



Patient Information Leaflet

FRAGRANCE MIX I AND FRAGRANCE MIX II – PARFUM/PERFUMES

Fragrance mix I contains 8 individual fragrances:

Amyl Cinnamal

Cinnamal

Cinnamyl alcohol

Eugenol

Evernia prunastri (oak moss) extract

Geraniol

Hydroxycitronellal

Isoeugenol

With sorbitan sesquioleate as an homogeniser

Fragrance mix II contains 6 individual fragrances:

Citral

Citronellol

Coumarin

Farnesol

Hexyl-Cinnamal

Hydroxyisohexyl-3-cylcohexene carboxaldehyde (Lyral™)

The components of both fragrance mixes occur commonly in scented products in Europe and the USA.

Testing to the components of the mixes may identify the specific fragrance(s) chemicals causing the reaction.

Sources of fragrance:-

Cosmetic products (leave on eg. perfumes, moisturises; rinse off eg. cleansers)

Air fresheners/Room sprays

Household cleaning products

Insect repellents (citral)

Occupational sources eg. barrier creams, odour maskers in metalworking fluids

Sanitary towels, tissues and toilet paper

Traditional Chinese herbal preparations (Balsam of Peru, Tiger Balm...)

Medicaments (creams, ointments, suppositories)

Remember

Allergies to different fragrance chemicals may develop in the future. Use of fragrance-free products is a practical solution but anything that smells pleasant may contain a fragrance chemical.

“Unscented” and “hypoallergenic” products may not be safe.

Cosmetics used by a partner may be an overlooked source.

Some plant essential oils may also cause a reaction. These are listed separately on cosmetic labelling but if an essential oil contains one of the chemicals listed above it will be separately labelled.

Patients may also have had a positive patch test to *Myroxylon pereirae* (Balsam of Peru), a marker of fragrance allergy that is positive in about half of fragrance-allergic patients.

Since March 2005, labelling of 26 fragrance allergens including those in Fragrance mix I and II in cosmetic products has been a legal requirement in Europe, if present at 10ppm or more in leave-on products and 100 ppm in rinse-off products. As from October 2005, labelling of these allergens in detergents and similar household products has been a legal requirement if present at 100 ppm or more.

Other fragrance allergens which are not in either Fragrance mix I or II but which have to be labelled are:

- Alpha-isomethyl ionone
- Amylcinnamyl alcohol
- Anisyl alcohol
- Benzyl alcohol
- Benzyl benzoate
- Benzyl cinnamate
- Benzyl salicylate
- Butylphenyl methylpropional (lilial)
- Evernia furfuracea (tree moss) extract
- Limonene
- Linalool
- Methyl 2-octynoate