



## PATIENT INFORMATION SHEET

### MENTHOL

(M-002)

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

#### What is **MENTHOL** and where is it found?

This chemical, derived from peppermint oils or produced synthetically, is used as a topical antipruritic, local anesthetic and gastric sedative. It is also used as a fragrance and as a flavour. It can be found in lip-balms, cough medicines, decongestants, sunburn preparations, confectionery, sodas, syrups, perfumery, cough drops, cigarettes and liqueurs. Further research may identify additional product or industrial usages of this chemical.

#### What else is **MENTHOL** called?

This chemical can be identified by different names, including:

*3-p-Menthanol, 5-Methyl-2-(1-methylethyl)-cyclohexanol Hexahydrothymol, Methyl-2-(1-methylethyl)cyclohexanol Menthomeanthol, p-Menthan-3-ol Peppermint camphor*

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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