

6 Fragrance Mix – Patient Information

Your T.R.U.E. TEST results indicate that you have a contact allergy to fragrance mix. Fragrance mix chemicals in contact with your skin may result in dermatitis. This contact allergy may cause your skin to react when it is exposed to these substances, although it may take several days for the symptoms to appear. Typical symptoms include redness, swelling, itching and fluid-filled blisters.

Fragrance mix contains the following eight substances:

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

Fragrances can be found in most products. They are used to add flavor or scent to a product or may mask a product's unpleasant smell. They may come from natural (animals or plants) or synthetic sources.

Contact allergy to fragrances is frequent

Where is fragrance mix or one of its components found?



At work, you may find fragrance mix or one of its components in the manufacture or use of:

- Herbal and botanical products
- Dental medicaments and cements
- Metal working fluids
- Essential oils and aromatherapy
- Pesticides and insect repellents
- Polishes and waxes
- Some foods, beverages and oils that contain citrus, clove and cinnamon
- Cleaning and degreasing products
- Perfumes and colognes
- Scented candles and incense
- Paper products
- Scented tobaccos
- Air fresheners and deodorizers



At home, you may find fragrance mix or one of its components in:

- Perfumes and colognes
- Scented candles
- Facial tissue and toilet paper
- Pet care and grooming products
- Household cleaners, waxes, and polishes
- Car care products, cleaners, waxes and polishes
- Soaps, cleansers, deodorants, toothpastes and hygiene products
- Cosmetics such as foundations and powders, blush, mascaras, eye shadows, eyeliners and pencils
- Some foods, beverages and oils that contain citrus, clove and cinnamon
- Air fresheners and deodorizers
- Pesticides and insect repellents
- Aromatherapy products, incense
- Lipsticks and lip balms
- Nail care products such as polish and remover
- Detergents, fabric softeners and stain removers
- Shampoo, conditioner, hair coloring and hair care products
- Skin ointments, creams, lotions, moisturizers, medications, and tanning products
- Shaving products

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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. 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.

How can you avoid fragrance mix or one of its components?

- Fragrances are found in most personal care and household products and many industrial products. Only use “fragrance-free” products. Avoid products labeled “unscented” because they may still contain a masking fragrance.
- Look for products that do not list “fragrance” or one of the fragrance mix components on the label, ingredients list or Material Safety Data Sheet (MSDS). If there is no information, contact the product manufacturer before using.

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

- Tell your physician, pharmacist, dentist, veterinarian, beautician and hairdresser that you are allergic to fragrance mix. Ask for preparations that do not contain fragrances.
- If you must use products that contain fragrances on pets or children, wear protective gloves. Utility or disposable gloves made of natural or synthetic rubber, or vinyl, are good for working with most products that contain fragrance mix or one of its components.

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

- If you think that you contact fragrance mix or one of its components at work, ask your employer for MSDS or manufacturer information on the product(s). Talk to your employer about using a different product or wearing protective gloves and clothing.

What should you look for and avoid?*

Avoid products that list any of the following names in the ingredients, MSDS or package insert.

- **Geraniol** or geraniol alcohol or geranyl alcohol
- **Cinnamaldehyde** or cinnamic aldehyde, cinnamal, cassia aldehyde, 3-phenylacrolein
- **Hydroxycitronellal** or citronellal hydrate, lilyl aldehyde, muguet synthetic, oxydihydrocitronellal
- **Cinnamyl alcohol** or cinnamic alcohol, 3-phenylallyl alcohol
- **Eugenol** or allylguaiacol, 2-methoxy-4-allylphenol, 4-hydroxy-3-methoxyallylbenzene
- **Isoeugenol** or 4-propenylguaiacol, 2-methoxy-4-(1-propenyl)phenol, 4-hydroxy-3-methoxypropenylbenzene
- **α -Amylcinnamaldehyde** or amyl cinnamal, jasmine aldehyde, α -amyl-, -phenylacrolein, 2-benzylideneheptanal
- **Oak moss** or oakmoss, oakmoss oil or extract, oakmoss absolute resin, oakmoss concrete

Other names for fragrances:

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

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You may also react to fragrance mix -related substances such as:

- **Balsam of Peru** and its components (cinnamic acid, methyl cinnamate, cinnamoin, vanillin, and cinnamyl cinnamate)
- Citral, lylal, colophony, farnesol, propolis balsam
- Cassia oil
- Citronella candles
- Cinnamon
- Cloves
- Narcissus oil
- Sandalwood oil

What are some products that may contain fragrance mix or one of its components?*

- Lubriderm® Daily Moisture Lotion
- Johnson's® Original Baby Shampoo
- Cover Girl® Clean Makeup
- Tide® Mountain Spring Powder Detergent
- LPS® Aquacut Cutting Fluids
- Clairol Herbal Essence Shampoos
- Nutragena® Transparent Original Facial Bar
- Tom's of Maine® Deodorants
- Maybelline® LongWearing Makeup
- Bounce® Fabric Softener and Dryer Sheets
- CitraKlean Concentrated Cleaner & Degreaser
- Clorox Bathroom Wipes

What products do NOT contain fragrance mix or one of its components?*

- U-Lactin® Lotion
- Almay® Fragrance-free Deodorant
- Tide® Free Powder Detergent
- Bounce® Free Dryer Sheets
- Gillette® Satin Care® Shaving Gel, Fragrance Free
- Oust® Air Sanitizer, Fragrance Free
- Lubrex® Cleanser and Lubrex® Cream
- Almay® skin care and makeup products
- Purex® Free/Clear detergents
- DHS™ Clear Shampoo, Fragrance Free
- Neutrogena® Fragrance Free Facial Bar
- Aveda® Shampoo and Conditioner, Rosemary Mint

*For additional information about products that might contain fragrance mix or a related substance, go to the Household Product Database online (<http://householdproducts.nlm.nih.gov>) at the United States National Library of Medicine. These lists are brief and provide just a few examples. They are not comprehensive. Product formulations also change frequently. Read product labels carefully and talk to your doctor if you have questions. These are general guidelines. Talk to your doctor for more specific instructions.



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For further information about contact allergies and patch testing, visit www.truetest.com.