COMPOSITAE MIX

Your patch test result indicates that you have a contact allergy to compositae mix. 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 compositae mix found?
Compositae mix consists of extracts of the following plants from the compositae or Astraceae family: common yarrow, mountain arnica, German chamomile, feverfew, and the common tansy. Extracts of these plants may be found in cosmetics and skin care products and hair care products, anti-inflammatory medications, ointments and tinctures, mouth washes, and herbal lozenges.

How can you avoid contact with compositae mix?
Avoid products that list any of the following names in the ingredients:

- Common yarrow
- Achillea
- Achillea millefolium
- Milfoil
- Yarrow herb
- Yarrow
- Mountain arnica
- Arnica flower
- Arnica latifolia
- Arnica montana
- Flores arnicae
- Leopard's bane
- Mountain tobacco
- Wolf's bane
- Arnica
- sy
- German chamomile
- Matricaria oil
- Oil of matricaria
- Wild chamomile oil
- Blue chamomile oil
- Chamomile
- Matricaria chamomilla L.
- German chamomile extract
- Matricaria oil
- Feverfew
- Common tan

What are some products that may contain Compositae mix?

Anti-inflammatory Medications, Ointments and Tinctures:
- Bengay
- Icy Hot

Cosmetics:
- Lipbalms
- “Natural” Cosmetics

Hair Care Products

Mouth Washes

Skin Care Products

Food:
- Cooking oils
- Lettuce
- Sunflower seeds
- Artichokes
- Sweetening agents
- Herbal tea
- Tea
- Herbal lozenges

For additional information about products that might contain compositae mix, 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.