



## PATIENT INFORMATION SHEET

### SODIUM BENZOATE

(S-001)

Your patch testing results indicate that you have a contact allergy to **SODIUM BENZOATE**. It is important that you familiarize yourself with this chemical and take steps to avoid coming in contact with it.

#### What is **SODIUM BENZOATE** and where is it found?

This chemical is widely used as a preservative in acidic food products such as carbonated drinks, fruit juices, jams, vinegar-based salad dressings, jellies, pickles and condiments. It is also found in some soaps, shampoos, alcohol-based mouthwash, cough syrups and silver polish. It occurs naturally in cranberries, plums, apples, cinnamon and cloves. Further research may identify additional product or industrial usages of this chemical.

#### What else is **SODIUM BENZOATE** called?

This chemical can be identified by different names, including:

*Antimol, Benzoate of soda, Benzoic acid, sodium salt, E211, NaC<sub>6</sub>H<sub>5</sub>CO<sub>2</sub>, Natrium benzoicum, Sobenate*

This may not be a complete list as manufacturers introduce and delete chemicals from their product lines.

### THINGS YOU CAN DO TO HELP MANAGE YOUR CONTACT ALLERGY

**Be vigilant... read the product label.** Always take the time to read the ingredient listing on product packages. This should be your first step each time you purchase a product as manufacturers sometimes change product ingredients. If you have any concerns ask your pharmacist or your doctor.

**Test the product first.** If you have purchased a new product you should test it on a small skin area to see if you get a reaction before using the product on larger skin areas.

**Advise people you obtain services from of your contact allergy.** This should include people like your pharmacist, doctor, hairdresser, florist, veterinarian, etc.

**Inform your employer if the source of your contact allergy is work related.** You should identify the specific source of the chemical and take the necessary steps to avoid further exposure. Protective wear may be adequate or you may need to make a change in your work activities. Both you and your employer benefit when the cause of your occupational dermatitis is eliminated.

**"Google" it.** The internet is an excellent source of ingredient information that can be searched by product, by company and by specific chemical. Some helpful independent internet links include: [www.nlm.nih.gov/pubs/factsheets/factsheets.html](http://www.nlm.nih.gov/pubs/factsheets/factsheets.html) (U.S. Dept. of Health and Human Services; alphabetic list) [www.nlm.nih.gov/pubs/factsheets/factssubj.html](http://www.nlm.nih.gov/pubs/factsheets/factssubj.html) (U.S. Dept. of Health and Human Services; subject list) [www.cosmeticsinfo.org](http://www.cosmeticsinfo.org) (Cosmetic Industry Category Ingredient Database) [www.whatsinsidescjohnson.com](http://www.whatsinsidescjohnson.com) (information on all S.C. Johnson product ingredients)

If you have any future contact dermatitis concerns or questions, please call the doctor's office.

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