

LANOLIN

_____ Name

_____ Date

*also called... wool alcohol, lanolin alcohol, wool wax, wool grease, wool fat, or **Adeps lanae anhydrous**.*

What is it?

Lanolin is a fat-like substance secreted by sheep oil glands to repel water from wool. Its content varies, but may include lanolin sterols, fatty alcohols, and fatty acids. It is often processed by acetylation, dewaxing, and hydrogenation, so that lanolin becomes a complex mixture. Thus, a person may *tolerate* one type of lanolin but *react* to another.

Where might it be found?

Creams, lotions, moisturizers
Lipstick, lip balm
Makeup, blush, concealer
Eye liner, eye shadow
Mascara, eyebrow pencil
Makeup remover
Cuticle cream
Shaving cream
Hair removal cream
Hair conditioner, hairspray
Soap, body wash, cleanser
Sunscreen
Sunless tanning preparation
Nipple cream, Bag Balm
Massage cream, liniment
Diaper rash ointment
Hemorrhoid preparation
Wound care product or plaster
Healing ointment
Anti-itch or Cortisone cream

Some other uses of lanolin:

Pet shampoos, grooming aids
Furniture polish, wax
Shoe polish
Ski wax, boat wax
Fur and leather waterproofing
Impregnation agent for textiles
Printing ink
Wax and polish
Insulation for wiring
Cooling fluids for metalworking
Metal lubricant, sealant
Rust or corrosion inhibitor

How to avoid it:

Avoid using any product that contains lanolin. Inspect the label of each product you use to find the complete ingredient list. If lanolin is present, one of its names listed above should appear in the ingredients. If no ingredient list is present, go to the store and inspect the original box or package.

Some products' ingredient lists are available on the internet at the manufacturer's website, the store's website, or at websites such as <http://householdproducts.nlm.nih.gov>, <http://www.cosmeticsdatabase.com>, or <http://www.drugstore.com>.

For possible workplace exposure, check the complete ingredient list of each product you encounter.

Ask your doctor to check the ingredients of the medications prescribed for use on your skin to be sure there is no lanolin present. Ask your hairdresser, barber, masseuse, and nurse to avoid using lanolin-containing products in your care. If you must come in contact with lanolin as you care for children, elders, or pets, wear protective gloves made of rubber, nitrile, or vinyl.

Rarely, lanolin sensitive persons will show cross-sensitivity to cetyl alcohol or stearyl alcohol also.

By reading ingredient labels, you should be able to avoid this allergen and find safe alternatives that are free of it. If you are uncertain about a particular skin product, ask your doctor about doing a Repeat Open Application Test with it.