



FRAGRANCE MIX

Your patch test result indicates 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.

Where is fragrance mix found?

Fragrance mix contains the following eight substances: Geraniol, Cinnamaldehyde, Hydroxycitronellal, Cinnamyl alcohol, *a*-Amylcinnamaldehyde, Isoeugenol, Eugenol, and 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.

How can you avoid contact with fragrance mix?

Avoid products that list any of the following names in the ingredients:

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|--------------------|-----------------------|----------------------|------------------------------------|
| • Geraniol | • Hydroxycitronellal | • cinnamic alcohol | • CASRN: 122-40-7 |
| • geraniol alcohol | • citronellal hydrate | • CASRN: 104-54-1 | • Oak moss |
| • CASRN: 106-24-1 | • CASRN: 107-75-5 | • Isoeugenol | • oakmoss oil or extract |
| • Cinnamaldehyde | • Eugenol | • CASRN: 97-54-1 | • Evernia Prunastri Lichen Extract |
| • Cinnamal | • CASRN 97-53-0 | • Amylcinnamaldehyde | • CASRN: 9000-50-4 |
| • CASRN: 104-55-2 | • Cinnamyl alcohol | • amyl cinnamal | |

What are some products that may contain fragrance mix?

Baby products

Bath Oils

Cosmetics:

- Aftershaves
- Colognes
- Perfumes
- Soaps
- Tonics

Cutting fluids:

- LPS® Aquacut Cutting Fluids

Dental Products:

- Dental cements
- Impression materials
- Mouthwash
- Periodontal packings
- Toothache drops or gels
- Toothpastes

Foods (Flavor and Fragrance)

- Breath Mints
- Candy
- Cassia oils (cinnamon flavor)
- Ice cream
- Pastries
- Soft drinks

Hair Care

Household cleaners

Hygiene products

Laundry Products:

- Detergents
- Dryer Sheets
- Fabric Softener

Lotions/Creams

Medicaments:

- Analgesics
- Antiseptics

Skin Care

Cinnamic alcohol

- Odour of hyacinth
- Ester in natural fragrances such as Balsam of Peru, storax, cinnamon leaves, hyacinth oil and propolis
- Fragrance in perfumes, cosmetics, deodorants, paper, laundry detergent products, toilet soap, personal hygiene products
- Flavouring in beverages (cola, bitters, Vermouth), chewing gums, toothpaste and mouthwash

Cinnamic aldehyde

- Warm spicy odour with a taste of cinnamon
- Constituent of cinnamon oil
- artificial cinnamon flavoring and is also a constituent of patchouli oil.
- It is found in bath oils, tonics, cosmetics, hair care products, mouthwashes, toothpastes, breath fresheners, soaps, detergents, and as a flavoring agent in toothpastes, candies, chewing gum (eg. Big Red, Slim-mint, Dentyne Fire, and Ban-Smoke), soft drinks (cola), and pastries.

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FRAGRANCE MIX *continued*

Eugenol

- Powerful spicy odor of clove with a pungent taste
- Found in oils of clove and cinnamon leaf
- Also found in roses, carnations, hyacinths and violets
- Fragrance in perfume, cosmetics, colognes, toilet waters, hair cosmetics, aftershave, personal hygiene products
- Flavoring in toothpaste, mouthwash and food flavorings
- Used in dental cement and packing agents thus giving the characteristic odor of dental surgeries
- Inherent insecticidal and fungicidal properties — used to preserve meats and other foods
- Pharmaceutical creams and lotions for its antiseptic properties

Isoeugenol

- Odour of clove weaker than that of eugenol
- Constituent of nutmeg oil and ylang ylang oil
- Isomerization of eugenol
- It is used in perfumery, cosmetic products, mouthwashes, over-the-counter medications, and dental cements.

Geraniol

- Sweet floral odour of rose
- Constitutes a large portion of rose and palmarose oil, geranium oil, lavender oil, jasmine oil and citronella oil
- Present in over 250 essential oils
- Most widely used fragrance in perfumes, colognes, facial make-up and skin care products
- used to give flavors such as peach, blueberry, and raspberry
- geraniol is one of the most widely used terpenes in soaps, detergents, and cosmetics.

Alpha amyl cinnamic alcohol

- Intense odour of jasmine
- Synthetic essential oil
- Found in perfumes, soaps, cosmetics and toothpaste

Hydroxycitronellal

- Sweet fresh odour of lily of the valley
- Synthetic floral fragrance
- Found in perfumes, soaps, cosmetics, eye cream, aftershaves
- Also used in insecticides and antiseptics

Oak moss absolute

- Earthy, woody, masculine odour
- Essential oil produced by solvent extraction of tree lichen
- Commonly used in colognes, aftershaves and scented products for men

For additional information about products that might contain fragrance mix, 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 any questions. These are general guidelines. Talk to your doctor for more specific instructions.