

NA38: Fragrance Mix

Patient information

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 eight fragrances: Geraniol, Cinnamaldehyde, Hydroxycitronellal, Cinnamyl alcohol, alpha-Amylcinnamaldehyde, Isoeugenol, Eugenol, and Oak moss, and the excipient sorbitan sesquioleate. 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:

- alpha-amylnamaldehyde
- Amyl cinnamal
- Amylcinnamaldehyde
- Cinnamal
- Cinnamaldehyde
- Cinnamic alcohol
- Cinnamic aldehyde
- Cinnamyl alcohol
- Eugenol
- Evernia prunastri
- Geraniol
- Hydroxycitronellal
- Isoeugenol
- Oak moss
- Oakmoss absolute resin
- Oakmoss concrete
- Oakmoss oil or extract
- Sorbitan sesquioleate

What are some products that may contain fragrance mix?

Personal Care & Hygiene Products

- Baby Products
- Bath Oils
- Cosmetics:
 - Aftershaves
 - Colognes
 - Perfumes
 - Soaps
 - Tonics
- Hair Care
- Lotions/Creams

Dental Products

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

Inside the Home

- Household Cleaners
- Laundry Products:
 - Detergents
 - Dryer sheets
 - Fabric softener

Medicaments

- Analgesics
- Antiseptics
- Topical medication

Foods (Flavor and Fragrance)

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

*For additional information about products that might contain **one of the above listed fragrances or sorbitan sesquioleate**, go to the Household Product Database online (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.