



Common seafood ingredients in health and beauty products

Beauty products

- **Squalene** can originate from marine-based ([shark](#)) or vegetables. Found in serums, anti-aging creams, lotions, deodorants, hair conditioners, eye shadows, lipstick, lip balms, sunscreen, and cleansers. Brands that don't use squalene [can be found here](#).
- **Guanine** can be extracted from fish scales, but it can also be synthesized. It is used as a colouring agent in cosmetics such as shampoos, nail polish and eyeshadow to give 'pearlized' 'effervescent' appearance.
- **Glucosamine** occurs naturally in the exoskeletons of insects and crustaceans. It is also industrially extracted from the shells of crabs, lobster, and shrimps. It is an ingredient in hair and skin conditioners.
- **Chondroitin** is extracted from the connective tissue of animals – bovine and shark cartilage are common. Used in hair and skin conditioners.
- **Marine collagen** is extracted from a number of various species (see below). Used in serums, lotions, sunscreen.

Health products

- **Fish oil** supplements can originate from many sources such as cod, mackerel, tuna, herring, sardines, and salmon.
- **Krill oil** supplements typically prepared from Antarctic krill sources.
- **AminoMar C** is a marine protein complex derived from shark cartilage and oyster extract powder from in Viviscal.
- **Marine collagen** is extracted from a number of various species (see below). Used in supplements, powder or tablets.

This [Science article](#) gives some insights into potential species sourced for marine collagen. There are a number of species listed that would be deemed unsustainable and/or inherently vulnerable to exploitation, particularly tuna and sharks.

