

## NA53: Paraben Mix [B]§

### Patient Information

Your patch test result indicates that you have a contact allergy to paraben mix [B]§. 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 paraben mix [B]§ found?

Parabens are used as preservatives in many over-the-counter medications, cosmetics, personal care, and hygiene products. Paraben mix contains the following substances: Methyl p-hydroxybenzoate, Ethyl p-hydroxybenzoate, Propyl p-hydroxybenzoate, and Butyl p-hydroxybenzoate. Individuals allergic to parabens often experience reactions to these ingredients only on inflamed skin and may tolerate products which contain these ingredients when they are applied to intact skin. Your physician will advise you on this topic.

### How can you avoid contact with paraben mix [B]§?

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

- Methyl p-hydroxybenzoate
- 4-hydroxybenzoic acid methyl ester
- p-methoxycarbonylphenol
- 4-hydroxybenzoic acid ethyl ester
- Ethyl p-oxybenzoate
- Propyl p-hydroxybenzoate
- 4-hydroxybenzoic acid propyl ester
- 4-hydroxybenzoic acid butyl ester
- Methylparaben
- Methyl parahydroxybenzoate
- Ethyl p-hydroxybenzoate
- Ethylparaben
- p-carbethoxyphenol
- Propylparaben
- Butyl p-hydroxybenzoate
- Butylparaben

### What are some products that may contain paraben mix [B]§?

- Baby Products:
  - Body wash
  - Diaper rash ointment
- Cosmetics:
  - Bronzer
  - Concealer
  - Eye liner
  - Eye shadow
  - Foundation
  - Mascara
  - Powder blush
- Hair Care:
  - Hot Oil
  - Haircolor
- Lip Balms and Lipsticks
- Lotions:
  - Anti-wrinkle
  - Body lotion
  - Cuticle cream
  - Moisturizer
  - Rash ointment
- Medications:
  - Anti-itch cream
  - First aid cream and spray
- Oral Care:
  - Mouth wash
  - Oral Analgesic
- Personal Care
- Pet Care:
  - Pet shampoo
- Powders
- Shampoos and Conditioners
- Shaving Creams and Gels
- Skin Care Products:
  - Acne treatment
  - Cleansing lotion
  - Skin cream and lotion
- Soaps and Cleansers
- Sunscreens
- Toothpastes
- Baby and Personal Care Wipes

\*For additional information about products that might contain **paraben mix [B]**, go to the Household Product Database online ([householdproducts.nlm.nih.gov](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.