

Your TRUE TEST results indicate that you have a contact allergy to colophony. This contact allergy may cause your skin to react when it is exposed to this substance, although it may take several days for the symptoms to appear. Typical symptoms include redness, swelling, itching and fluid-filled blisters.

Colophony comes from the sap of coniferous trees such as pines, junipers, firs and cedars. Colophony (or rosin) is found in personal care and beauty products, topical medications, surface coatings, lubricants, adhesives and sealants, as well as in the rosin for string instruments and dancers' shoes.

WHERE IS COLOPHONY FOUND?

At work, you may find colophony in:

- Wood and sawdust
- Coated papers
- Cutting fluids
- Paints and stains
- Asphalt products
- Greases and oils
- Polyethylene
- Waterproofings
- Linoleum
- Wood fillers
- Printing inks
- Lacquers and varnishes
- Polishes and waxes
- Corrosion inhibitors
- Solvents
- Neoprene rubber
- Soldering materials
- Drive belts

At home, you may find colophony in:

- Instrument rosin
- Waxed threads
- Furniture polishes and waxes
- Yellow laundry bar soap
- Match tips
- Creams
- Cosmetics
- Concealers
- Eyeliners
- Lipsticks
- Diapers, feminine napkins
- Wax depilatories
- Pine-oil cleaners
- Glues, adhesives, tapes, stamps
- Fireworks
- Color pencils
- Foundations
- Sunscreens
- Mascaras

Other possible sources include dental-impression materials, ostomy appliances, wound dressings and salicylic acid plasters. Some veterinary medications such as topical salves, hoof ointments and softeners and first-aid ointments, may contain colophony.

Sometimes allergy to colophony may be a marker for allergy to perfumes, flavors and spices. Colophony is present in wood, sawdust and gum from coniferous trees.

HOW CAN YOU AVOID COLOPHONY?*

- Only use products that do not list colophony or related chemicals on the label, ingredient list or Material Safety Data Sheet (MSDS). If no information is available, contact the product manufacturer.
- Avoid contact with sawdust and sap from pine trees and other coniferous trees.
- Tell your physician, pharmacist, dentist, veterinarian, beautician and hairdresser that you are allergic to colophony. Ask for preparations that do not contain colophony or related substances.
- Wear protective gloves. Heavy-duty gloves made of vinyl or synthetic rubber are good for temporary work with veterinary medications, pine-oil cleaners, varnishes, or paints. Use cotton gloves to protect your hands from paper products that contain or are coated with colophony.
- If you think that you contact colophony at work, ask your employer for MSDS or manufacturer information on the product(s). Talk to your employer about using a product without colophony or about wearing protective gloves and clothing.

WHAT SHOULD YOU LOOK FOR AND AVOID?*

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

- Colophony
- Abietic alcohol, abietyl alcohol or methyl abietate alcohol
- Disproportionated rosin
- Colophonium
- Rosin, gum rosin or rosin gum
- Wood or pine rosin
- Tall oil
- Abietic acid
- Resina terebinthinae
- Rosin solder flux fume

Colophony-related substances that you may also react to:

- Wood tars
- Fragrances, essential oils and some spices
- Rosin esters
- Spices (nutmeg, paprika, mace, cloves)
- Pine and other evergreen trees

*These lists are brief and provide just a few examples. Read product labels carefully and talk to your doctor if you have any questions. Product formulations may change from time to time without notice. Talk to your doctor for specific instructions. For additional information about products that might contain **colophony** or a related substance, go to the Household Products Database online (householdproducts.nlm.nih.gov) at the United States National Library of Medicine.