



PATIENT INFORMATION LEAFLET: sesquiterpene lactone mix

Your patch test shows that you have a contact allergy to : sesquiterpene lactone mix

Synonym(s): SL Mix

Definition: : Sesquiterpene lactone mix consists of a mixture of 3 different substances:

alantolactone

dehydrocostus lactone

costunolide

Use and occurrence:

Sesquiterpene lactones belong to a large family of plants, Asteraceae, which are present in leafy plants, some vegetables, some spices, and lichens of the genus frullania. Dried plants and plant extracts can be found in health products, herbal creams, and herbal teas, and should be avoided.

Below is a list of plants in which sesquiterpene lactones may be included. It can be used as a guideline for determining which products are potentially harmful and which you are to be extra careful with. Please note that the substances are not included in all variants of the products on the list.

Examples of plants in which sesquiterpene lactones occur:

ornamental plants	wild plants	vegetables & herbs
Aster	Milfoil	Lettuce
Dahlia	Cornflower	Endive
Chrysanthemums	Chicory	artichoke
Magnolia	Broom	Bay leaf
Marguerite	Mugwort	tarragon
Ox-eye daisy	Coltsfoot	
Marigold(s)	Wild Chamomile	
Sunflower	Burdock	
Goldenrod	Wormwood	
	Dandelion	
	Feverfew	
	Tansy	
	Yarrow	
	Arnica	

Frullania:

Frullania is a family name for a number of liverworts. These thrive in a humid environment and grow in the shade of a tree's bark, rocks and on the ground like small thick pillows.



You can eat the following vegetables because they do **not** contain sesquiterpene lactones:

Arugula
Spinach
Mangold
Mâche
Chinese cabbage

Remarks:

Sesquiterpene lactones may give an air-borne allergic contact dermatitis which may become widespread. Summer exacerbations are common. The contact allergy may predispose to photosensitivity. You may experience a systemic contact dermatitis (vesicular hand eczema, widespread eczema in skin folds etc) if you ingest sesquiterpene lactones. These are present in all parts of the plant, even in dead plant material and dust from them. The content of allergenic sesquiterpene lactones in plants may vary from season to season and from area to area.

Disclaimer: Always check your products as these lists can never be complete and ingredients change.