

Exact Product and INCI Capture

A current-label specimen sheet for one cosmetic or skincare item.

Capture the exact item

- 1 Brand, exact product name, variant, strength, size, batch or lot, opened date, and package version.
- 2 Copy or photograph the current exact ingredient or INCI text and keep a local filename reference.
- 3 Record where the label, product page, instructions, warnings, and current source were found and when they were checked.

Separate record from interpretation

- 1 Ingredient order, concentration evidence, formula vehicle, warnings, and directions may be incomplete or change.
- 2 Do not infer concentration, purity, compatibility, allergy, treatment effect, or safety from an ingredient name or list position alone.
- 3 Keep retailer, brand, regulator, professional, and research statements labeled by source and scope.

Update triggers

- 1 New package, batch, ingredient text, directions, warnings, claim, source, smell, color, texture, storage condition, or opened date.
- 2 A formula-family name is not enough when the exact current item differs.
- 3 Keep the prior capture when it helps explain a dated change.

This buyer-owned journal does not diagnose, infer severity, determine causation, declare compatibility, recommend treatment, assess an emergency, or replace medical care. It follows buyer-entered records only. Stop and use the appropriate qualified or emergency care route for concerning symptoms.