

- ▶ **Ammonium Persulfate** – Commonly used in hair bleach and some hair dyes. It is also used in various cleaning products and as a catalyst in industrial processes. It can cause contact dermatitis and is known to evoke immune responses.
- ▶ **Benzoic Acid** – Commonly used as a food preservative, it also occurs naturally in berries, prunes, tea, cinnamon, and cloves. It can cause acute gastrointestinal distress. It can also cause acute allergic dermatitis.
- ▶ **Cochinille Red** – Used as a red /pink/purple coloring in food, beverages, candy and cosmetics. It is produced from scale insects. Allergic reactions have been reported from hives to anaphylactic shock. Classified, as E120 or natural red 4, “cochineal extract” or “carmine” must be listed on labels if added to food for human consumption.
- ▶ **Formaldehyde** – Is a highly reactive aldehyde used as a precursor in many industrial processes including the production of urea-formaldehyde foam, and adhesives used in the manufacture of plywood, and carpeting. It is also used as a disinfectant, and sterilizer. Formaldehyde is both acutely toxic, and a common allergen.
- ▶ **Orris Root** – The ground root of Iris, it is commonly used in perfumes, facial creams, and cosmetics. It is known to cause contact dermatitis.
- ▶ **Glutamic Acid (MSG)** – MSG is added to many foods to enhance flavor. It is common in international cuisines and restaurant fast food and many packaged and canned foods. Reactions to excessive MSG intake include chest pain, heart palpitations, flushing, headaches, nausea, weakness, and wheezing, burning sensation on the forearms and the back of the neck.
- ▶ **Phenol** – Commonly used as a preservative and as a disinfectant in cleaning products. It is also used as a precursor in many industrial chemical production processes. In large amounts it is a highly corrosive toxin causing dermal, respiratory, renal, and hepatic toxicity. It can also cause contact dermatitis.
- ▶ **Protease 1** – An industrial microbial-derived enzyme that breaks down proteins. Commonly used in laundry detergents, and other cleaners. Protease 1/Savinase can be found in the residue of clothes and result in dermatitis. It is associated with respiratory allergies.
- ▶ **Quinoline Yellow #10** – Is a synthetic sulfonate green-yellow food dye used in candies, icings, soft drinks and other foods. It is also used in some cosmetics and medicinal tablets. Quinoline Yellow is one of several food dyes associated with increased hyperactivity in children and may also be associated with food intolerance.
- ▶ **Saccharin** – A synthetic artificial sweetener used in soft drinks and other low calorie foods. Saccharin is chemically related to sulfonamides (sulfa drugs) which are known to cause allergic reactions in some patients.
- ▶ **Tartrazine #5** – Is a synthetic azo yellow food dye used in many foods, such as cereals, candy, breads, instant puddings and many other foods. It is also used in a variety of cosmetics. Although reactions to Tartrazine are rare it can cause an ‘intolerance/sensitivity’ syndrome and has been associated with angioedema/urticaria, atopic dermatitis, and asthma.
- ▶ **Toluene** – Used in gasoline and as a solvent in paints, adhesives, lacquers, and resins. Acute nervous system and respiratory toxin. Capable of causing allergy like symptoms.