

The prescribing of sunscreen preparations: A guide for the general practitioner

— B Summers

— R Summers



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Curriculum vitae

Professor and Mrs Summers are presently at Medunsa where he is Head of the School of Pharmacy and she is Senior Lecturer (part-time) in the Department of Pharmaceutics

Beverley Summers obtained her B Pharm degree from Nottingham and her MSc (Med) from Medunsa. Rob Summers obtained his BSc, BSc (Honours) and MSc degrees at Rhodes and his PhD from the Postgraduate School of Studies at the University of Bradford. They have lived in Pretoria for four years and have 3 boys and a girl ranging in age from 19 to 5

Summary

Sunscreen preparations are needed almost as a daily routine protection in the South African climate. The properties of the different products on the South African market are given in up-to-date charts.

S Afr Fam Pract 1987; 8 (11): 440-6

KEYWORDS: Sunscreening agents; Climate; Carcinoma, basal cell; Carcinoma, squamous cell

Our previous paper in *SA Family Practice*¹ in 1984 aroused considerable interest. Since then several changes have occurred in the products and in the formulation of sunscreen preparations available on the South African market. We therefore present an update on these products with recommendations for their selection.

Sunburn occurs as a result of exposure to UVB (290-320 nm wavelength). The maximum damage is caused by rays of 307.4 nm². Epidemiological evidence implicates UVB as a cause of solar keratosis, basal cell and squamous skin cancers and malignant melanoma³. Protection against UVB is therefore imperative, even during the South African winter. Highveld winters are also dangerous due to the clear skies and high altitude.

UVA (320-400 nm) enhances the erythema caused by UVB as well as being implicated in the longer-term effects of sun exposure such as skin ageing and loss of elasticity². The combined effects of UVA and UVB radiation are greater than the sum of the damage caused by the individual components⁴. This phenomenon is described as photo-augmentation. It is therefore strongly recommended that sunscreens should be prescribed which protect against both UVA and UVB.

CHART 1

Chemical groups of sunscreen agents and wavelength ranges absorbed

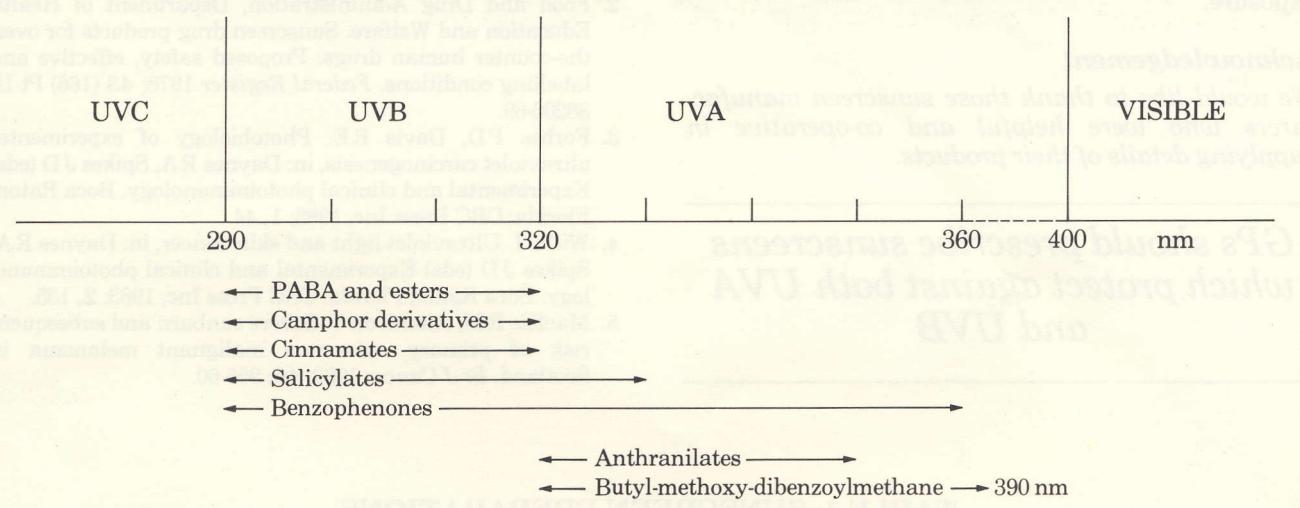


Chart 1 shows the chemical groups of sunscreen agents and the wavelength ranges absorbed by them.

Tables 1 and 2 provide detailed lists of sunscreen preparations which are available on the South African market.

The following products give protection against both UVA and UVB:

Ambre Solaire*	SPF 3-15
Annique	SPF 19
Avroy Schlain	SPF 6 & 20
Charles of the Ritz	SPF 22
Clarins	SPF 2-9
Clinique	SPF 10, 11 & 15
Elizabeth Arden	SPF 8 & 15
Every sun	SPF 16
Estee Lauder	SPF 4-12
Justine	SPF 10 & 30
Lancome	SPF 4 & 8
Nivea*	SPF 8 & 14
Payot	SPF 3-9
Piz Buin	SPF 2-24
Princess*	SPF 8
Roc	SPF 10 & 15
Sundown	SPF 15
Uvistat	SPF 5-10

* These products contain agents which are not FDA-approved.

If a sunscreen is required to be used in water then the following should be taken into account: according to the FDA regulations a "sweat-resistant" sunscreen will withstand 30 minutes of heavy sweating, a "water-resistant" product will withstand 40 minutes in water, and a "waterproof"

product will withstand 80 minutes in water, all with no reduction in SPF².

Below are products which give protection against UVA+UVB and which may be used in water:

- Some degree of water-resistance is implied in the package labelling of the following:
 - Estee Lauder Waterworld SPF 12
- Water-resistant (FDA definition):
 - Nivea SPF 8
 - Piz Buin SPF 2-24
 - Princess SPF 8
- Waterproof (FDA definition):
 - Sundown SPF 15

The combined effects of UVA and UVB radiation are greater than the sum of the damage caused by the individual components

For acne patients an oil-free lotion may be necessary in which case Clinique Oil-free lotions SPF 10 and 15 are available. They protect against UVA and UVB. Sundown lotion is also broad spectrum in its screening, non-comedogenic and waterproof as well as being reasonably priced.

Ideally, sunscreens should be used as a daily routine, particularly by those with skin types I to III, ie European and Mediterranean skin types. The earlier in life that sun protection starts the better. Basal cell and squamous cell carcinoma occurrence is related to the cumulative sun exposure experienced by the individual², whereas malignant

melanomas have been related to acute episodes of sun exposure⁵. A great deal still needs to be done to educate the public at large about the dangers of sun exposure.

Acknowledgement

We would like to thank those sunscreen manufacturers who were helpful and co-operative in supplying details of their products.

GPs should prescribe sunscreens which protect against both UVA and UVB

References

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TABLE 1: SUNSCREEN PREPARATIONS

Brand Name	Manufacturer	Active Ingredient	Concentration and Products	SPF	UV Wave-length filtered (nm)	Possible Adverse Effects
Ambre Solaire	Elebelle (Pty) Ltd	Benzophenone 3	1% { Lotion	3	UVB/A*	270-350
		Camphor derivative	2,5% {		?	?
		Benzophenone 3	1% {	5	UVB/A*	270-350
		Octyl methoxy cinnamate	1% { Lotion		UVB	280-320
		Camphor derivative	3,5% {		?	?
		Octyl methoxy cinnamate	5% {	15	UVB	280-320
		Butyl methoxy dibenzoyl methane	1% { Sunblock		UVA	320-390
		Camphor derivative	4% {		?	?
		Titanium dioxide	2% {		UVA/B**	X
Canyon Organics	Canyon Organics	Ethyl hexyl paramethoxy cinnamate	3% Lotion	4	UVB	280-320
		Ethyl hexyl paramethoxy cinnamate	(-) Moisturiser	2	UVB	280-320
EverySun	Richardson-Vicks	Ethyl hexyl paramethoxy cinnamate	2% Aqua sport	2	UVB	280-320
		Ethyl hexyl paramethoxy cinnamate	3% Aqua sport	3	UVB	280-320
		Ethyl hexyl paramethoxy cinnamate	6% Aqua sport	5	UVB	280-320
		Ethyl hexyl paramethoxy cinnamate	2% Milk	2	UVB	280-320
		Ethyl hexyl paramethoxy cinnamate	7,5% Milk	5	UVB	280-320
		Butyl methoxy dibenzoyl methane	2,5% { UV Blocker	16	UVA	320-390
		Ethyl hexyl paramethoxy cinnamate	3,5% {		UVB	280-320
Nivea	Smith & Nephew	Ethyl hexyl paramethoxy cinnamate	2,5% Oil	2	UVB	280-320
		Ethyl hexyl paramethoxy cinnamate	2% Water-resistant		UVB	280-320
		Methyl benzylidene camphor	1,5% Lotion	3	UVB	290-320 Not FDA-approved
		Ethyl hexyl paramethoxy cinnamate	1,3% Insect-resistant		Lotion	280-320 X
		Ethyl hexyl paramethoxy cinnamate	4% Coconut Lotion	3	UVB	280-320 X
		Ethyl hexyl paramethoxy cinnamate	4% Lotion	4	UVB	280-320 X
		Ethyl hexyl paramethoxy cinnamate	4,5% Water resistant	5	UVB	280-320 X
		Methyl benzylidene camphor	1,5% Lotion		UVB	290-320 Not FDA-approved
		Ethyl hexyl paramethoxy cinnamate	6,5% Water resistant	8	UVB	280-320 X
		Methyl benzylidene camphor	2% Lotion		UVB	290-320 Not FDA-approved
		Butyl methoxy dibenzoyl methane	1% Lotion		UVA	320-390
		Ethyl hexyl paramethoxy cinnamate	2,7% {		UVB	280-320 X
		Butyl methoxy dibenzoyl methane	0,5% { Sunblock	14	UVA	320-390
		Methyl benzylidene camphor	1% {		UVB	290-320 Not FDA-approved
		Phenyl benzimidazole 5 sulphonate acid	3,8% {		UVB	290-320 X
Pabina	SCS Pharmalab (Noristan)	Para amino benzoic acid	5%	(-)	UVB	290-320 Photosensitivity-dermatitis (its use in cosmetics is prohibited in some countries)

Table 1 - continued

Brand Name	Manufacturer	Active Ingredient	Concentration and Products	SPF	UV Wave-length filtered (nm)	Possible Adverse Effects
Piz Buin	Swisspharm (Pty) Ltd	Ethyl hexyl paramethoxy cinnamate	3,6% Lotion	4	UVB 280-320	X
		Butyl methoxy dibenzoyl methane	0,4% UVA		320-390	
		Ethyl hexyl paramethoxy cinnamate	4,5% Lotion	6	UVB 280-320	X
		Butyl methoxy dibenzoyl methane	0,8% UVA		320-390	
		Ethyl hexyl paramethoxy cinnamate	5,4% Lotion	8	UVB 280-320	X
		Butyl methoxy dibenzoyl methane	1,3% UVA		320-390	
		Ethyl hexyl paramethoxy cinnamate	5,4% Lotion	8	UVB 280-320	X
		Butyl methoxy dibenzoyl methane	1,3% (children) UVA		320-390	
		Ethyl hexyl paramethoxy cinnamate	7,2% Lotion	12	UVB 280-320	X
		Butyl methoxy dibenzoyl methane	1,5% UVA		320-390	
		Ethyl hexyl paramethoxy cinnamate	3,2% Cream	4	UVB 280-320	X
		Butyl methoxy dibenzoyl methane	0,4% UVA		320-390	
		Ethyl hexyl paramethoxy cinnamate	4,0% Cream	6	UVB 280-320	X
		Butyl methoxy dibenzoyl methane	0,8% UVA		320-390	
		Ethyl hexyl paramethoxy cinnamate	4,8% Cream	8	UVB 280-320	X
		Butyl methoxy dibenzoyl methane	1,3% UVA		320-390	
		Ethyl hexyl paramethoxy cinnamate	5,4% Cream	12	UVB 280-320	X
		Butyl methoxy dibenzoyl methane	1,3% UVA		320-390	
		Zinc oxide	5,4% UVA&B**			
		Ethyl hexyl paramethoxy cinnamate	6,0% Cream	12	UVB 280-320	X
		Butyl methoxy dibenzoyl methane	1,5% (allergy) UVA		320-390	
		Zinc oxide	(-) UVA&B**			
		Ethyl hexyl paramethoxy cinnamate	6,8% Sun block	24	UVB 280-320	X
		Butyl methoxy dibenzoyl methane	1,8% cream		UVA 320-390	
		Zinc oxide	5,0% UVA&B**			
		Titanium dioxide	1,8% UVA&B**			
		Ethyl hexyl paramethoxy cinnamate	1,0% Sun glamour	2	UVB 280-320	X
		Ethyl hexyl paramethoxy cinnamate	5,0% Stick	8	UVB 280-320	X
		Butyl methoxy dibenzoyl methane	1,5% UVA		320-390	
		Ethyl hexyl paramethoxy cinnamate	7,5% Combi/stick	15	UVB 280-320	X
		Butyl methoxy dibenzoyl methane	4,0% cream		UVA 320-390	
		Ethyl hexyl paramethoxy cinnamate	5,5% Combi/stick	15	UVB 280-320	X
		Butyl methoxy dibenzoyl methane	0,7% stick		UVA 320-390	
		Pigments	(-) UVA&B**			
		Ethyl hexyl paramethoxy cinnamate	1,3% Classic	2	UVB 280-320	X
		Butyl methoxy dibenzoyl methane	0,4% Brown lotion		UVA 320-390	
		Ethyl hexyl paramethoxy cinnamate	1,3% Classic	2	UVB 280-320	X
		Butyl methoxy dibenzoyl methane	0,4% Brown oil		UVA 320-390	
		Ethyl hexyl paramethoxy cinnamate	1,3% Classic	2	UVB 280-320	X
		Butyl methoxy dibenzoyl methane	0,4% Brown cream		UVA 320-390	
		Ethyl hexyl paramethoxy cinnamate	1,5% Classic	2	UVB 280-320	X
		Butyl methoxy dibenzoyl methane	0,5% Brown gel		UVA 320-390	
Princess		Ethyl hexyl paramethoxy cinnamate	2,5% Oil	2	UVB 280-320	X
		Ethyl hexyl paramethoxy cinnamate	4,5% Water resistant	5	UVB 280-320	X
		Methyl benzylidene camphor	1,5% Lotion		UVB 290-320	Not FDA-approved
		Ethyl hexyl paramethoxy cinnamate	6,5% Water resistant	8	UVB 280-320	X
		Methyl benzylidene camphor	2% Lotion		UVB 290-320	Not FDA-approved
Spectraban Stiefel Labs UK		Padimate	2,5% Lotion	4	UVB 290-320	Widespread photo-
		Padimate	2,5% Lotion	15	UVB 290-320	sensitivity and
		Para amino benzoic acid	5,0% UVB		290-320	contact dermatitis
Sundown Johnson & Johnson		Padimate 0	6,5% Water proof	15	UVB 290-315	X
		Benzophenone 3	3% Lotion		UVB/A* 270-350	X
		Padimate 0	7% Stick	15	UVB 290-315	X
		Benzophenone 3	3% UVB/A*		270-350	X
Tan Guard Propan Lipworth		Para amino benzoic acid	5% Lotion	(-)	UVB 290-320	Photosensitivity dermatitis (its use in cosmetics is prohibited in some countries)

Table 1 - continued

Brand Name	Manufacturer	Active Ingredient	Concentration and Products	SPF	UV Wave-length filtered (nm)	Possible Adverse Effects
Uvistat	Boehringer Ingelheim	Mexenone	4%	Cream	5	UVB/A*
		Mexenone	4% {	Water resistant cream	8	UVB/A* UVB
		Ethyl hexyl paramethoxy cinnamate	7,5% {	High protection cream	10	250-350 250-320
		Mexenone	4% {	UVB/A*	250-350	X
		Ethyl hexyl paramethoxy cinnamate	7,5% {	UVB	280-320	X
Uvistat-L		Mexenone	4%	(-)	UVB/A*	250-350
Uvitan	Boehringer Ingelheim	Para amino benzoic acid	1,65%	(-)	UVB	290-320
Vita Force	Pharma Natura	Para amino benzoic acid	5%	PABA 5000 Cream	(-)	UVB
Xeroderm	Van Dyk Pharmaceutical Products	Ethyl hexyl paramethoxy cinnamate Butyl methoxy dibenzoyl methane	7,5% { 2,0% {	Xeroderm	16	UVB UVA
					280-320 320-390	X

* UVB and part UVA

(-) Information not supplied by manufacturer

X Rare cases of photosensitivity occur

** Reflects UVA/B and some visible

X No adverse effects listed in references

TABLE 2: SUNSCREEN PRODUCTS FROM COSMETIC HOUSES

Brand Name	Manufacturer	Active Ingredient	Concentration and Products	SPF	UV Wave-length filtered (nm)	Possible Adverse Effects
Annique	Forever Young CC	Ethyl hexyl paramethoxy cinnamate	4%	Lotion	7	UVB
		Ethyl hexyl paramethoxy cinnamate	7,5% {	Sunblock	19	UVB
		Butyl methoxy dibenzoyl methane	3,0% {	Lotion		320-390
Avroy Schlain	Avroy Schlain Cosmetics	Padimate 0	8,0% {	Total sunblock	20	290-315
		Benzophenone 3	3,0% {	lotion		UVA&B 270-350
		Padimate 0	5,0% {	Tahlita Day cream	6	290-315
		Butyl methoxy dibenzoyl methane	2,0% {			320-390
Biotherm	Biotherm	Benzophenone 2	(-)	Antiwrinkle cream	2,4,6	UVB/A* 280-330
		(-)	(-)	Total Sun screen	15	?
		(-)	(-)	Sun tanning milk	2,4,6	?
		(-)	(-)	Stick for eyes and lips	8	?
Charles of the Ritz	Charles of the Ritz	Padimate 0	3,3%	Cream	6	UVB 290-315
		Padimate	3,6% {	Face cream	6	UVB 290-320
		Padimate	1,5% {	Low filter	3	UVB 290-320
		Padimate 0	7% {			Widespread photosensitivity and contact dermatitis
		Benzophenone 3	2,5% {	Ultra block	22	UVB 290-315
		Benzophenone 8	0,5% {			X
					UVB/A* 270-350	X
					UVA&B 300-380	

Table 2 - continued

Brand Name	Manufacturer	Active Ingredient	Concentration and Products	SPF	UV Wave-length filtered (nm)	Possible Adverse Effects
Clarins	Clarins	Ethyl hexyl paramethoxy cinnamate	(-) { Gel	2	UVB	280-320
		Benzophenone 3	(-) { UVB&A*	270-350		X
		Ethyl hexyl paramethoxy cinnamate	(-) { UVB	280-320		X
		Butyl methoxy dibenzoyl methane	(-) { Milk	3,5	UVA	320-390
		Phenyl benzimidazole 5 sulphonic acid	(-) { UVB	250-320		X
		Ethyl hexyl paramethoxy cinnamate	(-) { UVB	280-320		X
		Butyl methoxy dibenzoyl methane	(-) { Tinted milk	4,5	UVA	320-390
		Phenyl benzimidazole 5 sulphonic acid	(-) { UVB	250-320		X
		Ethyl hexyl paramethoxy cinnamate	(-) { UVB	280-320		X
		Butyl methoxy dibenzoyl methane	(-) { Total' screen	9	UVA	320-390
		Benzophenone 3	(-) { UVB	270-320		X
		Titanium Dioxide	(-) { UVA/B**			
		Ethyl hexyl paramethoxy cinnamate	(-) { Oil	2	UVB	280-320
		Butyl methoxy dibenzoyl methane	(-) { UVA	320-390		
		Ethyl hexyl paramethoxy cinnamate	(-) { Self-tanning	3,5	UVB	280-320
		Butyl methoxy dibenzoyl methane	(-) { milk		UVA	320-390
		Ethyl hexyl paramethoxy cinnamate	(-) { Wrinkle control	6	UVB	280-320
		Butyl methoxy dibenzoyl methane	(-) { cream		UVA	320-390
		Phenyl benzimidazole 5 sulphonic acid*	(-) { UVB			250-320
Clinique	Clinique	Padimate 0	1,5% { Suntan	(-)	UVB	290-315
		Benzophenone 4	0,5% { encourager			?
		Padimate 0	3% { Sunblock	8	UVB	290-315
		Benzophenone 4	2% { sunblock			?
		Padimate 0	7% { Oil-free	10	UVB	290-315
		Benzophenone 3	2% { sunblock		UVB/A*	270-350
		Padimate 0	7% { Oil-free	15	UVB	290-315
		Benzophenone 3	2,5% { sunblock		UVB/A*	270-350
		Ethyl hexyl paramethoxy cinnamate	2,5% { sunblock		UVB	280-320
		Padimate 0	5% { Sunblock	19	UVB	290-315
		Phenyl benzimidazole 5 sulphonic acid	5% { Sunblock		UVB	250-320
		Padimate 0	4,9% { Lip block	11	UVB	290-315
Elizabeth Arden	Elizabeth Arden	Benzophenone 3	2,1% { Lip block		UVB/A*	270-350
		Padimate 0	3% { Lotion	4	UVB	290-315
		Padimate 0	3% { Cream	8	UVB	290-315
		Benzophenone 3	2% { UVB/A*			270-350
		Padimate 0	8% { Cream	15	UVB/A*	270-350
		Benzophenone 3	3% { Cream			?
		Padimate 0	2% { Moisturiser	(-)	UVB	290-315
		Padimate 0	2% { Energising	(-)	UVB	290-315
Ellen Betrix	HM Betrix & Co Frankfurt Distributed in SA by Jethenil		extract			
			Sothing care	(-)	UVB	290-315
			make-up			X
		Methyl benzylidene camphor	3% { Waterproof jelly	2	UVB	290-320
		Methyl benzylidene camphor	6% { Stick	8	UVB	290-320
		Ethyl hexyl paramethoxy cinnamate	5% { Waterproof milk	3	UVB	280-320
		Padimate 0	8% { Waterproof milk	6	UVB	290-315
		Methyl benzylidene camphor	3% { Waterproof	6	UVB	290-320
		Ethyl hexyl paramethoxy cinnamate	3% { cream		UVB	280-320
		Padimate 0	4% { Waterproof	8	UVB	290-315
Estée Lauder	Estée Lauder	Ethyl hexyl paramethoxy cinnamate	4% { cream		UVB	280-320
		Ethyl hexyl paramethoxy cinnamate	2% { Quick Tan	2	UVB	280-320
		Ethyl hexyl paramethoxy cinnamate	2% { Quick Bronze	2	UVB	280-320
			(self-tan)			
			(self-tan)			
		Ethyl hexyl paramethoxy cinnamate	1,5% { Milk	2	UVB	280-320
		Benzophenone 4	0,1% { ?			X
		Ethyl hexyl paramethoxy cinnamate	3% { Lotion	4	UVB	280-320
		Benzophenone 3	(-) { UVB/A*	270-350		X
		Ethyl hexyl paramethoxy cinnamate	5% { Lipshield	10	UVB	280-320

Table 2 - continued

Brand Name	Manufacturer	Active Ingredient	Concentration and Products	SPF	UV Wave-length filtered (nm)	Possible Adverse Effects
Justine	Justine Cosmetics	Ethyl hexyl paramethoxy cinnamate	2,5% Just Tan	2 UVB	280-320	X
		Ethyl hexyl paramethoxy cinnamate	1,7% Just Tan Gel	2 UVB	280-320	X
		Ethyl hexyl paramethoxy cinnamate	4,0% Just Tan Lotion	4 UVB	280-320	X
		Ethyl hexyl paramethoxy cinnamate	4,0% Waterfast	4 UVB	280-320	X
		Ethyl hexyl paramethoxy cinnamate	7,5% Block Out cream	10 UVB	280-320	X
		Butyl methoxy dibenzoyl methane	3,0% Block Out balm	UVA	320-390	?
		Ethyl hexyl paramethoxy cinnamate	7,5% Block Out	10 UVB	280-320	X
		Butyl methoxy dibenzoyl methane	4,0% Ultra block	UVA	320-390	?
		Ethyl hexyl paramethoxy cinnamate	7,5% Ultra block	UVB	280-320	X
		Butyl methoxy dibenzoyl methane	2,0% Ultra block	30 UVA	320-390	?
		Benzophenone 3	4,5% UVB/A*	270-350		X
Lancôme	Lancôme	Ethyl hexyl paramethoxy cinnamate	2% Oil	2 UVB	280-320	X
		Ethyl hexyl paramethoxy cinnamate	2,5% Milk & anti-wrinkle cream	4 UVB	280-320	X
		Benzophenone 3	2% wrinkle cream	UVB/A*	270-350	X
		Ethyl hexyl paramethoxy cinnamate	7,5% Creme	8 UVB	280-320	X
		Benzophenone 3	3,5% Creme	UVB/A*	270-350	X
Payot	Laboratories Payot	Ethyl hexyl paramethoxy cinnamate	(-)	UVB	280-320	X
		Methyl benzylidene camphor	(-)	3-9 UVB	290-320	Not FDA-approved
		Butyl methoxy dibenzoyl methane	(-)	UVA	320-390	
Reeva	Reeva Forman Ltd	Ethyl hexyl paramethoxy cinnamate	2% Lotion	4 UVB	290-320	X
		Ethyl hexyl paramethoxy cinnamate	5% Lotion	10 UVB	290-320	X
Roc	Roc Internationale	A cinnamic ester	(-)	Lotion	2	?
		A cinnamic ester	(-)	Antiwrinkle	4	?
		Benzimidazole derivative	(-)	cream		?
		A cinnamic ester	(-)	Cream	4	?
		A cinnamic ester	(-)	Lotion	5	?
		A cinnamic ester	(-)	Lipscreen	5	?
		Zinc oxide	(-)		UVA/B**	X
		A cinnamic ester	(-)	Cream	8	?
		Zinc oxide	(-)	UVA/B**		X
		A cinnamic ester	(-)	Facial sunblock	10	?
		Zinc oxide	(-)	sunblock	UVA/B**	X
		A cinnamic ester	(-)	Invisible sunblock	15	?
		Benzimidazole derivative	(-)	cream	UVA	320-390
		Butyl methoxy dibenzoyl methane	(-)	Opaque	15	?
		A cinnamic ester	(-)	sunblock		?
		Mineral pigments	(-)			?

* UVB and part UVA

(-) Information not supplied by manufacturer

X Rare cases of photosensitivity occur

X No adverse effects listed in references

** UVA/B and some visible

? Wavelength range and possible adverse effects indeterminable

DILEMMAS IN PRIMÈRESORG



ALLERGIEPROBLEME IN KINDERSORG

ONLINE DE TEGENSTELLING VAN DE ONTDEKING VAN HET ALLERGIEPROBLEEM BIJ DE KLEINSTE. DE KLEINSTE ONDERZOEKERS VAN HET ALLERGIEPROBLEEM.



DILEMMAS IN PRIMÈRESORG



REKENAARS IN PRIMÈRESORG

ONLINE DE TEGENSTELLING VAN DE ONTDEKING VAN HET REKENAARSPROBLEEM BIJ DE KLEINSTE. DE KLEINSTE ONDERZOEKERS VAN HET REKENAARSPROBLEEM.

