# *Cinnamic Aldehyde*

You have shown a positive allergic reaction to **Cinnamic Aldehyde**. You should avoid contact with this substance. Information about this substance is below.

**What is it?**
Cinnamic Aldehyde is a naturally occurring chemical that gives cinnamon its distinctive sweet taste and smell. It is used both as a perfume and as a flavoring. Cinnamic Aldehyde is the main component (up to 90%) of Cinnamon essential oil.

**How can I avoid it?**
Allergic contact dermatitis from Cinnamic Aldehyde principally occurs from fragrances in cosmetics and household products. It is also a flavoring, particularly in toothpaste. Since perfumes and fragrances contain dozens of chemicals, a listing of the individual ingredients such as cinnamic aldehyde is not given. Thus an individual must avoid all fragranced cosmetics to be certain to prevent allergic contact dermatitis that is due to cinnamic aldehyde. Pre-testing with the fragrance prior to use is important and is done by applying a small amount on a limited area of the forearm twice daily for 1 week and then observing to see if a rash develops. Bakers may develop hand dermatitis due to this chemical from spices used in cooking. A generalized dermatitis from ingestion of foods and spices containing cinnamic aldehyde is quite uncommon.

**Used in:**
- Cinnamon, Ceylon, and cassia oil
- Foods
  - Baked goods
  - Candy
  - Cola
  - Chocolate
  - Chewing gums
  - Condiments
  - Flavoring agents
  - Ice cream
  - Meats
  - Spices, including cinnamon
  - Beverages
  - Breakfast cereals
- Fragrances (natural, sweet, or fruity scents)
  - Perfumes, colognes, aftershaves
  - Balsam of Tolu and Balsam of Peru
- Fragranced household products
  - Deodorizers
  - Detergents
  - Soap
- Personal care products
  - Aftershave lotions
  - Bath soaps
  - Cosmetics
  - Dental Floss
  - Medicated creams and ointments
  - Mouthwashes/Breath fresheners
  - Perfumes and fragrances
  - Sunscreen
  - Toothpaste/Dentifrices
- Plants such as hyacinth
- Vermouth
- Bitters
- Fungicide (Cinnacure™ – used in agriculture)
- Insecticide (for mosquitoes)
- Corrosion inhibitor for steel
- Solvents and surfactants in industry
- Pet care products
  - Dog and cat repellent
  - Deodorizing cleaner
  - Deodorizing shampoo
  - Cat box additive

**Other names for Cinnamic Aldehyde:**
- Cinnamal
- Cinnalmaldehyde
- 3-Phenyl-2-propenal
- Phenylacrolein
- 2-Propenal-3-phenyl
- Cinnamyl aldehyde
- Cassia Aldehyde

**Potential cross-reacting/co-reacting substances:**
- Balsum of Peru
- Benzoin