

## Allergy to Balsam of Peru

### What am I allergic to?

You have been found to be allergic to **Balsam of Peru**.

### What is Balsam of Peru?

Balsam of Peru is the natural resinous balsam which comes from the trunk of a tree grown in Central America. It contains a mixture of many substances that are generally related to cinnamon, vanilla, and clove fragrances and flavourings.

Many well known chemicals are found in the resin which is used in a wide variety of perfumes and flavourings (eg tobacco and drinks). It is also used as a fixative in fragrances and is found in topical medicaments and dentistry.

### What must I avoid?

Only use products that do not list Balsam of Peru or related chemicals on the label, ingredients list or Material Safety Data Sheet (MSDS). Choose fragrance-free personal care products and cosmetics (avoid 'unscented' products since these may contain a masking fragrance related to Balsam of Peru). Be especially careful with nappy products and haemorrhoid treatments.

### Where can Balsam of Peru be found?

Balsam of Peru can be found in the following products/materials:

- Herbal and botanical products
- Perfumes and colognes
- Cleaning products
- Scented tobaccos/candles
- Dental medicaments and cements
- Some foods and spices
- Pesticides
- Air fresheners and deodorisers
- Baby powders
- Cosmetics
- Sunscreens, suntan lotions
- Insect repellents
- Hair conditioners and shampoos
- Medicinal creams and ointments
- Medicated lozenges
- Oral and lip medications
- Tomatoes, citrus
- Chocolate
- Soft drinks
- Chewing gum
- Wines, liquors and apéritifs
- Cinnamon, vanilla and other spices
- Essential oils and aromatherapy products

This list is not exhaustive.

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