



The **Anaphylaxis** campaign  
Helping people with severe allergies live their lives

## Cosmetics and toiletries

Soaps, cosmetics and personal care products now have to carry full ingredient lists under European law. The trouble is, ingredients are printed in Latin. Customers may be perplexed when they see Latin names but the European Commission insists this is necessary to standardise the wording internationally.

Although the legislation talks about full ingredients labelling, there are some exceptions. Perfumes are all labelled as parfum. Flavours – in toothpaste, for example – may be labelled simply as flavour. Processing aids which are used in the manufacturing process, but are not present in the finished product, do not need to be declared. Solvents and carriers do not need to be declared. There is also no requirement to declare any impurities in the raw materials used.

Colours are not declared by either the E number or the common name but by their Colour Index (CI) Number. Two which may be useful to know are cochineal, which is CI 75470, and annatto, which is CI 75120. Both of these have been known to cause allergic reactions.

Apart from soap and cosmetics, products included under the directive are toiletries, perfumes, toothpaste, shampoo, hair care products, creams and deodorants. Without a little knowledge of Latin, people looking for allergenic ingredients will have no idea what words to look for.

Here are the Latin translations of some common allergens.

**Barley:** Hordeum vulgare.

**Bitter almond:** Prunus amara.

**Brazil:** Bertholletia excelsa.

**Cashew:** Anacardium occidentale.

**Celeriac:** Apium graveolens.

**Celery:** Apium graveolens

**Cod liver oil:** Gadi iecur.

**Egg:** Ovum.

**Fish oil:** Piscum iecur.

**Hazelnut:** Corylus rostrata or Corylus Americana or Corylus avellana.

**Macadamia:** Macadamia ternifolia.

**Milk:** Lac.

**Mustard:** Brassica alba, Brassica nigra or Brassica juncea.

**Peanut:** Arachis hypogaea.

**Pistachio:** Pistacia vera.

**Rye:** Secale cereale

**Sesame:** Sesamum indicum.

**Soya:** Glycine soja.

**Sweet almond:** Prunus dulcis.

**Walnut:** Juglans regia or juglans nigra.

**Wheat:** Triticum vulgare.

**Whey Protein:** Lactis proteinum

**Every effort has been made to ensure accuracy. But if you are severely allergic to a food, please make a final check with the retailer before buying any product.**