



## ***Myroxylon pereirae***

Your patch tests indicate you have a contact allergy to Myroxylon Pereirae.

This means that you should avoid **all** products containing Myroxylon Pereirae in the future.

It is often called Balsam of Peru and comes from a tree in South America called *Myroxylon Pereirae*. It is a natural mixture of plant chemicals and essential oils which include cinnamon, cloves and vanilla.

Myroxylon Pereirae is a natural fragrance. We patch test people with this fragranced tree extract as it helps to detect allergy to natural fragrances and perfumes. Many perfumes and fragranced products contain components similar to Balsam of Peru. Therefore you should also try to avoid products that contain the terms "perfume", "parfum" or "aroma". Check the ingredients list on the packaging before buying and using.

Myroxylon Pereirae is also antiseptic and found in many over the counter medications. Common sources are Sudocrem and a haemorrhoid cream, Anusol.

Some of the chemicals in Myroxylon Pereirae are present in spices such as cinnamon, vanilla and citrus peel, so avoid getting these on your skin when cooking or preparing food for example when baking cinnamon buns. It may also be in cosmetic, household and workplace products.

### **Products that you may need to avoid:**

- Perfumed cosmetics
- Toiletries
- Face and hand creams
- Medicated creams and ointments
- Suppositories
- Cough mixtures and lozenges
- Eugenol (clove-like odour in dental preparations)
- Chinese medicaments (Chinese Balm and Tiger Balm)

**Always check your products as these lists can never be complete and ingredients change**

## ***Myroxylon pereirae* and foods**

Many food flavourings contain components similar to *Myroxylon Pereirae* and so can cause reactions.

A positive test may indicate allergy to spices such as cinnamon, cloves, cardamom and nutmeg.

Spice allergic patients may have a rash on the hands, or rarely mouth symptoms from eating spicy foods.

A small number of people who are allergic to *Myroxylon Pereirae* may get a widespread rash or flare up of their eczema if they have food or drink containing spices or peels.

Fortunately, nearly all patients can eat a full and normal diet.

You should discuss with your dermatologist whether you should try a period of time where you avoid touching or eating:

- Spices
- Citrus fruit peel
- Chewing gum,
- Sweets,
- Cola and cola-like soft drinks
- Cough mixtures and lozenges
- Tobacco
- Eugenol (a clove-like perfume used in dental products)
- Chinese medicaments (Chinese Balm and Tiger Balm)