

## **Patient Information**

### **Fragrance Mix**

**Your TRUE TEST® indicates that you have a contact allergy to fragrance mix.**

Fragrance mix chemicals in contact with your skin may result in dermatitis. Brief or occasional contact may not pose a problem.

The test indicates that you have a perfume allergy. The fragrance mix consists of eight substances that are common allergen ingredients in fragrances and flavorings. The eight allergens are:

- Geraniol
- Cinnamaldehyde
- Hydroxycitronellal
- Cinnamyl alcohol
- Eugenol
- Isoeugenol
- Amylcinnamaldehyde
- Oak moss

These substances are derived from plants and synthetic sources.

Contact allergy to fragrances is frequent.

## **Where are fragrance allergens found?**

Fragrances are found in many toiletries and skin care products, such as perfumes, colognes, after-shaves, soaps, moisturizers, lotions, gels, milks, mousses, shampoos, and sunscreens. They have widespread use in cosmetics, including foundations, powders, self-tanners, make-up removers, concealers, creams, highlighters, eye shadows, eyeliners, lipsticks, quick-dry nail products and nail enamel removers.

Fragrances are present in many scented household products, such as room fresheners, waxes, detergents, polishes, solvents, deodorizers, insect repellents and cleaning fluids. Perfumes can be added to wax candles and incense.

Fragrances are used to flavor foods and tooth pastes. They are also found in dental materials, topical medicaments, medical pastes and gels such as EKG gels and personal hygiene products such as sanitary towels, tissues, toilet papers, and tampons.

Sometimes perfumes are added to the air in ventilation systems in buildings and airplanes.

Some industrial products, such as metalworking fluids, may also contain fragrances.

Fragrances occur naturally in some foods and spices. Cinnamon, citrus and clove contain fragrance chemicals.

## **How to avoid fragrance allergens**

When possible, avoid perfumed products and use fragrance-free personal products. Avoid “unscented” products, since they may contain a masking fragrance. Use fragrance free household products. Use only ingredient-labeled products that do not list fragrances or any of their synonyms and avoid products that do not list all ingredients. Fragrance mix ingredients are compulsory to label on cosmetics and toiletries of EU.

Avoid balms such as Tiger Balm, propolis and tea-tree oil.

Wear Vinyl gloves when using dishwashing detergent or household cleansers that may contain fragrances.

If you are severely allergic, a diet free of cinnamon, cloves, vanilla and citrus should be considered. Avoid peel from citrus fruits.

If you suspect that you are being exposed to this allergen at work, consult your employer regarding Material Safety Data Sheets.

Inform your healthcare providers that you are allergic to fragrance mix ingredients.

## What to look for

### **Fragrance mix content:**

- Geraniol (INCI Name)
- Cinnamaldehyde = Cinnamal (INCI Name)
- Hydroxycitronellal (INCI Name)
- Cinnamyl alcohol (INCI Name)
- Eugenol (INCI Name)
- Isoeugenol (INCI Name)
- Amylcinnamaldehyde = Amyl Cinnamal (INCI Name)
- Oak moss = Evernia Prunastri Lichen Extract (INCI Name)

### **Other names for fragrances**

- Aroma chemicals
- Colognes
- Essential oils of plants and animals
- Masking or unscented perfumes
- Perfumes
- Toilet water

### **Related substances to which you may react**

- Balsam of Peru
- Cassia oil
- Citronella candles
- Cinnamon
- Cloves
- Narcissus oil
- Sandalwood oil

*The lists may not be complete.*

When purchasing products which may come in contact with your skin, check the list of ingredients for any of the names listed above. If in doubt contact your pharmacist or physician.

*This information does not substitute the information given by your health care providers and can only be seen as a supplement.*