

## Shelf Life/Expiration Date

### 保質期/有效日期

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There are no regulations or requirements under current United States law that require cosmetic manufacturers to print expiration dates on the labels of cosmetic products. Manufacturers have the responsibility to determine shelf life for products, as part of their responsibility to substantiate product safety. FDA believes that failure to do so may cause a product to be adulterated or misbranded.

近期在美國法律下並無條例或規定要求化妝品製作商在化妝品的標籤上印製有效日期，然在確保產品安全的責任中，製作商有責確認產品的保質期。FDA 相信如果不這樣做，則可能導致產品摻假或貼錯標籤。

Voluntary shelf-life guidelines developed by the cosmetic industry vary, depending on the product and its intended use. For instance, a 1980 article by David Pope in *Drug and Cosmetic Industry* suggested a minimum shelf life of 18 to 24 months "to maximize cost efficiency in warehousing, distribution, and marketing."

化妝品產業所制定的自覺性保質期指南，依產品和其預期用途各不相同。例如 David Pope 在 1980 年的文章「藥物和化妝品產業」中建議，最短的保質期為 18 至 24 個月，以提高在倉儲、配送和市場行銷中成本效率的最大化。

The 1984 text *Cosmetic and Drug Preservation: Principles and Practice*, edited by Jon J. Kabara, recommends testing product stability by evaluating samples at regular intervals for 3 years or longer, depending upon the product.

1984 年 Jon J. Kabara 所編輯的「化妝品和藥物保存: 原則與實踐」內文中建議，可根據產品定期於三年或更長時間評估樣本，以測試產品的穩定性。

The European Union's Cosmetic Directive, as amended in 1993, requires expiration dating only for products whose "minimum durability" is less than 30 months.

1993 年所修定的歐盟化妝品指導方針中要求，只有「最低耐久性」低於 30 個月的產品才需要有效日期。

The shelf life for eye-area cosmetics is more limited than for other products. Because of repeated microbial exposure during use by the consumer and the risk of eye infections, manufacturers usually recommend discarding mascara two to four months after purchase. If mascara becomes dry, discard it. Do not add water or, even worse, saliva to moisten it, because that will introduce bacteria into the product. If you have an eye infection, consult a physician immediately, stop using all eye-area cosmetics, and discard those you were using when the infection occurred.

和其他產品相比，眼睛區域的化妝品其保質期限制最多。因為消費者在使用期間產品反覆曝曬於細菌中，而有眼睛感染的風險，所以製造商通常建議睫毛膏在購買後 2 到 4 個月就拋棄使用。如果睫毛膏變乾就丟掉，不要加水，甚至更糟地用唾液來弄濕它，因為這將會讓產品感染細菌。如果你發生眼睛感染，請立即諮詢醫師，然後停止使用所有眼睛區域的化妝品，並丟棄你感染發生時所使用的化妝品。

Among other cosmetics that are likely to have an unusually short shelf life are certain "all natural" products that may contain plant-derived substances conducive to microbial growth. It also is important for consumers and manufacturers to consider the increased risk of contamination in products that contain non-traditional preservatives, or no preservatives at all.

其他可能具有異常短期保質期的化妝品是某些「全天然」的產品，其可能包含有助於微生物生長的植物來源物質。所以對消費者和製作者很重要的是要考慮含有非傳統防腐劑，或完全不含防腐劑的產品，其感染風險的增加。

Consumers should be aware that expiration dates are simply "rules of thumb," and that a product's safety may expire long before the expiration date if the product has not been properly stored. Cosmetics that have been improperly stored - for example, exposed to high temperatures or sunlight, or opened and examined by consumers prior to final sale - may deteriorate substantially before the expiration date. On the other hand, products stored under ideal conditions may be acceptable long after the expiration date has been reached.

消費者應該知道有效期限只是個「經驗法則」，如果產品沒有被適當的保存，則其安全性可能在有效日期前就會失效。所謂化妝品被不當保存是指暴曬在高溫或陽光下，或在最後售銷前被消費者打開測試等等，都可能使產品在過期前品質大大的下降。另一方面，如果產品能在理想的條件下保存，即便有效日期已經過了很久可能還是可以使用。

Sharing makeup increases the risk of contamination. "Testers" commonly found at department store cosmetic counters are even more likely to become contaminated than the same products in an individual's home. If you feel you must test a cosmetic before purchasing it, apply it with a new, unused applicator, such as a fresh cotton swab.

共用化妝品也會增加感染的風險。百貨公司的化妝品櫃台上常見的「試用品」，可能甚至比在個人家中同樣的產品更容易受到感染。如果你覺得在購買前一定要先測試化妝品，請先塗在新的未使用的塗抹器，像是新的棉花棒。