



If you are allergic to certain ingredients found in cosmetic and skin-care products, you should avoid using these products so as not to make any allergic reaction worse.

This pamphlet explains how to read the list of ingredients. This will help you to find out which products to avoid because of your allergy.

## Where to find the list of ingredients

Finding the product's ingredient list can be difficult. Try looking:

- On the back of the product
- Underneath the barcode (follow the arrow)
- Underneath the product's label (follow the arrow)
- On the packaging
- On a leaflet or card in the packaging



If it is impractical to print the ingredient declaration clearly on the product's container, the container must be marked with a small picture of a book with a pointing hand. In this case the ingredient declaration can be found with the product and will be printed on a paper strip, a leaflet, a label or a card.

Example of an ingredient declaration on a powder compact



Example of an ingredient declaration on a deodorant



Example of an ingredient declaration on mascara



Example of an ingredient declaration on the packaging of a lip salve



# Legislation

From January 1998 it became mandatory that all cosmetic and skin-care products must display information about the ingredients. Cosmetics cover products such as toothpaste, creams and lotions, deodorant, make-up, soaps, shampoo, hair colouring, and cosmetics sold as children's toys.

The ingredients in cosmetics have standardized names, which must be used in the declaration of ingredients in all EU countries. These names are referred to as **INCI** names.

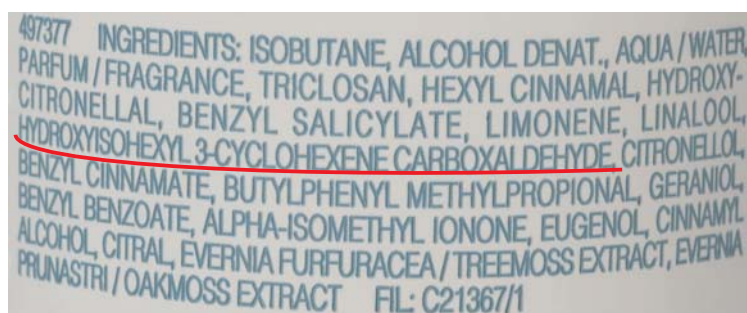
The ingredients must not be referred to by other names and the names must always be spelt in the same way.

Plant names and parts of plants must be written in Latin. The names of fragrance and aroma substances do not need to be written in full, but can be listed as Parfum (Fragrance) or Aroma in the ingredient list. They may refer to several different substances.

Since March 2005, twenty-six fragrance substances that can cause allergic reactions have become liable to inclusion in the ingredient list, but only if they occur in the product in more than a certain quantity.

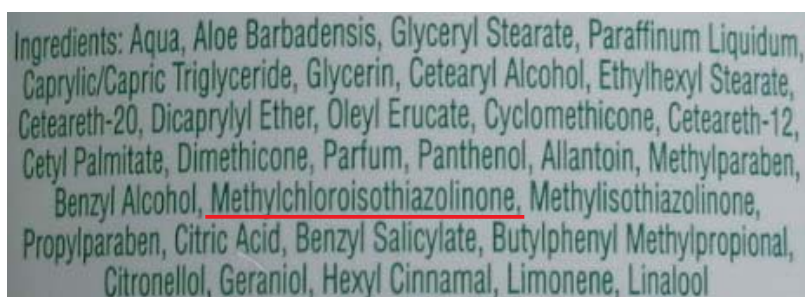
Example showing a fragrance:

*Hydroxyisohexyl 3-cyclohexene carboxaldehyde*



Example showing a preservative:

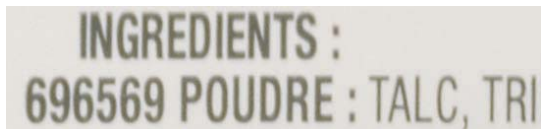
*Methylchloroisothiazolinone*



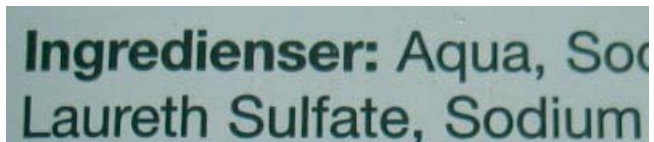
# How the ingredient declaration is built up

The list of ingredients, or ingredient declaration, usually begins with the word, or words, ingredients or ingredienser, depending in which country the product is purchased. The ingredients are ranked according to the amount of each ingredient in the product. The ingredient that there is the most of is at the top of the list. Colourings and ingredients that make up less than 1% are at the end of the list and may be listed in any order.

This is how the words ingredients and ingredienser may appear.



INGREDIENTS :  
696569 POUFRE : TALC, TRI



Ingredienser: Aqua, Soc  
Laureth Sulfate, Sodium

Dots and commas are often used on the declaration to divide the names of the ingredients.

This is how the commas are used:



PHENOXYETHANOL, LAUROYL LYSINE, POLYET  
DIMETHICONE, METHYLPARABEN, TRIMETH

This is how the dots are used:



E · SODIUM PCA · DIMETHICONOL · P  
VIACA · BENZOPHENONE-4 · PAN

If the name of an ingredient is too long to be on one line, it is divided with a hyphen and the rest of the name is on the line below.

## The National Allergy Research Centre in Denmark

The Allergy Research Centre is a national centre that researches into allergic reactions to chemicals and gives information about this topic. The centre was established by the Danish Environmental Protection Agency and the Danish National Board of Health. It is run in cooperation with the dermatology departments of Gentofte Hospital and Odense University Hospital and the lung disease department of Gentofte Hospital.