

Patient Information

Paraben Mix

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

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

Paraben mix contains the following five allergens:

- Methyl p-hydroxybenzoate
- Ethyl p-hydroxybenzoate
- Propyl p-hydroxybenzoate
- Butyl p-hydroxybenzoate
- Benzyl p-hydroxybenzoate

Parabens are a group of chemicals used as preservatives in the majority of topical medications, cosmetics, and skin care products.

Where are paraben allergens found?

Parabens are found in many dermatological creams, eye, ear and nose drops, rectal and vaginal medications, bandages and local anesthetics.

Cosmetics containing parabens include foundations, powders, cover-up sticks, bronzers, makeup removers, blushers, highlighters, lipsticks, quick-dry nail products, mascaras, eye shadows and eyeliners.

Skin care products include moisturizers, cleansers, self-tanners and sunscreens.

Shampoos and soaps are at low risk.

How to avoid paraben allergens

Use only ingredient-labeled cosmetics, skin care products and medications that do not list parabens or any of their synonyms on the label.

Eating foods containing parabens is usually not a problem.

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 parabens.

What to look for

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Synonyms for parabens

- Ethylparaben (INCI Name)
- Butylparaben (INCI Name)
- Methylparaben (INCI Name)
- Methyl 4-hydroxybenzoate
- Parahydroxybenzoate, (p- hydroxybenzoate)
- Parahydroxybenzoic acid, (p-hydroxybenzoic acid)
- Propylparaben (INCI Name)

Related substances to which you may react

- Para-aminobenzoic acid (PABA) esters

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.