

Allergy to Parabens

What am I allergic to?

You have been found to be allergic to **Parabens**.

What are Parabens?

Parabens are a class of chemicals widely used as preservatives in the cosmetic and pharmaceutical industries. Parabens are effective preservatives in many types of formulas.

These compounds, and their salts, are used primarily for their bactericidal and fungicidal properties.

What must I avoid?

You should avoid products with **parabens** listed in the ingredients, or choose paraben-free alternatives.

Where can Parabens be found?

They can be found in shampoos, commercial moisturisers, shaving gels, personal lubricants, topical pharmaceuticals, spray tanning solution and toothpaste. They are also used as food additives. They are also found in a variety of formulations used to treat leg ulcers.

Since parabens are found in a wide variety of preparations, it is impossible to list in detail the particular compounds.