



Gallates (Propyl gallate, Dodecyl gallate and Octyl gallate)

What are the aims of this patient information 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 or 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 that you have a contact allergy to **gallates (propyl gallate, dodecyl gallate and octyl gallate)**.

What is gallates (propyl gallate, dodecyl gallate and octyl gallate)?

Gallates are antioxidants that may be found in lipsticks, lip salves and cosmetics. They may also be found in some foods when they will be labelled as E numbers: E310 (propyl gallate), E312 (dodecyl gallate) and E311 (octyl gallate). If you have a contact allergy to a gallate it often causes dermatitis on your lips (cheilitis). However, it may also result in facial or eyelid dermatitis or at the site the topical preparation/cosmetic is being applied to.

What are some products that contain gallates (propyl gallate, dodecyl gallate and octyl gallate)?

Gallates may be found in

- Lipsticks and lip salves
- Lotions including baby lotions
- Cosmetic products
- Psoriasis treatment – Curatoderm (propyl gallate and dodecyl gallate)
- Haemorrhoid preparations including Germoloids HC Spray® and Perinal® cutaneous spray (propyl gallate)

It is very unlikely that gallates in food will cause problems however rarely lip dermatitis may worsen, especially if there is residual relevant foods or vegetable oils left on the lips.

Foods containing gallates may include vegetable oils for frying, chips, crisps, pizza, microwavable popcorn, soups and sauces, chewing gum and bakery products, margarine and peanut butter, mayonnaise, salad dressings

Oral tablets containing gallates are not currently reported to cause any problems in individuals with contact allergy to gallates.

Some oral medicines such as felodipine contain gallates

If you are allergic to one gallate you may also be allergic to other gallates so it is best to avoid all gallates.

Remember, always check the label, these lists can never be complete and ingredients change.

How can I manage my allergy?

This means that you should avoid putting products containing gallates (propyl gallate, dodecyl gallate and octyl gallate) 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. This is particularly important for any products purchased outside the EU where some allergens may not be banned.

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