PARABEN

| Name __________________________ | Name __________________________ | Date __________________________ |

*also called*...methylparaben, ethylparaben, propylparaben, butylparaben, or benzylparaben in personal care products. Other sources may list the chemical names, which have the same beginning, but end with **-parahydroxybenzoate** or **-parahydroxybenzoic acid** instead of -paraben.

**What is it?**
The parabens are popular preservatives used in many cosmetic products, topical medications, and some foods to prevent bacterial and fungal contamination.

**Where might it be found?**
- moisturizing lotion, cream
- make-up foundation, concealer
- powder, blush, bronzer
- lipstick, lip liner, lip balm, gloss
- eye shadow, eyeliner, mascara
- eyebrow pencil
- make-up remover
- facial cleanser, cleansing pads
- body wash, soap, foam
- shampoo, conditioner
- hair styling gel, mousse
- hair color
- toothpaste, dentifrice
- deodorant, antiperspirant
- shave gel or cream, depilatory
- cuticle remover
- quick-dry nail product
- sunscreen, spray tan product
- acne treatment
- cold sore remedy
- anti-itch lotion
- nipple ointment, balm
- vaginal medication
- personal lubricant
- hemorrhoid remedy
- diaper rash ointment
- athlete’s foot cream
- shoe polish
- ultrasound gel
- Unna boot dressing, bandage
- gel-like toys, toy slime
- pet shampoo
- glues
- metalworking fluids, oils

**Also may be found in these prescriptions:**
- Prescription topical agents for eye, ear, and nose
- Prescription skin products, including *some*
  - benzoyl peroxide, clindamycin, clocortolone
  - desonide, eflornithine, flucinolone acetonide
  - fluorouracil, fluticasone, hydrocortisone
  - hydroquinone, imiquimod, metronidazole, salicylic acid, sertaconazole, sodium sulfacetamide, tretinoin, and urea.
- Oral medications, e.g. haloperidol syrup
- Local anesthetic
- Injectable forms of anesthetics, antibiotics, antihypertensives, chemotherapy, corticosteroids, diuretics, heparin, insulin, and vitamins.

**How to avoid it:**
Do not use products that contain any of the **parabens**. Check the complete ingredient list of everything you use. For products already at home that do not list ingredients, go to the store and inspect the original box or package. Some products’ ingredients are found on the internet at the manufacturer’s or store’s website, or at
- [http://www.cosmeticsdatabase.com](http://www.cosmeticsdatabase.com), or
Caution your partner, hairdresser, physician, nurse, and others to avoid products containing parabens in your care. To identify possible workplace exposure, check the complete ingredient list of each product encountered. Wear protective gloves if you must come in contact with parabens as you care for children, elders, or pets.

**NOTE:** Rarely cross-reactions occur to paraphenylene diamine (hair dye), PABA sunscreens, benzocaine, disperse dyes, hydrochlorothiazide, and sulfa drugs.

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The information provided in the Allergen Information Sheets is not intended to be relied upon as medical or legal opinion, nor should it replace the considered judgment of a licensed professional with respect to particular patients, procedures, or practices. In addition, legal and medical standards can vary from one jurisdiction to another and are subject to change as new rules take effect and/or new information, materials, and methods become available. Thus, neither the American Contact Dermatitis Society (ACDS) nor individual contributors validate the accuracy or sufficiency of the information provided, nor do they make any warranty, guarantee, or other representation, express or implied, with respect to its fitness for any particular purpose.
Some persons who are sensitive to parabens notice a flare when they eat certain foods that contain high levels of these chemicals. Your doctor may suggest you try a one month diet free of all such foods to see if you improve. Be sure to check the ingredient labels of everything you ingest for a type of -paraben, a -parahydroxybenzoate, or a -parahydroxybenzoic acid.

<table>
<thead>
<tr>
<th>Some foods that may contain parabens:</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>salad dressings</td>
<td>processed vegetables</td>
</tr>
<tr>
<td>mayonnaise</td>
<td>frozen dairy products</td>
</tr>
<tr>
<td>mustard</td>
<td>gelatin and pudding</td>
</tr>
<tr>
<td>ketchup</td>
<td>marmalade, jelly, jam</td>
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<tr>
<td>spiced sauces</td>
<td>soft drinks</td>
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<tr>
<td>tomato pulp</td>
<td>cider</td>
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<td>tomato puree</td>
<td>fruit juices</td>
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<tr>
<td>pickles, relishes</td>
<td>sugar substitutes</td>
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<tr>
<td>syrup</td>
<td>liquid dietary supplement</td>
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<tr>
<td>baked goods</td>
<td>fats and oils</td>
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<tr>
<td>soft candy</td>
<td>packaged meat, fish, poultry</td>
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<tr>
<td>coated nuts</td>
<td>marinated fish</td>
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<tr>
<td>cereal snack</td>
<td>jelly coated meat product</td>
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<tr>
<td>potato snack</td>
<td>dried meat surface coating</td>
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