

## 8 Paraben Mix – Patient Information

Your T.R.U.E. TEST results indicate that you have a contact allergy to paraben mix. 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.

### Paraben mix which contains the following five substances:

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

Parabens are used as preservatives in many over-the-counter medications, cosmetics, personal care and hygiene products.

### Where is paraben mix or one of its components found?



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

- Metalworking oils and fluids
- Hair care products
- Cosmetics, personal care and hygiene products
- Veterinary medications and pet care products
- Agriculture, food production and processing
- Antiseptic topical medications



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

- Lipsticks and lip balms
- Shaving products
- Pet care and grooming products
- Preservatives used in some foods
- Soaps, cleansers, and hygiene products
- Shampoo, conditioner, hair coloring and hair care products
- Topical medications for skin pain or infections; hemorrhoid treatments
- Cosmetics such as foundations and powders, blush, mascaras, eye shadows, eyeliners and pencils
- Skin ointments, creams, lotions, sunscreens and moisturizers

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### How can you avoid paraben mix and its components?

- Use products that do not list paraben mix or related chemicals on the label, ingredients list, product insert or Material Safety Data Sheet (MSDS). If there is no information, talk to your pharmacist or contact the product manufacturer.
- Some patients allergic to paraben mix can wear cosmetics that contain parabens without reacting, but you should stop using a product if skin symptoms develop. Eating foods containing paraben preservatives is usually not a problem.
- Tell your physician, pharmacist, dentist, veterinarian, beautician and hairdresser that you are allergic to paraben mix or one of its components. Ask for preparations that do not contain paraben mix or related substances.
- If you must use products that contain parabens on pets or children, wear protective gloves. Utility or disposable gloves made of natural or synthetic rubber, or vinyl, are good for working with products that contain paraben mix or one of its components.
- If you think that you contact paraben 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.

- **Methyl *p*-hydroxybenzoate** or methylparaben; 4-hydroxybenzoic acid methyl ester; methyl parahydroxybenzoate; *p*-methoxycarbonylphenol
- **Ethyl *p*-hydroxybenzoate** or ethylparaben; 4-hydroxybenzoic acid ethyl ester; ethyl *p*-oxybenzoate; *p*-carbethoxyphenol
- **Propyl *p*-hydroxybenzoate** or propylparaben; 4-hydroxybenzoic acid propyl ester
- **Butyl *p*-hydroxybenzoate** or butylparaben; 4-hydroxybenzoic acid butyl ester
- **Benzyl *p*-hydroxybenzoate** or benzylparaben; phenylmethyl 4-hydroxybenzoate; *p*-hydroxybenzoic acid benzyl ester

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### What are some products that may contain paraben mix or one of its components?\*

- Neutrogena® Sunblock Lotion, Sensitive Skin
- Clairol® Loving Care Haircolor
- Cover Girl® Browshaper and Eyeliner, Triple Mascara, Cheekers Blush, and Simply Powder Foundation
- L'Oreal® Preference Haircolor
- Johnsons® Baby Lotion and Softwash™ Body Wash
- Vaseline Intensive Care® Lotion
- Noxzema® Plus Cleansing Lotion
- PHisoderm® Deep Cleaning Cleanser
- Clearasil® Adult Care Acne Cream
- Nivea® for Men After Shave Sensitive Balm
- Ponds® Dry Skin Cream
- Revlon® ColorStay Overtime™ Lipcolor and Lash Tint; Powder Blush; Skinheights Face Powder
- Old Spice® Shave Cream
- Lanacane® Maximum Strength Anti Itch Medication
- Revlon® Professional Cuticle Remover
- Lubrex® Cream
- Four Paws® Magic Coat Pet Shampoo
- Desitin® Diaper Rash Ointment

### What products do NOT contain paraben mix or one of its components?\*

- Lady Grecian® Formula
- Thermasilk® Moisturizing Shampoo
- Lubrex® Cleanser
- Burt's Bees® Orange Essence Facial Cleanser
- Benadryl® Extra Strength Itch Relief Spray
- Aveeno® Anti-Itch Concentrated Lotion
- Almay® Clear Complexion Pressed Powder
- Burt's Bees® Natural Cosmetics Concealer, Eyeshadow, Blushing Crème, Lipstick, Eyeliner and Brow Pencil
- Just for Men® Shampoo – In Haircolor
- Suave® Performance Series Shampoo
- Eucerin® Original Moisturizing Lotion
- Johnson's® Baby Shampoo, Original
- Septiderm-V Grooming Shampoo for Pets
- Edge® Advanced Shaving Gel
- Avon Perfect Wear All Day Lipstick
- FREEdHEM® 100% Natural - One-Application Hemorrhoidal Cream

\*For additional information about products that might contain paraben 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.