

Toiletries & Personal Care



To be used in conjunction with the [Diagnostic Elimination Diet Handbook Volume 1](#) Those products marked with * contain ingredients that some individuals may react to. You may choose to test on a small patch of skin before use.



WASHES



BATH OIL



HAIR



EMOLLIENTS



MOISTURISERS



DEODORANTS

* Contains BHT

* Contains aloe vera, scented



WASHING POWDERS



SUNSCREEN

Scented

* Contains aloe vera



No fluoride

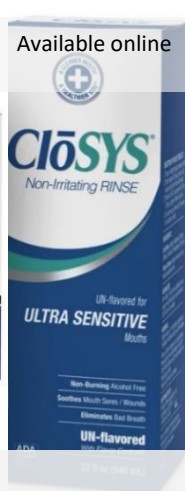
* Contains sorbitol, no fluoride



Available online



TEETH



Available online



HAND SANITISER

This guide is up-to-date as of Oct 2022. Please read labels carefully as ingredients may change. If you notice a change in formulation, please feel free to email us: SLHD-RPAAllergy@health.nsw.gov.au. Products will be mostly available from pharmacies and some from supermarkets.