



the art and science of smart patch testing™

## PF153: Vanillin

### Patient Information

Your patch test results indicate that you have a contact allergy to vanillin. 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.

#### Where is vanillin found?

Vanillin is used in both commercial and domestic baking, perfume manufacture, and aromatherapy. Products such as ice cream, chocolate, custard, caramel, and coffee contain vanillin as a flavor enhancement.

#### How can you avoid contact with vanillin?

Avoid products that list the following in the ingredients:

- 2-Methoxy-4-formylphenol
- 3-Methoxy-4-hydroxybenzaldehyde
- 4-08-00-01763 (Beilstein Handbook Reference)
- 4-Formyl-2-methoxyphenol
- 4-Hydroxy-3-methoxybenzaldehyde
- 4-Hydroxy-5-methoxybenzaldehyde
- 4-Hydroxy-m-anisaldehyde
- AI3-00093
- BRN 0472792
- Benzaldehyde, 4-hydroxy-3-methoxy-
- CCRIS 2687
- EINECS 204-465-2
- FEMA No. 3107
- HSDB 1027
- Lioxin
- Methylprotocatechuic aldehyde
- NSC 15351
- Protocatechualdehyde 3-methyl ether
- Protocatechualdehyde, methyl
- Vanilla
- Vanillaldehyde
- Vanillic aldehyde
- Vanillin
- Vanillin (natural)
- Vanilline
- Zimco
- m-Anisaldehyde, 4-hydroxy-
- p-Hydroxy-m-methoxybenzaldehyde
- p-Vanillin

#### What are some products that may contain vanillin?

##### Baked goods

##### Confectionery

##### Perfumes

\*For additional information about products that might contain **vanillin**, 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 any questions. These are general guidelines. Talk to your doctor for more specific instructions.