Fragrance Systemic Contact Dermatitis

~ 50% of patients with (+) PT to Myroxilon who followed BOP reduction diet had significant improvement of their dermatitis

Foods to Avoid in Balsam-Restricted Diet

- **Citrus** fruits: oranges, lemons, grapefruit, tangerines, marmalade, juices
- Flavoring agents: pastries, bakery goods, candy, chewing gum
- **Spices**: cinnamon, cloves, vanilla, curry, allspice, anise, ginger
- Spicy condiments: ketchup, chili & barbecue sauce, chutney, pickles, pizza
- Perfumed or flavored tea & tobacco
- Chocolate
- Certain cough medicines & lozenges
- Ice cream
- Cola, spiced soft drinks such as Dr Pepper
- **Tomatoes** & tomato-containing products

Table I. Balsam of Peru diet (foods to avoid)

- Products that contain citrus fruits (oranges, lemons, grapefruit, bitter oranges, tangerines, and mandarin oranges). For example, marmalade, juices, and bakery goods
- Flavored agents such as those found in Danish pastries and other bakery goods, candy, and chewing gum
- Spices such as cinnamon, cloves, vanilla, curry, allspice, anise, and ginger
- Spicy condiments such as ketchup, chili sauce, barbecue sauce, chutney and the like, and liver paste
- Pickles and pickled vegetables
- Wine, beer, gin, and vermouth
- Perfumed or flavored tea and tobacco, such as mentholated tobacco products
- Chocolate
- Certain cough medicines and lozenges
- Ice cream
- Cola and other spiced soft drinks such as Dr Pepper
- Chili, pizza, Italian and Mexican foods with red sauces
- Tomatoes and tomato-containing products