



## Benzyl Alcohol

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CAS#: 100-51-6

### Where is this allergen found?

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Benzyl alcohol is found in over-the-counter medications, topical creams, lotions, shampoos, and facial cleansers as an antibacterial, preservative, and/or fungicide. Benzyl alcohol is found in many naturally occurring plant products such as Balsam of Peru and is also a component of essential oils such as hyacinth, jasmine, and ylang ylang oils. Benzyl alcohol is also prevalent in hair dyes, shampoos, facial cleansers, sunscreens, fragrances, and cosmetics.

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

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

- (Hydroxymethyl)benzene
- Benzenemethanol
- Benzoyl alcohol
- Benzyl alcohol
- Hydroxytoluene
- Methanol, phenyl
- Phenylcarbinol
- Phenylmethanol
- alpha-Toluenol

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

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Cosmetics

- Lipstick
- Mascara
- Powder makeup

Deodorant

Foods

- Apricots
- Cocoa
- Cranberries
- Honey
- Mushrooms
- Snap peas

#### Hair Care

- Conditioner
- Hair color/dye
- Shampoo

#### Industrial Products

- Concrete primer
- Crack filler
- Epoxy putty sealant

#### Oral Care

- Cold sore gel
- Oral anesthetic

#### Shaving Creams and Gels

#### Skin Care Products

- Baby lotion
- Blemish remover
- Body lotion
- Cleansing cloths
- Diaper rash cream

#### Sunscreens

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.