



## Paraben mix [A]

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CAS#: 99-76-3, 94-13-3, 94-26-8, 120-47-8

### Where is this allergen found?

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Parabens are used as preservatives in many over-the-counter medications, cosmetics, personal care, and hygiene products. Paraben mix contains the following substances: Methyl p-hydroxybenzoate, Ethyl p-hydroxybenzoate, Propyl p-hydroxybenzoate, and Butyl p-hydroxybenzoate. Individuals allergic to parabens often experience reactions to these ingredients only on inflamed skin and may tolerate products which contain these ingredients when they are applied to intact skin. Your physician will advise you on this topic.

### How can you avoid contact with this allergen?

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Avoid products that list any of the following names in the ingredients:

- Methyl p-hydroxybenzoate
- Methylparaben
- 4-hydroxybenzoic acid methyl ester
- Methyl parahydroxybenzoate
- p-methoxycarbonylphenol
- Ethyl p-hydroxybenzoate
- Ethylparaben
- 4-hydroxybenzoic acid ethyl ester
- Ethyl p-oxybenzoate
- p-carbethoxyphenol
- Propyl p-hydroxybenzoate
- Propylparaben
- 4-hydroxybenzoic acid propyl ester
- Butyl p-hydroxybenzoate
- Butylparaben
- 4-hydroxybenzoic acid butyl ester

### What are some products that may contain this allergen?

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Baby Products  
Cosmetics  
Hair Care  
Lip Balms, Lipsticks  
Lotions  
Mascaras  
Medications  
Oral Care  
Personal Care  
Pet Care  
Powders  
Shampoos and Conditioners  
Shave Cream, Gels  
Skin Care  
Soaps and Cleansers  
Sunscreens  
Toothpastes  
Wipes

For additional information about products that might contain this allergen, visit the Consumer Product Information Database ([householdproducts.nlm.nih.gov](http://householdproducts.nlm.nih.gov)) online at the United States National Library of Medicine. These lists are brief and provide just a few examples. They are not comprehensive. Product formulations also change frequently. Read product labels carefully and talk to your doctor if you have any questions. These are general guidelines. Talk to your doctor for more specific instructions.