butters
Nori	3/5	seaweeds
Norwegian Kelp	3/5	seaweeds
Octyl Methoxycinnamate	9 irritant	
Octyl Palmitate	4/5 - 1 irritant	
Octyl Stearate	5/5	
Octyldodecanol	3-4/5	other
Oleic Acid	5/5	other
Oleth-3	5/5 - 2 irritant	alcohols, sugars & their derivatives
Oleth-3 Phosphate	2/5 - 2 irritant	alcohols, sugars & their derivatives
Oleth-5	3/5 - 2 irritant	alcohols, sugars & their derivatives
Oleth-10	2/5 - 1 irritant	alcohols, sugars & their derivatives
Oleth-20	1/5	alcohols, sugars & their derivatives
Oleyl Alcohol	4/5 - 2 irritant	alcohols, sugars & their derivatives
Olive Butter	pore-clogging	butters
Olive Oil	4-5/5	high in oleic acid vegetable oils
Olive Oil Peg 7 Esters	pore-clogging	waxes
Orange Peel Butter	pore-clogging	butters
Oryza sativa	pore-clogging	Rich Vitamin E



P - JES Pore-Clogging List

Cosmetic Ingredient	Comedogenic Rating	Ingredient Composition
Padina Pavonica	3/5	seaweeds
Palash Oil	pore-clogging	oils
Palmaria Palmate	3/5	seaweeds
Palmitic Acid	3/5	fatty acids & their derivatives
Palm Kernel Oil	4-5/5	oils
Palm Oil Butter	pore-clogging	butters
Palm Oil	4-5/5	high in lauric acid
Palm Oil, Red	4/5	high in oleic acid, moderate in palmitic acid
Papaya Seed Oils	2-3/5	high in oleic acid
Passionfruit (Maracuja) Seed Oil	1-2/5	high in linoleic acid
Peach Kernel Oils	4/5	high in oleic acid & vegetable oils
Peanut Oil	2/5 - 1 irritant	high in oleic & palmitic acid
Pecan Oil	2/5	high in oleic acid, moderate in linoleic acid
PEG 8 Castor Oil	1/5 - 1 irritant	alcohols, sugars & their derivatives
PEG 8 Stearate	3/5 - 1 irritant	alcohols, sugars & their derivatives
PEG 10 Soya Sterol	1 irritant	sterols
PEG 16 Lanolin (solulan 16)	4/5 - 3 irritant	lanolins
PEG 20 Stearate	1/5	alcohols, sugars & their derivatives
PEG 100 Distearate	2/5	alcohols, sugars & their derivatives
PEG 150 Distearate	2/5	alcohols, sugars & their derivatives
PEG-150 Pentaerythrityl Stearate	pore-clogging	
PEG 200 Dilaurate	3/5 - 2 irritant	alcohols, sugars & their derivatives
PEG 78 Glyceryl Monococoate	1 irritant	alcohols, sugars & their derivatives
Pentaerythrityl Tetraistearate	2/5	alcohols, sugars & their derivatives
Perilla Oil	1-2/5	high in ALA
PG Caprylate/Caprato	pore-clogging	alcohols, sugars & their derivatives
PG Dicaprylate/Caprato	1/5	alcohols, sugars & their derivatives
PG Dipelargonate	2/5 - 2 irritant	
PG Laurate	3 irritant	alcohols, sugars & their derivatives
PG Monostearate / Propylene glycol monostearate	3/5	alcohols, sugars & their derivatives
Phosphate	pore-clogging	
Phytantriol	2/5 - 2 irritant	sterols
Phytessence Wakame	3/5	seaweeds



P - JES Clogging List

Cosmetic Ingredient	Comedogenic Rating	Ingredient Composition
Pilu Oil		oils
Pistacia Gum	irritant	
Pistachio Oil	3-4/5	high in oleic & palmitic acid
Pisu Oil	pore-clogging	oils
Plankton	3/5	seaweeds
Plum Kernel Oil	1-2/5	high in oleic acid, moderate in linoleic acid
Polyethylene Glycol	1/5	alcohols, sugars & their derivatives
Polyethylene glycol (PEG 400)	1/5	alcohols, sugars & their derivatives
Polyethylene glycol 300	1/5	miscellaneous
Polyglyceryl Diisostearate	pore-clogging	waxes
Polyglyceryl 3-Diisostearate	4/5	alcohols, sugars & their derivatives
Polyglyceryl 4-Isostearate	pore-clogging	
Pomegranate Seed Oil	1/5	high in punicic acid
Porphyra	3/5	seaweeds
Porphyridium Cruentum	3/5	seaweeds
Potassium Chloride	pore-clogging	
PPG 10 Cetyl Ether	3/5 - 1 irritant	alcohols, sugars & their derivatives
PPG 12 PEG 65 Lanolin Oil	2/5	lanolins
PPG 2 Myristyl Propionate	3/5 - 2 irritant	alcohols, sugars & their derivatives
PPG 5 Ceteth 10 Phosphate	4/5 - 2 irritant	alcohols, sugars & their derivatives
PPG-2 Myristyl Propionate	5/5	fatty acids & their derivatives
Pracaxi Oil	pore-clogging	oils
Prickly Pear Seed Oil	1-2/5	high in linoleic acid
Propylene Glycol Monostearate	4/5	waxes
Prunus Armeniaca (Apricot) Kernel Oil	3-5/5	oils
Pumpkin Seed Oil	3/5	high in linoleic acid, moderate in oleic acid



R - JES -Clogging List

Cosmetic Ingredient	Comedogenic Rating	Ingredient Composition
Ratanjyat Oil	pore-clogging	oils
Red Algae	5/5 - 2 irritant	seaweeds
Red Raspberry Seed Oil	1/5	high in linoleic acid, moderate in linolenic acid
Rice Bran Oil	pore-clogging	high in oleic & linoleic acid
Rockweed	3/5	seaweed
Rose Butter	pore-clogging	butters
Rosehip Butter	pore-clogging	butters
Rosehip Seed Oil	2/5 - 1 irritant	high in linoleic acid, moderate in linolenic acid
Rosemary Butter	pore-clogging	butters



S - JES Pore-Clogging List

Cosmetic Ingredient	Comedogenic Rating	Ingredient Composition
Safflower Oil (cold pressed only)	0	high linoleic content oils
Safflower Oil (cooking variety)	4/5	high oleic acid, high in linoleic acid & vegetable oil
Sal Seed Butter	3-4/5	high in stearic and oleic acid
Sal Seed Oil	pore-clogging	oils
Sandalwood Seed Oil	2/5	oils
Sargassum	3/5	seaweeds
Sea Buckthorn Oil	1/5	high in palmitic, palmitoleic and oleic acid
Sea Grass	pore-clogging	seaweeds
Sea Whip Extract	3/5	seaweeds
Seaweed	3/5	seaweeds
Sesame Seed Oil	3-5/5	high in linoleic and oleic acid & vegetable oil
Shark Liver Oil (squalene, not squalane)	3/5 - 2 irritant	oils
Shea Butter	3-5/5	high in oleic and stearic acid
Shea Nut Oil	4-5/5	high in oleic acid, moderate in stearic acid
Simmondsia Chinensis (Jojoba) Seed Oil	2/5	oils
Sodium Carbomer		
Sodium Cocoyl Isethionate (from coconut)		
Sodium Dodecyl Sulfate	5/5	surfactants & detergents
Sodium Laureth Sulfate	3/5 - 2 irritant	surfactants & detergents
Sodium Lauryl Sulfate	5/5 - 2 irritant	surfactants & detergents
Sodium Myreth Sulfate	3/5	surfactants & detergents
Sodium Salt Sulfuric Acid	5/5	surfactants & detergents
Solulan 16	pore-clogging	
Sorbitan Isostearate	1-2/5	alcohols, sugars & their derivatives
Sorbitan Laurate	2/5 - 2 irritant	alcohols, sugars & their derivatives
Sorbitan Oleate	3/5	alcohols, sugars & their derivatives
Sorbitan Oliviate	pore-clogging	
Sorbitan Sesquinoleate	1/5	alcohols, sugars & their derivatives
Sorbitan Stearate	1 irritant	alcohols, sugars & their derivatives
Soybean Oil	4-5/5	high in linoleic acid
Spirulina	3/5	seaweeds
Squalane	1/5	high in omega-2



S -JES Pore-Clogging List

Cosmetic Ingredient	Comedogenic Rating	Ingredient Composition
Squalene	3/5	oils
Steareth-2	2/5 - 2 irritant	alcohols, sugars & their derivatives
Steareth-10	4/5 - 3 irritant	alcohols, sugars & their derivatives
Steareth-20	2/5 - 1 irritant	alcohols, sugars & their derivatives
Stearic Acid	2-3/5	fatty acids & their derivatives
Stearic Acid: TEA	3/5 - 2 irritant	miscellaneous
Stearyl Alcohol	2/5 - 2 irritant	alcohols, sugars & their derivatives
Stearyl Heptanoate	4/5	fatty acids & their derivatives
Strawberry Seed Oil	1/5	high in linoleic & linolenic acid
Sucrose Distearate	2 irritant	alcohols, sugars & their derivatives
Sulfated Castor Oil	3/5	miscellaneous
Sulfuric acid, monododecyl ester, sodium salt	5/5	surfactants & detergents
Sulfated Jojoba Oil	3/5 - 2 irritant	high in eicosenoic acid
Sunflower Butter	pore-clogging	butters
Sunflower Oil (GMO)	1-5/5	high in linoleic acid
Sweet Almond Butter	pore-clogging	butters
Sweet Almond Oil	3-5/5	high in oleic acid
Syethyl Heptanoate	4/5	fatty acids & their derivatives



T, U, V, W - JES Pore-Clogging List

Cosmetic Ingredient	Comedogenic Rating	Ingredient Composition
Talc	1/5	thickeners
Tallow	2/5	high in oleic acid
Tamanu Butter	pore-clogging	butters
Tamanu Oil	3-5/5	high in oleic & linoleic acid
Theobroma Cacao (Cocoa) Seed Butter	4/5	butters
Tocopherol (sunflower non-com)	0-3/5 0-3 irritant	vitamins & herbs
Tomato Seed Oil	0-2/5	high in linoleic acid, moderate in oleic acid
Tribehenin	pore-clogging	wax
Tridecyl Neopentanoate	3 irritant	fatty acids & their derivatives
Triethanolamine	2/5	miscellaneous
Triticum Vulgare	5/5 - 2 irritant	high in linolenic acid
Ulva Lactuca	3/5	seaweed
Undaria	2/5	seaweed
Vitamin A Palmitate	1-3/5 - 1-3 irritant	vitamins & herbs
Vitamin E Butter	pore-clogging	butters
Walnut Seed Oil	1-2/5	high in linoleic acid, moderate in oleic acid
Wakame	3/5	seaweed
Watermelon Seed Oil	0-1/5	high in linoleic acid
Water-Soluble Sulfur	3/5	preservatives & additives
Wheat Germ	pore-clogging	
Wheat Germ Glyceride	3/5 - 2 irritant	alcohols, sugars & their derivatives
Wheat germ oil	5/5 - 2 irritant	high in linolenic acid



X - Z - JES Pore-Clogging List

Cosmetic Ingredient	Comedogenic Rating	Ingredient Composition
Xylene	4/5 - 3 irritant	miscellaneous
Zea Mays (Corn Starch)	2-4/5 - 2-5 irritant	
Zinc Oxide	1	miscellaneous

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