

## 2 Wool Alcohols (Lanolin) – Patient Information

Your T.R.U.E. TEST results indicate that you have a contact allergy to wool alcohols, also known as lanolin. This contact allergy may cause your skin to react when it is exposed to this substance, although it may take several days for the symptoms to appear. Typical symptoms include redness, swelling, itching and fluid-filled blisters.

Wool alcohols are a natural product obtained from the fleece of sheep and are commonly used in cosmetics, toiletries and medicines.

### Where are wool alcohols (or lanolin) found?



**At work**, you may find wool alcohols (or lanolin) in:

- Manufacture and use of personal care products such as hand lotions and cosmetics
- Metalworking fluids including lubricants, cutting fluids and corrosion inhibitors
- Manufacture and use of pet care or veterinary products
- Polishes and waxes



**At home**, you may find wool alcohols (or lanolin):

- Cosmetics such as foundations, powders, blush, mascaras, eye shadows, eyeliners, eye pencils
- Over-the-counter and prescription treatments for skin rashes or dermatitis
- Skin care products such as balms, creams, lotions and moisturizers
- Pet shampoos, conditioners and grooming aids
- Personal hygiene items such as cleansers and shampoos
- Hair removers and shaving products
- Lipsticks and lip balms
- Household polishes and waxes

### How can you avoid wool alcohols or lanolin?

- Don't use products with wool alcohols or lanolin on your skin, hair or body. Only use products that do not list wool alcohols, lanolin, or related chemicals on the label, ingredients list or Material Safety Data Sheet (MSDS). If there is no information, talk to your pharmacist or doctor.
- Tell your physician, pharmacist, dentist, veterinarian, beautician and hairdresser that you are allergic to wool alcohols or lanolin. Ask for preparations that do not contain wool alcohols (lanolin) or related substances.
- If you must use or contact wool alcohols or lanolin when caring for children or pets, wear protective gloves and clothing. Utility gloves made of natural or synthetic rubber, or vinyl, are good for working with wool alcohols (or lanolin).
- If you think that you contact wool alcohols or lanolin at work, ask your employer for MSDS or manufacturer information on the product(s). Talk to your employer about using a different product or wearing protective gloves and clothing.

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### What should you look for and avoid?\*

Avoid products that list any of the following names in the ingredients, MSDS or package insert.

- **Wool alcohols (lanolin)** or anhydrous lanolin; wool fat or grease; wool wax; wool grease fatty acid; wool fats and glyceridic oils; fats, lanolin; Adeps lanae; Degras

### What are some products that may contain lanolin or wool alcohols?\*

- Old Spice® Moisturizing Shave Cream
- Burt's Bees® Beeswax Lip Balm
- Desitin® Diaper Rash Ointment
- Eucerin® Original Moisturizing Lotion
- Revlon® Cuticle Massage Cream
- Maybelline® Great Lash Washable Mascara
- Nair® 4 Minute Lotion Hair Remover with Aloe & Lanolin
- Vermont's Original Bag Balm®
- Browshaper & Eyeliner By Cover Girl®
- Max Factor® Pan-Cake Makeup
- Simple Green® Hand Gel
- Lubriderm® Daily Moisture Lotion
- Bio-Groom® Conditioning Shampoo (pets)
- Maybelline® Wet Shine Diamonds Lipstick

### What products do NOT contain lanolin or wool alcohols?\*

- Almay® The Insider Mascara
- U-Lactin® Therapeutic Body Lotion
- Cetaphil® Moisturizing Cream
- Burt's Bees® Natural Cosmetics Two in One Eyeliner & Eyebrow Pencil
- Veet® Mousse Hair Remover
- Neutrogena® MoistureShine Tinted Lip Balm
- Nivea® for Men
- Lubrex® Hand Cream
- L'Oreal® Air Wear Powder Foundation
- Nivea® for Men After Shave and Shaving Gel
- Almay® Clear Complexion Pressed Powder

\*For additional information about products that might contain wool alcohols or lanolin, or a related substance, go to the Household Product Database online (<http://householdproducts.nlm.nih.gov>) 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 questions. These are general guidelines. Talk to your doctor for more specific instructions.