

Your TRUE TEST results indicate that you have a contact allergy to fragrance mix. 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.

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 common.

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
- Metal-working fluids
- Pesticides and insect repellents
- Cleaning and degreasing products
- Scented candles and incense
- Scented tobaccos
- Some foods, beverages and oils that contain citrus, clove and cinnamon
- Dental medicaments and cements
- Essential oils and aromatherapy
- Polishes and waxes
- Perfumes and colognes
- Paper products
- 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
- Shampoos, conditioners, hair coloring and haircare products
- Skin ointments, creams, lotions, moisturizers, medications and tanning products
- Shaving products

Fragrances are used to flavor foods and tooth pastes. They are also found in dental materials, topical medicaments and medical pastes and gels such as EKG gels. Sometimes perfumes are added to ventilation systems in buildings and airplanes. Some industrial products such as metal-working fluids, may also contain fragrances.

Fragrances also 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, ingredient list or Material Safety Data Sheet (MSDS). If no information is available, contact the product manufacturer.

Avoid balms, 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 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.

- Geraniol or geraniol alcohol or geranyl alcohol
- Cinnamaldehyde or cinnamic aldehyde, cinnamal, cassia aldehyde, 3-phenylacrolein
- Hydroxycitronellal or citronelal 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
- Amylcinnamaldehyde or amyl cinnamal, jasmine aldehyde, --amyl-, -phenyl acrolein, 2-benzylidene heptanol
- Oak moss or oakmoss, oakmoss oil or extract, oakmoss absolute resin, oakmoss concrete

Other names for fragrances:

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

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

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

*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 **fragrance mix** or a related substance, go to the Household Products Database online (householdproducts.nlm.nih.gov) at the United States National Library of Medicine.