



Tocopherol

What are the aims of the leaflet?

This leaflet has been written to help you understand more about your contact allergy. It tells you what a contact allergy is, what causes this allergy and what you can do about it.

What is contact allergy?

Dermatitis (also known as eczema) describes a type of inflammation of the skin.

Contact dermatitis (contact eczema) is a term used when this inflammation is caused by direct or indirect skin contact with something in your environment.

Allergic contact dermatitis occurs when your immune system causes allergy to a very specific chemical or substance that has been in contact with the skin.

What causes your specific allergy?

Your patch tests indicate you have a contact allergy to **TOCOPHEROL**. Tocopherol, also known as vitamin E, has several different forms and could also be labelled as:

- Tocopherol acetate
- Tocopheryl linoleate
- Tocopheryl nicotinate
- Tocopheryl succinate
- Diolel tocopheryl methylsilanol
- Potassium ascorbyl tocopheryl phosphate
- Tocophersolan

Tocopherols are naturally occurring antioxidants and are widely used in cosmetics and can be found in a variety of products such as:

- Moisturisers, lotions, creams
- Hair care products e.g. shampoo, conditioner
- Sunscreens
- Makeup, lipstick
- Nail care products
- Soaps, cleansers
- Wipes
- Perfumes and fragrances, deodorants/antiperspirants
- Eye care products

Tocopherols can be found in sunflower oil, peanut butter, egg yolk and leafy vegetables, and their oral consumption as vitamin E is important nutritionally. Eating vitamin E/tocopherols is very unlikely to cause a problem in patients who have reacted to tocopherol, so they do not need to be avoided in the diet.

How can I manage my allergy?

This means that you should avoid putting products containing tocopherol onto your skin in the future.

Self-care (what can I do?)

Always check the ingredient listing on the product, package or package insert as these lists can never be complete and ingredients change.

Where can I get more information about my contact allergy?

www.skinhealthinfo.org.uk/a-z-conditions-treatment