

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.

Dermatology
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