Myroxylon Pereirae Resin (Balsam of Peru)

You have shown a positive allergic reaction to Myroxylon Pereirae Resin (Balsam of Peru). You should avoid any contact with this substance. Information about this substance is below.

What is it?
Myroxylon Pereirae Resin (Balsam of Peru) is a natural mixture of Resins and essentials oils. A positive patch test is an indication of allergy to fragrances and flavors.

How can I avoid it?
A positive patch test response to Myroxylon Pereirae Resin (Balsam of Peru) strongly suggests a fragrance and/or a spice allergy. You need to use fragrance-free skin care and household products. Foods and oral care products may also contain Myroxylon Pereirae Resin (Balsam of Peru).

Direct contact with foods or products containing Balsam of Peru may cause symptoms including burning, irritation and redness. Direct contact may occur on the skin, lips or mouth. It is possible, but rare, that ingestion of this substance could cause generalized symptoms such as itching or redness of the skin.

Skin contact with Myroxylon Pereirae Resin is required for it to cause a rash. Discontinuation of exposure to products containing Myroxylon Pereirae Resin should result in improvement and/or resolution of your dermatitis. By law, all products made in the US for topical use have the ingredients listed either on the product package or the box that contains it, so check the labeling of your skin care products for this ingredient. If there is no information ask your pharmacist or call the company directly. At work, request a material safety data sheet (MSDS) to help identify potential sources of exposure.

Uses:
- Balsams of pine and spruce
- Cleansing cloths, including baby wipes
- Flowers
- Skin Care Products / Cosmetics
  - Antiperspirants / Deodorants
  - Hair sprays, gels, tonics and lotions
  - Hair Colorants / “Permanents-Relaxers”
  - Soaps / Cleansers
  - Shampoos / Conditioners
  - Moisturizers
  - Make-ups
  - Powders / Sprays
  - Sunscreens
  - Lip preparation
  - Toothpaste
- Medications, topical, prescription and over the counter such as
  - Anesthetics
  - Antiseptics
  - Creams, ointments, solutions
  - Foot and other powders
  - Nasal decongestants
  - Traditional Chinese medications
  - Hemorrhoidal suppositories and ointment
  - Surgical dressings
  - Dental cement
  - Cough medicine, lozenges
  - Anti-itch preparations
  - Tincture of benzoin
- Fragrances: Perfumes / Colognes / After-shaves / Toilet water
- Household products
  - Cleaning Products / Soaps / Detergents (A preferred household cleaner is dilute white vinegar.)
  - Furniture polish
  - Laundry care (detergent, softeners)
- Paints
- Veterinary use for indolent wounds, dog mange, ear mites
- Insect repellents
- Flavorings
  - Citrus fruit peel
  - Artificially baked goods
  - Cola and other soft drinks
  - Apertifs
  - Spices - cinnamon, cloves, vanilla, nutmeg, paprika, curry
  - Perfumed tea, coffee, and tobacco
Other names for Myroxylon Pereirae Resin (Balsam of Peru):
- Balsam of Peru
- Balsamum
- Black balsam
- China oil
- Honduras balsam
- Indian balsam

Potential cross-reacting/co-reacting substances:
- Balsam of Tolu
- Benzoic acid
- Benzoin
- Benzyl benzoate
- Benzyl acetate
- Benzyl alcohol
- Benzyl salicylate
- Benzyl cinnamate
- Cinnamic acid
- Cinnamic alcohol / Cinnamic aldehyde
- Cinnamon oil
- Clove Oil
- Colophony (Rosin)
- Diethylstilbestrol
- Essential oils of orange peel
- Eugenol
- Methyl cinnamate
- Nerolidol
- Propolis
- Stonax
- Tolu Balsam
- Vanillin

If your eczema is generalized, affecting the lip, mouth, or around the mouth, please see Balsam of Peru diet flyer (MCS 7562-064) and consider avoiding the following products that may contain Balsam of Peru. Read the labels to be sure.

- Cough mixtures
- Throat tablets and lozenges
- Oral Care Products including Toothpaste / Mouthwash
- Tincture of Benzoin

Low Balsam Diet

Cutting balsam out the diet can help some patients with contact dermatitis. The diet can be hard for patients to follow. However, who do follow it are often able to delineate foods or spices cause their dermatitis to flare.

A low balsam diet *excludes*:

Absinthe  Chutney  Liqueurs  
Allspice  Cinnamon  Lonzenges  
Anise  Citrus fruits/juices  Marmalades  
Baking essence/extracts  Cloves  Menthol  
Barbecue spices  Cola  Pastry  
Bitters  Curry  Peppermint  
Candy/confections  Flavored tea  Pickled/spiced herring  
Cardamon  Gin  Vanilla  
Catsup  Ginger  Vermouth  
Chamomile  Ice cream  Wine  
Chile sauce  Jam  
Chocolate  Lemonade  

2 of 2  
MCS7562-063rev0914