



## PATIENT INFORMATION SHEET

### Compositae mix II

(Mx-29A, Mx-29B)

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

#### What is **Compositae mix II** and where is it found?

The Compositae or Asteraceae mix consists of extracts of more than 20,000 known species of plants like common yarrow, mountain arnica and German chamomile. Exposure can be from direct contact or from particles carried by the wind to exposed skin as well as from extracts of these plants found in cosmetics, skin and hair products, topical medications and mouthwashes. Further research may identify additional product or industrial usages of this chemical.

#### What else is **Compositae mix II** called?

This chemical can be identified by different names, including: Artichoke *Cynara cardunculus* Dandelion *Taraxacum officinale*, Ragweed *Ambrosia bidentata*, Burdock *Arctium minus*, Elecampane *Inula helenium*, Sunflower *Helianthus annuus*, Coneflower *Echinacea purpurea*, Fleabane *Erigeron*, Sneezeweed *Helenium autumnale*, Chrysanthemum Feverfew sesquiterpene lactones Camomile, oils and extracts *Gaillardia Gaillardia pulchella*, Tickseed *Coreopsis verticillata*, Dahlia *Dahlia variabilis*, Goldenrod *Solidago virga aurea*, Tansy *Tanacetum vulgare*, Daisy *Aster amellus*, Marigold *Tagetes minuta*, Yarrow *Achillea millefolium*

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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