

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

Parthenolide is a sesquiterpene lactone (SQL), which occurs naturally in the flowers and fruit of the plant, feverfew (*Tanacetum parthenium*). It is well known in natural medicine for its relief of migraines and blood clots. It also acts as an anti-inflammatory for the relief of arthritis and as a digestive aid. Parthenolide has shown anti-tumor and anticancer properties as well as Ultra Violet B and oxidative stress protection in a variety of cell lines, with low toxicity to healthy cells. Parthenolide is proposed for use in lieu of SQL mix as a good indicator of SQL allergy.

### WHERE IS PARTHENOLIDE FOUND?

#### ***At work, you may find parthenolide in or around:***

- Plants, gardens
- Floral shops
- Greenhouses

If you suspect you are being exposed to this allergen at work, contact your employer regarding Material Safety Data Sheets (MSDS).

#### ***At home, you may find parthenolide in:***

- Tablets or tinctures
- Herbal teas containing sesquiterpenes
- Natural supplements
- Plants

### HOW CAN YOU AVOID PARTHENOLIDE?

- Check all skin antibacterial agents for parthenolide-related ingredients.
- Inform your healthcare providers that you are allergic to parthenolide and ask that they use products that are free from this allergen.
- Use only ingredients that do not list parthenolide (or synonyms), especially antibiotic preparations.

### WHAT SHOULD YOU LOOK FOR AND AVOID?

Avoid products with the following names in the list of ingredients:

- Feverfew
- *Tanacetum parthenium*
- *Chrysanthemum parthenium*
- 2,3,6,7,7a,8,10a,10b-octahydro-1a,5-dimethyl-8-methyleneoxireno(9,10)cyclodeca(1,2-b)furan-9(1aH)-one
- 4Xi-germacra-1(10),11(13)-dien-12-oic acid, 4,5-epoxy-6.alpha-hydroxy-, gamma-lactone
- Oxireno(9,10)cyclodeca(1,2-B)furan-9(1ah)-one, 2,3,6,7,7A,8,10A,10B-octahydro-1A,5-dimethyl-8-methylene-
- Parthenolide

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

### WHAT ARE SOME PRODUCTS THAT MAY CONTAIN PARTHENOLIDE\*?

Parthenolide can be found in:

- Plants
- Herbal Teas
- Tablets
- Tinctures
- Natural remedies and supplements

\*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 **parthenolide** or a related substance, go to the Household Products Database online ([householdproducts.nlm.nih.gov](http://householdproducts.nlm.nih.gov)) at the United States National Library of Medicine.