 **Sorbic Acid**

Your patch tests indicate that you have a skin contact allergy to sorbic acid. This means that you should avoid contact with this substance in the future. Sorbic acid is a commonly used preservative used in many different settings, both in products applied to the skin but also in tablets and many foods/drinks.

Sorbic acid and its related chemicals are also given ‘E numbers’ to identify them in foods and products. They are listed below :

 *E200 (sorbic acid); E201 (sodium sorbate); E202 (potassium sorbate); E203 (calcium sorbate)*

Sorbic acid and related chemicals may be contained within:

* cosmetic creams/ointments and other personal care products such as wipes/shampoos/body washes/toothpaste
* prescription creams/ointments such as topical steroids, moisturizers, antibiotic creams e.g.

**Emollients**: *balneum cream; dermol bath emollient; emulsiderm; oilatum cream; oilatum junior cream; unguentum M; zeroguent*

**Topical Steroids**: *fucidin H cream;* *trimovate cream*

* glues, inks, paints, varnishes, metal working fluids, rubber, gloss coatings, some paper and cardboard
* some tanning agents
* food and drink such as cheese, bread, wine, refrigerated meat and shellfish, canned foods, prepared salads

*The usual problem with sorbic acid allergy is itchy skin at the site of contact with a substance containing this chemical. It is unlikely to cause any worrying problems if you eat something that contains sorbic acid, however potentially it could cause a flare of eczema/ itchy skin.*

**The list of products containing this allergen may not be complete and does not always include items that may be available outside the UK. Always check the ingredient listing on the product, package or package insert. Ingredient listings may change over time.**