Your T.R.U.E. TEST results indicate that you have a contact allergy to mercapto-
benzothiazole (MBT). This contact allergy may cause your skin to react when it is
exposed to this substance, although it may take several days for the symptoms to
appear. Typical symptoms include redness, swelling, itching and fluid-filled blisters.
You are most likely to contact mercaptobenzothiazole when using, wearing or handling
natural or synthetic rubber products at work or at home. Work shoes and athletic
shoes are often made with rubber components that contain mercaptobenzothiazole
or related substances.

WHERE IS MERCAPTOBENZOTHIAZOLE FOUND?

At work, you may find mercaptobenzothiazole in:
- Industrial and safety products made with natural rubber, butyl rubber, nitrile or
  neoprene such as boots, shoes, adhesives, plugs, goggles, mats, headphones,
  masks, respirators, aprons, gloves, cords, tubing, insulation and sheeting
- Office products made with natural rubber, nitrile or neoprene such as rubber
  bands, erasers, mats and utility gloves
- Health care equipment made with natural rubber, butyl rubber, nitrile or
  neoprene such as medical and utility gloves, masks, bed sheeting,
  dental dams, anesthesia equipment, aprons and tubing
- Sports equipment made with natural rubber, butyl rubber, nitrile or neoprene
  such as wetsuits, shoes, boots, masks, and racquet and club handles

At home, you may find mercaptobenzothiazole in:
- Household products made with natural rubber, butyl rubber, nitrile or neoprene
  such as rubber bands, ear- and headphones, masks, condoms and diaphragms,
  goggles, shoes, utility gloves, swimwear, toys, hoses, tubing and elastic
- Sports equipment made with natural rubber, butyl rubber, nitrile or neoprene
  such as shoes, wetsuits, boots, masks, and racquet and club handles

HOW CAN YOU AVOID MERCAPTOBENZOTHIAZOLE?

- Avoid direct skin contact with rubber products in your car, at work and at
  home. Use rubber-free alternatives made of vinyl, plastic, leather, wood or
  fabric. Avoid rubber boots, shoes and insoles.
- Use fabric or plastic films to handle rubber products and to avoid direct
  skin contact.
- Only use products that do not list mercaptobenzothiazole or related chemicals
  on the label, ingredient list or Material Safety Data Sheet (MSDS). If no
  information is available, contact the product manufacturer.
- Tell your physician, pharmacist, dentist, veterinarian, beautician and hairdresser
  that you are allergic to mercaptobenzothiazole, which is often used in rubber
  products. Ask for products that do not contain mercaptobenzothiazole or
  related substances.
- Wear protective gloves and clothing made of leather, fabric or rubber that is
  free of mercaptobenzothiazole.
- Use heavy duty nonrubber gloves (SmartPractice® Heavy Duty vinyl or
  Silvershield®/4H® gloves) when working with chemicals that might contain
  mercaptobenzothiazole.
- If you think that you contact mercaptobenzothiazole at work, ask your employer
  for MSDS or manufacturer information on the product(s). Talk to your employer
  about using a different product or about wearing different protective gloves
  and clothing.

WHAT SHOULD YOU LOOK FOR AND AVOID?*

Avoid products with the following names in the list of ingredients, MSDS or
package insert.
- Mercaptobenzothiazole (MBT) or 2-mercaptobenzothiazole;
  2-benzothiazolinethione; 2-benzothiazolethiol; benzothiazole-2-thione;
  2-benzothiazolyl mercaptan

Because mercaptobenzothiazole is used in certain types of rubber products, you may
also react to other substances used in the manufacture of rubber such as thioureas. If
your skin is regularly exposed to rubber, you may develop reactions to other substances
in rubber such as thiurams, carbamates and mercapto mixes.

WHAT ARE SOME PRODUCTS THAT MAY CONTAIN
MERCAPTOBENZOTHIAZOLE?*

- Natural rubber, butyl rubber, nitrile or neoprene rubber products

WHAT PRODUCTS MAY NOT CONTAIN MERCAPTOBENZOTHIAZOLE?*

Products made entirely of vinyl, plastic, silicone, polyurethane, polyethylene
or acrylicates

*These lists are brief and provide just a few examples. Read product labels carefully and talk to your doctor if you have any questions. Product formulations may change from time to time without notice. Talk to your doctor for specific instructions. For additional information about products that might contain mercaptobenzothiazole or a related substance, go to the Household Products Database online (householdproducts.nlm.nih.gov) at the United States National Library of Medicine.

Visit truetest.com for more information about contact allergies and patch testing.