

List of allergens

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This is a **list of allergies**, which includes the allergen, potential reactions, and treatments.

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Allergens

Food

Name	Potential reaction(s)	Remarks
Balsam of Peru	Redness, swelling, itching, allergic contact dermatitis reactions, stomatitis (inflammation and soreness of the mouth or tongue), cheilitis (inflammation, rash, or painful erosion of the lips, oropharyngeal mucosa, or angles of their mouth), pruritus, hand eczema, generalized or resistant plantar dermatitis, rhinitis, conjunctivitis, and blisters.	Present in many foods, such as coffee, flavored tea, wine, beer, gin, liqueurs, apéritifs (e.g. vermouth, bitters), soft drinks including cola, juice, citrus, citrus fruit peel, marmalade, tomatoes and tomato-containing products, Mexican and Italian foods with red sauces, ketchup, spices (e.g. cloves, Jamaica pepper (allspice), cinnamon, nutmeg, paprika, curry, anise, and ginger), chili sauce, barbecue sauce, chutney, pickles, pickled vegetables, chocolate, vanilla, baked goods and pastries, pudding, ice cream, chewing gum, and candy.
Fruit	Mild itching, rash, blisters at point of oral contact	Mango, strawberries are common problems
Rice	Sneezing, runny nose, itching, stomachache, eczema.	People with a rice allergy can be affected by eating rice or breathing in rice steam.
Garlic	Dermatitis, asymmetrical pattern of fissure, thickening/shedding of the outer skin layers, ^[1] anaphylaxis	
Oats	Dermatitis, respiratory problems, anaphylaxis	

Name	Potential reaction(s)	Remarks
Meat ^[2]	Dermatitis, rarely anaphylaxis	Allergies to the sugar carbohydrate found in beef, lamb, and pork called alpha-gal. It is brought on by tick bites. ^{[3][4]}
Milk ^[5]	Skin rash, hives, vomiting, diarrhea, constipation, stomach pain, flatulence, nasal congestion, dermatitis, blisters, anaphylaxis	
Peanut ^[6]	Anaphylaxis, sometimes vomiting	Includes some cold-pressed peanut oils. Distinct from tree nut allergy, as peanuts are legumes.
Fish or shellfish ^[5]	Anaphylaxis, sometimes vomiting	Hazard extends to exposure to cooking vapors, or handling.
Soy	Anaphylaxis, sometimes vomiting	
Tree nut ^[7]	Anaphylaxis, swelling, rash, hives, sometimes vomiting	Hazard extends to exposure to cooking vapors, or handling. Distinct from peanut allergy, as peanuts are legumes.
Wheat ^[8]	Eczema (atopic dermatitis), Hives, asthma, hay fever, angioedema, abdominal cramps, Celiac disease, diarrhea, temporary (3 or 4 day) mental incompetence, anemia, nausea, and vomiting ^[9]	
Hot peppers	Skin rash, hives, throat tightness, tongue swelling, possible vomiting	

Name	Potential reaction(s)	Remarks
Gluten	Anaphylaxis, sometimes vomiting	
Egg	Anaphylaxis, sometimes flatulence and vomiting	
Tartrazine	Skin irritation, hives, rash	Synthetic yellow food coloring, also used for bright green coloring
Sulfites	Hives, rash, redness of skin, headache (particular frontal), burning behind eyes, breathing difficulties (anaphylaxis)	

Drug

Name	Possible reaction(s)	Remarks
Balsam of Peru	Redness, swelling, itching, allergic contact dermatitis reactions, stomatitis (inflammation and soreness of the mouth or tongue), cheilitis (inflammation, rash, or painful erosion of the lips, oropharyngeal mucosa, or angles of their mouth), pruritus, hand eczema, generalized or resistant plantar dermatitis, rhinitis, conjunctivitis, and blisters.	Present in many drugs, such as hemorrhoid suppositories and ointment (e.g. Anusol), cough medicine/suppressant and lozenges, diaper rash ointments, oral and lip ointments, tincture of benzoin, wound spray (it has been reported to inhibit <i>Mycobacterium tuberculosis</i> as well as the common ulcer-causing bacteria <i>H. pylori</i> in test-tube studies), calamine lotion, surgical dressings, dental cement, eugenol used by dentists, some periodontal impression materials, and in the treatment of dry socket in dentistry.
Tetracycline	Many, including: severe headache, dizziness, blurred vision, fever, chills, body aches, flu symptoms, severe blistering, peeling, dark colored urine ^{[10][11][12]}	
Dilantin	Many, including: swollen glands, easy bruising or bleeding, fever, sore throat ^{[13][14][15]}	
Tegretol (carbamazepine)	Shortness of breath, wheezing or difficulty breathing, swelling of the face, lips, tongue etc., hives ^{[16][17][18]}	

Name	Possible reaction(s)	Remarks
Penicillin	Diarrhea, hypersensitivity, nausea, rash, neurotoxicity, urticaria	
Cephalosporins	Maculopapular or morbilliform skin eruption, and less commonly urticaria, eosinophilia, serum-sickness–like reactions, and anaphylaxis. ^[19]	
Sulfonamides	Urinary tract disorders, haemopoietic disorders, porphyria and hypersensitivity reactions, Stevens–Johnson syndrome toxic epidermal necrolysis	
Non-steroidal anti-inflammatorys (cromolyn sodium, nedocromil sodium, etc.)	Many, including: swollen eyes, lips, or tongue, difficulty swallowing, shortness of breath, rapid heart rate ^[20]	
Intravenous contrast dye	Anaphylactoid reactions and contrast-induced nephropathy	
Local anesthetics	Urticaria and rash, dyspnea, wheezing, flushing, cyanosis, tachycardia ^[21]	

Environmental

Name	Possible reaction(s)	Remarks
Balsam of Peru	Redness, swelling, itching, allergic contact dermatitis reactions, stomatitis (inflammation and soreness of the mouth or tongue), cheilitis (inflammation, rash, or painful erosion of the lips, oropharyngeal mucosa, or angles of their mouth), pruritus, hand eczema, generalized or resistant plantar dermatitis, rhinitis, conjunctivitis, and blisters.	A number of national and international surveys have identified Balsam of Peru as being in the "top five" allergens most commonly causing patch test reactions in people referred to dermatology clinics. ^{[22][23]}
Pollen	Sneezing, body ache, headache (in rare cases, extremely painful cluster headaches may occur due to allergic sinusitis; these may leave a temporary time period of 1 and a half to 2 days with eye sensitivity), allergic conjunctivitis (includes watery, red, swelled, itchy, and irritating eyes), runny nose, irritation of the nose, nasal congestion, minor fatigue, chest pain and discomfort, coughing, sore throat, facial discomfort (feeling of stuffed face) due to allergic sinusitis, possible asthma attack, wheezing	
Cat	Sneezing, itchy swollen eyes, rash, congestion, wheezing	

Name	Possible reaction(s)	Remarks
Dog	Rash, sneezing, congestion, wheezing, vomiting from coughing, Sometimes itchy welts.	Caused by dander, saliva or urine of dogs, or by dust, pollen or other allergens that have been carried on the fur. ^[24] Allergy to dogs is present in as much as 10 percent of the population. ^[24]
Insect sting	Hives, wheezing, possible anaphylaxis	
Mold	Sneeze, coughing, itchy, discharge from the nose, respiratory irritation, congested feeling, ^[25] joint aches, headaches, fatigue ^[26]	
Perfume	Itchy eyes, runny nose, headaches, muscle/joint pain, asthma attack, wheezing, blisters	
Cosmetics	Contact dermatitis, ^[27] irritant contact dermatitis, inflammation, redness, ^[28] conjunctivitis ^[29]	
Semen	Burning, pain and swelling, possibly for days, swelling or blisters, vaginal redness, ^[30] fever, runny nose, extreme fatigue ^{[31][32][33][34][35]}	In a case study in Switzerland, a woman who was allergic to Balsam of Peru was allergic to her boyfriend's semen following intercourse, after he drank large amounts of Coca Cola. ^[36]
Latex	Contact dermatitis, hypersensitivity	
Water (<i>see note</i>)	Epidermal itching	

Name	Possible reaction(s)	Remarks
		Strictly Aquagenic pruritus, but Cold urticaria may also be described as a "water allergy," in which water may cause hives and anaphylaxis
House dust mite ^[37]	Asthma	Home allergen reduction may be recommended
Nickel (nickel sulfate hexahydrate)	Allergic contact dermatitis, dyshidrotic eczema ^{[38][39]}	
Gold (gold sodium thiosulfate)	Allergic contact dermatitis	
Chromium	Allergic contact dermatitis	
Cobalt chloride	Allergic contact dermatitis	
Formaldehyde	Allergic contact dermatitis	
Photographic developers	Allergic contact dermatitis	
Fungicide	Allergic contact dermatitis, fever, anaphylaxis	

Contact

Many substances can cause an allergic reaction when in contact with the human integumentary system.

Contact allergens

Allergen	Source	Cross reacts with	Clinical presentation
Dimethylaminopropylamine (DMAPA)	Found within cocamidopropyl betaine in liquid soaps and shampoos		Eyelid dermatitis
Latex ^[nb 1]		Avocado Banana Chestnut Kiwi Passion fruit Peach Mango Pineapple Fig Cantaloupe Apple Papaya Ethylene-ripened fruits	
Paraphenylenediamine (PPD)	Black hair dye Color developer Scuba gear Henna ^[nb 2]	Para-aminobenzoic acid (PABA) Azo dyes Sulfonamides Sulfonylureas Thiazides Ester anesthetics	
Glyceryl monothioglycolate	Permanent hair waving solutions		
Toluenesulfonamide formaldehyde (Toluidine)	Nail polish		Eyelid dermatitis

1. Risk factors for reaction to latex include spina bifida, family history of allergy to latex, or a personal history of allergies, asthma, or eczema
2. Paraphenylenediamine may be added to henna but is not found in pure henna.

See also

- Allergic inflammation
- Elimination diet
- Food intolerance
- Oral allergy syndrome
- List of inclusion bodies that aid in diagnosis of cutaneous conditions
- List of cutaneous conditions
- List of genes mutated in cutaneous conditions
- List of target antigens in pemphigus

- List of specialized glands within the human integumentary system

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Further reading

- Resource List on Food Allergies and Intolerances for Consumers (PDF|266 KB) (<http://www.nal.usda.gov/fnic/pubs/bibs/gen/allergy.pdf>), Food and Nutrition Information Center, National Agricultural Library. A collection of resources on the topic of food allergies and intolerances.

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