

Compositae Mix II

(MX-29A | MX-29B)

Your patch testing results indicate that you have a contact allergy to one or more chemicals in the **Compositae Mix II**. It is important that you familiarize yourself with these chemicals and take steps to avoid coming in contact with them.



What is Compositae Mix II and where can the chemicals be found?

The chemicals in **Compositae Mix II** are:

- **Anthemis nobilis extract (Article Number C-029):** Compositae plant growing in most of Europe, in N.Africa, S.American, Australia and New Zealand. A yellow dye is extracted from the dried flowers. Sometimes used in shampoos, hair rinses and ointments. Anaphylactic reaction following ingestion of chamomile tea has been reported. The raw material for this product is made from an ethanol extraction of the plant/flowers of Anthemis nobilis. Also known as Chamomilla Romana.
- **Chamomilla recutita extract (Article Number C-051):** Chamomilla Recutita; Matricaria recutita or German chamomile, also spelled camomile, is an annual plant of the compositae family Asteraceae, Chamomilla chamomilla, Chamomilla recutita (accepted name according to the Flora Europaea), Matricaria chamomilla, and Matricaria suaveolens. It usually grows near populated areas all over Europe and temperate Asia. It is widely introduced in temperate North America and Australia. As the seeds need open soil to survive, it often grows near roads, around landfills, and in cultivated fields as a weed. The raw material for this product is made from an ethanol extraction of the plant/flowers of Chamomilla Recutita.
- **Achillea millefolium extract (Article Number A-025):** Perennial compositae weed with white flowers. Grows in most of Europe and in North America, New Zealand and southern Australia. The raw material for this product is made from an ethanol extraction of the plant/flowers of Achillea Millefolium. Contains the sesquiterpene lactone - peroxyachifolide. Also known as Yarrow.
- **Tanacetum vulgare extract (Article Number T-033):** A strongly aromatic weed growing in uncultivated areas, along roadsides, rivers, etc. Grows all over Europe and in N. America. Used as a herbal remedy, for seasoning and for making a tea. The oil is used as a vermifuge and in perfumery. Contains the sesquiterpene lactones arbusculin-A and tanacetin. Also known as Tanacetum Vulgare and Tansy.
- **Arnica montana extract (Article Number A-024):** Compositae plant that grows on prairies and in mountainous lands in Europe and Asia. Tincture of arnica is used in trauma treatment. The raw material for this product is made from an ethanol extraction of the plant/flowers of Arnica Montana. Major haptens appear to be helenalin and its esters.
- **Parthenolide (Article Number P-029):** Sesquiterpene lactone found in Feverfew (Chrysanthemum Parthenium) which is a Compositae plant growing in Europe and southern USA near homes, on roadsides and uncultivated places. It is also found in several other Compositae plants and Magnoliaceae.

These are all plant based compounds extracted for use in a wide assortment of products. Make certain to read ingredient labels. This may not be a complete list of product categories where these chemicals are used.



IMPORTANT NOTES

- (1) Specific Patient Information Sheets are available (by Article Number) for each of the chemicals in the Mix.
- (2) Based upon your patch test readings your Doctor may consider further testing to confirm which of the Mix ingredients are causing your allergy.

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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 (U.S. Dept. of Health and Human Services; alphabetic list)
 - www.nlm.nih.gov/pubs/factsheets/factssubj.html (U.S. Dept. of Health and Human Services; subject list)
 - www.cosmeticsinfo.org (Cosmetic Industry Category Ingredient Database)
 - 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.