

# RPAH Allergy Unit 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.



**BARS**



**WASHES**



**HAIR**



**EMOLLIENTS**

**LIGHT MOISTURISERS**



**DEODORANTS**

\* Contains BHT

\* Contains aloe vera, scented



**WASHING POWDERS**



**SUNSCREEN**

\* Contains benzoate

Scented

\* Contains aloe vera



\* Contains sorbitol, no fluoride



**TEETH**

This guide is up-to-date as of February 2021. 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](mailto:SLHD-RPAAllergy@health.nsw.gov.au). Products will be mostly available from pharmacies and some from supermarkets.