BALSAM OF PERU

____________________ Name ____________________ Name ____________________ Name ____________________ Name
____________________ ____________________ ____________________ ____________________
______________________________________________________________ ____________________
Date Date Date Date

also called... *Myroxylon pereirae*, Black balsam, Toluifera Pereira balsam, Honduras balsam, or China oil. This complex substance contains many potential allergens: benzoic acid, benzy acetate, benzy benzoate, benzy 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://householdproducts.nlm.nih.gov), [http://www.cosmeticsdatabase.com](http://www.cosmeticsdatabase.com), or sites like [http://www.drugstore.com](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**

<table>
<thead>
<tr>
<th>Substances</th>
<th>Substances</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beeswax</td>
<td>Coumarin</td>
</tr>
<tr>
<td>Benzaldehyde</td>
<td>Diethylstilbestrol</td>
</tr>
<tr>
<td>Benzoic acid</td>
<td>Resorcin monobenzoate</td>
</tr>
<tr>
<td>Benzoin</td>
<td>Resorcinol</td>
</tr>
<tr>
<td>Benzyl salicylate</td>
<td>Propolis</td>
</tr>
<tr>
<td>Colophony</td>
<td>Storax</td>
</tr>
<tr>
<td>Coniferyl alcohol</td>
<td>Tolu balsam</td>
</tr>
<tr>
<td>Coniferyl benzoate</td>
<td>Wood tars</td>
</tr>
</tbody>
</table>