



Benzoic acid

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 **Benzoic acid**.

What is Benzoic acid ?

Benzoic acid is a chemical used as a preservative and antimicrobial agent. It helps stop foods, cosmetics, and other products from spoiling or growing bacteria.

What are some products that contain Benzoic acid ?

1. Skincare and cosmetics

Moisturising creams, lotions, and ointments
Lipsticks, lip balms, and other makeup products
Shampoos, conditioners, and hair oils
Medicated creams containing preservatives

2. Industrial and household products

Adhesives and glues
Plastic, resin, and rubber materials
Cleaning products or liquid preservatives

3. Food and drink (less common trigger)

Fruit-based products, jams, or condiments
Liquid herbal preparations or supplements

It is very unlikely to cause any significant skin or health problems once eaten or drunk. Localised lip and/or mouth symptoms may occur.

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 labelled.

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

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 Benzoic acid onto your skin in the future.

This means that you should avoid putting products containing benzoic acid onto your skin in the future. Some people who are allergic to benzoic acid can also be sensitive to sodium benzoate. Always check ingredient labels for "benzoic," "benzoate," or the E-numbers E210/E211.

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.

Created: 2025

Reviewed: 2026

© 2026