



Parabens Mix

You are allergic to Parabens Mix. This means that you should avoid contact with this substance in future.

This mix consists of the following

- Methylparaben
- Ethylparaben
- Propylparaben
- Butylparaben

Parabens may be labeled on products as hydroxybenzoates

Parabens are used as preservatives in **cosmetics & toiletries (including toothpastes), some prescribed creams, some ear, eye and nose drops, paste bandages and some local anaesthetics. They may be present in play gel, wipes and nappy creams.**

In the technical field it may be used as a preservative in oils, fats, glues and shoe polish.

If the concentration of parabens is low, you may be able to tolerate its presence. Test the product on the front aspect of the elbow twice daily for a week to see if it causes a rash before applying it to the face or all over. Some people may not be allergic to parabens but cannot tolerate it because they have sensitive skin, which it stings, particularly on the face.

Although parabens may be present in certain foods (e.g. fruit juices and soft drinks, ketchup sauces, mayonnaise, mustard & pickles, tinned foods, baked goods & confectionary, jams & jellies) in most individuals eating of such products does not cause eczema.

REMEMBER

Before buying, being prescribed or using any of the above products always check the label. If in doubt ask the pharmacist or doctor, or write to the manufacturers.

ALWAYS CHECK THE INGREDIENT LABEL