

BALSAM OF PERU

_____Name

_____Date

also called... **Myroxylon pereirae**, **Black balsam**, **Toluifera Pereira balsam**, **Honduras balsam**, or **China oil**. This complex substance contains many potential allergens: benzoic acid, benzyl acetate, benzyl benzoate, benzyl cinnamate, cinnamic acid, cinnamic alcohol, cinnamic aldehyde, cinnamyl cinnamate, eugenol, farnesol, isoeugenol, nerolidol, and vanillin.

What is it?

Balsam of Peru is a sweet-smelling natural substance derived from the bark of a tree native to Central America. For decades it has been added to topical preparations for its aroma and its antibacterial effect.

Where might it be found?

hemorrhoid treatment
rectal suppository
burn treatment or wound spray
analgesic rub, liniment
antiseptic lotion or cream
diaper or medicated ointment
baby powder
Chinese ointment, Tiger balm
aromatherapy product
consecrated oil, incense
dental cement
hair tonic or pomade
shampoo, conditioner
shaving lotion, aftershave
perfume, cologne
cosmetic with fragrance
deodorant
feminine hygiene spray
sunscreen, tanning lotion
toothpaste, mouthwash
lip balms, chewing gum
cough medicine, lozenges
scabies treatment
Tincture of benzoin
scented cleaning product
scented candle
air freshener, deodorizer
scented paper product
pet care product
pesticide
violin rosin
histology slide fixative
scented tobacco, coffee, tea

How to avoid it:

Fragrances, flavorings, and natural substances are not always listed on ingredient labels. You may need to **avoid using any product with a scent or fragrance**. Be especially suspicious of things in your environment with a cinnamon, vanilla, or clove aroma. Choose only "fragrance-free" products, since "unscented" ones may actually contain a masking *fragrance*!

Read complete ingredient lists. Check the original box or package. Some products' ingredient lists can be found on the internet at the manufacturer's website, the store's website, or <http://householdproducts.nlm.nih.gov>, <http://www.cosmeticsdatabase.com>, or sites like <http://www.drugstore.com>.

For possible workplace exposure, check the ingredient labels of all products encountered. Often commercial products contain a small amount of fragrance but do not list it. You may need to contact the manufacturer to find out.

Ask your doctor, nurse, attendant, hairdresser, masseuse, and others not to use fragranced products in your care. Be cautious of exposure from contact with a partner who uses fragranced products. If you must use fragranced products as you care for children, elders, or pets, wear protective rubber, nitrile, or vinyl gloves.

If there is a particular perfumed product you must use, ask your doctor how you can perform a repeat open application test (ROAT).

(continued)

If you are not successful in clearing your skin rash by strictly avoiding contact with this allergen, your doctor may recommend you go on a special diet for one month to eliminate foods that may contain balsam of Peru in flavors and spices.

Dietary Restrictions to Avoid Balsam of Peru

AVOID the following:

Citrus fruit - and products that contain citrus flavor, peel, zest, or oil—including orange, lemon, lime, grapefruit, bitter orange, tangerine, and Mandarin orange. Avoid these marmalades, juices, and flavored bakery goods.

Tomato – and tomato-containing products, such as ketchup, tomato sauce, Italian or Mexican red sauces, pizza, chili, ketchup, chili sauce, and barbecue sauce.

Spices – such as cinnamon, cloves, vanilla, curry, nutmeg, allspice, anise, and ginger. Remember to avoid spicy condiments, such as chutney, liver paste, pimento, and pickled items, including pickles.

Sweet flavorings – such as those found in pastries and other bakery goods, cakes, cookies, candy, chewing gum, chocolate, and ice cream.

Colas – soft drinks, such as Dr. Pepper, that may contain sweet flavorings and spices.

Liquors – such as wine, beer, gin, and vermouth.

Finally, you may show a cross-reaction to some closely related substances that are derived from plants. If you are not successful in clearing your skin rash by strictly avoiding sources of Balsam of Peru, you may also need to avoid these:

Related Substances

Beeswax	Coumarin
Benzaldehyde	Diethylstilbestrol
Benzoic acid	Resorcin monobenzoate
Benzoin	Resorcinol
Benzyl salicylate	Propolis
Colophony	Storax
Coniferyl alcohol	Tolu balsam
Coniferyl benzoate	Wood tars