HYPOALLERGENIC GUIDE

The Low-Allergen Home: a room-by-room guide

A free, original guide to bedding, jewellery, skin care and laundry choices when you react to things.

Hypoallergenic Guide Editorial · hypoallergenicguide.com · November 2026 edition. Independent, document-based research: we have not tested products ourselves, and nothing here is medical advice.

Hypoallergenic Guide Editorial | Hypoallergenic Guide | hypoallergenicguide.com

A free guide to bedding, jewellery, skin care and laundry choices when you react to things. Edition of 14 November 2026.

Before you start

This guide is built only from pages already published on hypoallergenicguide.com, which rest on regulator pages, certifier pages, standards-body pages and published study abstracts. Every source is listed in the last chapter.

- **We work from documents.** We have not tested any product and we do not own the products named. For products, we read the maker's own page and record what it says and when we read it.
- **This is not medical advice.** It cannot tell you what you react to. A dermatologist or allergist can diagnose the cause, usually with patch testing, and can tell you what to avoid.
- **No prices, no star ratings.** Products named here appear because we could read a specification for them.

Inside: 1. What "hypoallergenic" means. 2. Bedroom and bedding. 3. Jewellery and earrings. 4. Skin care and makeup. 5. Laundry. 6. Sources.

1. What "hypoallergenic" means

The short answer

"Hypoallergenic" is a marketing word. It is not a result, and it is not a promise that you will not react.

For cosmetics, the US Food and Drug Administration says hypoallergenic cosmetics are products manufacturers claim produce fewer allergic reactions than other cosmetics, that there are no Federal standards or definitions that govern the term, and that it "means whatever a particular company wants it to mean." Makers need not send FDA any substantiation. The FDA also says it has no list of approved cosmetic claims, that labelling must be truthful and not misleading, and that the Federal Trade Commission regulates advertising claims. So the word is undefined, not beyond challenge.

What we could and could not find

- **Cosmetics, EU:** Commission Regulation (EU) No 655/2013 requires claims to be supported by adequate and verifiable evidence. In the passages we read it does not define "hypoallergenic".
- **Bedding and jewellery:** we read no regulator or standards text that defines the word for these. We treat it as the maker's own description.
- **Research:** a 2018 systematic review (PMID 29671667) reports that "fragrance-free", "hypoallergenic", "non-comedogenic" and "oil-free" are not regulated by any governing body and provide varied clinical usefulness. A 2011 abstract (PMID 21504693) describes a "validated hypoallergenic" rating system that checks an ingredient list against a list of top patch-test allergens. Its own authors report fewer cosmetic reactions among users of high-rated products; we did not check whether independent studies agree, and it is not a legal standard. It shows a method: a defined allergen list applied to a defined ingredient list.

Similar-sounding phrases are not the same thing

- "Fragrance-free" describes an ingredient list. You can check it.
- "Nickel-free" is about one metal. We found no source that defines it as a jewellery label.
- "Allergy tested" and similar: the FDA page quotes a 1978 FDA Consumer article saying companies used such phrases to imply lower risk with no assurance that was true. That is history, not today's market.
- Certification marks (Asthma & Allergy Friendly, OEKO-TEX STANDARD 100, the National Eczema Association Seal of Acceptance) have criteria set by their own certifiers, and each covers something different.

How this site uses the word

Because the word proves nothing, we do not rely on it. Our published review criteria (version 1.2, effective 14 November 2026) let a product appear in one of two ways:

1. **Maker says hypoallergenic.** The maker's page uses the word and we can quote it. We report it as the maker's claim, never ours. The page must also give a specification we can read: an ingredient list for personal care, materials or a named certification for bedding, metal and finish for jewellery. No specification, no pick.

2. **Meets our criteria; the maker doesn't call it hypoallergenic.** The maker does not use the word, but the product meets every criterion for its category. We label it that way, give the reason and quote the maker's wording. A product that fails any criterion is removed.

Meeting a criterion is a statement about what a maker page shows, not about anyone's skin.

Evidence levels used in the tables below

Label	What it means
Maker page, read by our fetch	We retrieved the maker's page and confirmed the quote and specification on the stated date.
Maker page, captured in a browser	Our fetch was blocked, so the page was captured by hand in a browser on the stated date. We could not re-check it.

We do not check certificate numbers against certifiers' directories. Formulas and listings change after the date shown.

Drug-labelled products are left out. A product with a drug claim or drug labelling (an SPF claim, a Drug Facts panel, or an antibacterial or antiperspirant active claimed as such) is never recommended or ranked here. The FDA says cosmetic versus drug status turns on intended use, shown by labelling and advertising claims. That scope rule is our editorial choice, not a legal requirement.

Read a claim in 5 steps

1. **Name the speaker.** Is "hypoallergenic" the maker's word, or does a named certifier stand behind it? A bare word gives you nothing to check.
2. **Find the specification behind it.** The full ingredient list for the exact product; the named fabric, fill or certification; the named metal, its grade or karat, and a nickel statement.
3. **Compare it with what you already know you react to,** ideally from patch-test results. A claim cannot know your triggers; a list can be compared with them.
4. **Check what the mark covers.** A certification for harmful substances in fabric is not one for dust-mite allergen. A nickel-release limit is not a promise of no reaction. A karat stamp says how much is gold, not what the rest is.
5. **Note the date, and ask a clinician if you react.** If you react to something labelled hypoallergenic, stop using it and ask a dermatologist, allergist or an allergy or dermatology society.

2. Bedroom and bedding

The concern behind the word: dust mites

The US National Institute of Environmental Health Sciences (NIEHS) describes dust mites as microscopic pests that live in house dust and feed on shed skin flakes, in mattresses, bedding, upholstered furniture, carpets and curtains. Allergy UK says that in people allergic to mite it is often proteins in its droppings that cause symptoms, and that these keep causing symptoms after the mite has died. It also says a significant amount of exposure happens in bed.

What the health bodies suggest

- **Humidity:** at or below 50 percent (NIEHS); 30 to 50 percent (AAFA, US EPA).
- **Covers:** zippered allergen-barrier covers on mattress and pillows. AAFA describes material with "pores too small to let dust mites and their waste product through", and adds that mites can still live in bedding even when mattress and pillows are covered.
- **Hot washing:** weekly, bedding and blankets at 130 to 140 degrees Fahrenheit (NIEHS); 130 or more (AAFA, EPA). NIEHS says non-washable bedding can be frozen overnight. Many care labels forbid that heat, and we found no source that reconciles the two, so follow each label.
- **Vacuuming:** the EPA warns it can raise airborne mite allergen.
- **Aim:** "No matter how clean a home is, dust mites cannot be completely eliminated" (NIEHS). Reduce, not remove.

Do covers work? Mixed evidence

- A 2003 randomised placebo-controlled trial in adult asthmatics sensitised to mites (PMID 14656350): Der p 1 fell in both groups, final levels did not differ significantly, and there was no effect on peak flow or symptoms. The authors said impermeable bedding alone cannot be recommended for relieving asthma symptoms in that group.

- A 2002 trial in young children (PMID 12153962): less night cough in the second year of life with active covers (adjusted odds ratio 0.65; 95% CI 0.4 to 1.0), no effect on other respiratory symptoms, eczema or sensitisation.
- An 8-year follow-up of the PIAMA trial (PMID 22023655): covers reduced one mite allergen (Der f1) but only temporarily reduced asthma symptoms, and did not reduce hay fever, eczema or sensitisation.

Whether any of this is worth doing for you is a clinical question.

"Mite-proof" and pore size: one lab result

A 1999 laboratory study (PMID 9949312) pulled allergen-bearing dust across a variety of fabrics. It reports that mite allergens (Der f 1 and Der p 1) were blocked below detectable limits by fabrics under 10 micrometres in pore size, and that 6 micrometres or less blocked cat allergen. Airflow falls as pore size falls. Treat it as one study, not a standard. It is the only pore-size figure in our sources, the abstract says nothing about washing, seams or zips, and none of the mattress-protector maker pages we read repeats it. A 2004 study (PMID 15291905) found tightly woven and laminated fabrics controlled mite allergen, but laminated ones allowed no air through: a trade-off between blocking and breathability.

Feathers versus synthetic: older studies found more mite allergen in synthetic bedding

None of our sources names feathers or down as the usual bedding allergen. Two studies measured the main mite allergen, Der p 1, in dust from bedding:

- **1999 (PMID 10051721):** pairs of new synthetic and new feather pillows on 12 beds for 12 months. After a year, synthetic pillows held 19.28 micrograms of Der p 1 per gram of dust (95% CI 9.76 to 38.07) against 6.45 (2.96 to 14.05) for feather. Pillow levels followed the mattress underneath.
- **2002 (PMID 12033480):** 65 duvets, 81 pillows and 65 mattresses in 34 households. Synthetic pillows and duvets yielded significantly more Der p 1, about 7-fold and 15-fold. Mattresses were highest, and older mattresses higher still. The authors concluded that advising mite-sensitised people to choose synthetic bedding does not prevent exposure.

These are old, small studies that measured allergen in dust, not anyone's symptoms. They do not show feather is better for an allergic person. They show fill type did not track lower mite allergen there, and the mattress and surroundings mattered. For other fills: we found no readable mite-allergen study of memory foam or latex pillows; a Melbourne study (PMID 9058687) measured mattress coverings, not pillows (116 micrograms per gram on sheepskin, 113 on wool, 19 on cotton, 0.4 on impermeable encasements); and a separate 2019 cohort (PMID 31042573) linked down bedding to a lung condition, hypersensitivity pneumonitis, which is not a typical pillow allergy.

What certifications and labels do and do not tell you

Asthma & Allergy Friendly (Allergy Standards Limited, with AAFA as US partner), as the program describes itself:

- Products are tested by an accredited independent lab, not the manufacturer; 46 standards across 17 categories; AAFA's Medical Scientific Council reviews each standard.
- It is not a bedding-only mark: floors, paint, insulation and air equipment are certified too.
- For most bedding items the principles are an effective allergen barrier, removable surface allergen, durability to cleaning, breathability, and no chemicals known to trigger reactions above certification levels.
- Sheets and duvet covers are described as not sufficient barriers alone; they can be certified when used with a certified encasement. A mark on a sheet is a statement about a pairing.
- The pages we read give no numeric limits for bedding, so we cannot say what pore size it requires. We did not search its product directory.

OEKO-TEX STANDARD 100, per OEKO-TEX: a label for textiles tested for harmful substances, with every thread and button tested against over 1,000 substances. Stricter limits apply the closer the skin contact: Class I babies and children to 3 (strictest), Class II direct skin contact (bed linen is the example), Class III no direct contact, Class IV home textiles such as curtains. It calls the certified article "harmless to human health", the certifier's own wording about chemical testing. The page does not mention dust mites or allergy outcomes. It is a textile chemistry label, not a mite-allergen label.

Thread count. None of our sources connects thread count with allergy; mite-allergen research describes fabric by pore size and material.

The bare word. The Asthma & Allergy Friendly program's own site says generic "hypoallergenic" claims have no legal definition.

Products we checked, by category

Each entry is a maker's page we read. None is presented as suitable for any particular person, and none is a claim that the item blocks mite allergen.

Mattress protectors

Product	Route and what the page states	Evidence
Avocado Green Mattress Organic Waterproof Mattress Protector	Meets our criteria; the maker doesn't call it hypoallergenic. Names GOTS organic certification (CU863637) and OEKO-TEX STANDARD 100 certificate 24.HUS.86422, as the page states them.	Read by our fetch, 13 Nov 2026
Parachute Cotton Mattress Protector	Meets our criteria; the maker doesn't call it hypoallergenic. 100% cotton fabric and fill, an OEKO-TEX STANDARD 100 number; the maker says it is not waterproof.	Browser capture, 13 Nov 2026
Coop Home Goods Ultra-Tech Waterproof Mattress Protector	Meets our criteria; the maker doesn't call it hypoallergenic. Says every component is OEKO-TEX STANDARD 100 certified; no certificate number shown.	Browser capture, 13 Nov 2026

Sheets

Product	Route and what the page states	Evidence
Parachute Percale Sheet Set	Meets our criteria; the maker doesn't call it hypoallergenic. 100% long-staple Egyptian cotton, percale, with an OEKO-TEX STANDARD 100 statement.	Browser capture, 13 Nov 2026
Brooklinen Luxe Sateen Sheet Set	Meets our criteria; the maker doesn't call it hypoallergenic. "100% Long-Staple Cotton, 495 thread count", sateen.	Browser capture, 14 Nov 2026

Pillows

Product	Route and what the page states	Evidence
Boll & Branch Down Alternative Pillow	Maker says hypoallergenic ("a hypoallergenic PrimaLoft pillow with a 100% organic cotton shell"); OCS and OEKO-TEX STANDARD 100 statements.	Read by our fetch, 13 Nov 2026
Parachute Down Alternative Pillow	Meets our criteria; the maker doesn't call it hypoallergenic. Names OEKO-TEX STANDARD 100 certificate 21.HUS.61798; fill and shell stated.	Browser capture, 13 Nov 2026
Buffy Cloud Pillow	Meets our criteria; the maker doesn't call it hypoallergenic. Names OEKO-TEX STANDARD 100 Class I; fill and shell stated.	Browser capture, 13 Nov 2026
Utopia Bedding Premium Bed Pillows	Meets our criteria; the maker doesn't call it hypoallergenic. Names OEKO-TEX Standard 100 (no number shown); hollow fiber fill, polycotton.	Browser capture, 13 Nov 2026

3. Jewellery and earrings

What the word usually stands for

On jewellery the claim is almost always about nickel. DermNet calls nickel allergy one of the most common causes of contact allergic dermatitis, with earlobes, wrists (watch straps) and lower abdomen (jeans studs) the usual sites. It says the allergy can develop at any age, often lasts for life, and varies: some people react to brief contact, others only after years. Diagnosis rests on history and patch testing. A "hypoallergenic" listing typically implies "low in nickel", but the word does not say so, and some makers add a separate "nickel-free" line while others do not.

What rules exist

- **United States.** The Consumer Product Safety Commission says there are no mandatory federal requirements specifically for jewellery, and points to voluntary standards ASTM F2999 (adult) and ASTM F2923 (children's). The excerpt we read does not mention nickel. We did not search state law.
- **European Union.** REACH Annex XVII entry 27 restricts nickel in post assemblies inserted into pierced ears unless release is below 0.2 micrograms per square centimetre per week; in parts in direct and prolonged skin contact if release exceeds 0.5; and in coated articles unless the coating keeps release at or below 0.5 for at least two years of normal use.

The EU limits are about release, not the percentage of nickel in an alloy, so a metal name alone does not settle compliance. If a listing says "EU nickel compliant", the documents we read give no way to check it: treat it as the seller's statement and ask for the test method and result.

Meeting a limit is not a promise. A 1996 review (PMID 9007370) says 0.5 is a level below which a minority of nickel-allergic people will react, and that it does not hold for every nickel-sensitive person. A 1996 patch-test study of 100 nickel-sensitive people (PMID 8746329) found nickel interliners under gold, silver or chromium plating, nickel-silver and "some white-gold alloys" caused reactions, while three non-plated stainless-steel alloys did not.

Metal by metal

Titanium. Makers cite ASTM F-67 (one maker calls it pure, unalloyed titanium) or F-136 (the same maker calls it implant-grade). Those are makers' descriptions; we saw no certificate behind any. The ASTM and ISO pages were blocked, so we cannot say what the standards specify. "Implant-grade" or "medical-grade" alone names no standard, and we found no legal meaning for either. Titanium is not a promise: a 2022 review lists nickel, chromium and cobalt as the most common metal allergens while "gold, palladium, titanium, and some others have also attracted attention", and a 2019 review notes Nitinol is a nickel-titanium composite, so the word alone does not show nickel is absent. A gold colour on titanium is usually a coating; makers we read name titanium nitride PVD or titanium PVD plating.

Stainless steel and "surgical steel". "316L" is a grade a buyer can ask about; "surgical steel" is a phrase, and we found no standard or regulator page that defines it. A 1997 abstract describes 316L as 10 to 14 weight percent nickel, but a 2022 review says the steel's surface oxide limits release and that release, not bulk composition, is what matters. A 1994 study (PMID 7842681) found nickel-plated samples released about 100 micrograms per square centimetre per week against less than 0.03 for low-sulfur stainless steels, which elicited no patch-test reactions. It is not tidy: a 1994 report describes a patient with contact dermatitis from stainless steel, and a 2024 study reports electroplating can induce nickel release "even from 316L".

Gold. DermNet gives 24 karat as 99.9% gold, 18 karat 75%, 12 karat 50% and nine karat 37.5%; we found no readable figures for 10 or 14. A karat stamp says how much is gold, not what the rest is. DermNet says yellow gold may be alloyed with silver and copper while white gold is usually alloyed with nickel and often rhodium-plated, which wears off over months or years. Its rule of thumb is stainless steel, at least 18 karat gold, sterling silver or polycarbonate; that is attributed guidance, not a standard, and we found no data on reaction rates by karat. Some people also react to gold itself.

Plated, filled and vermeil. The FTC Jewelry Guides (16 CFR Part 23) define the terms differently:

Term	What is measured	Figure in the Guides
Gold plated (electroplate)	Thickness, reasonable durability	0.175 microns of fine gold; 2 1/2 microns for "heavy"
Gold filled	Share of article weight	At least 1/20th
Vermeil	Sterling silver base plus gold layer	2 1/2 microns of fine gold

None of these terms says what lies under the gold, apart from vermeil's sterling silver base. Our site also covers sterling silver (the stamp gives silver purity, not the other metals), niobium (one reference calls it hypoallergenic; we found no study of niobium jewellery), platinum, palladium and rhodium plating.

Spot tests

The home dimethylglyoxime (DMG) test asks whether nickel is present, not whether it is released onto skin. In a 2010 comparison of 96 earring components it had sensitivity 59.3% and specificity 97.5% against the lab method (EN 1811): a positive is informative; a negative leaves the question open.

Products we checked, by category

A jewellery pick needs the maker's page to name the metal, give a grade where one is claimed, and make a nickel statement. Plated items can wear through; we say so only where the maker's page does.

Earrings

Product	Route and what the page states	Evidence
Blomdahl USA Silver Titanium Star Earrings	Maker says hypoallergenic. "Pure Medical Grade Titanium ASTM-F67" for earring and back; no coating on natural titanium styles.	Browser capture, 13 Nov 2026
Impuria Titanium Cartilage Earring, Beaded Cluster (16G)	Maker says hypoallergenic. F-136 titanium, internally threaded; the gold colour is described as titanium PVD plating.	Read by our fetch, 13 Nov 2026
Tini Lux Mini Bar Stud Earrings (gold colour)	Maker says hypoallergenic. ASTM F-67 titanium base with a titanium nitride PVD gold colour.	Browser capture, 13 Nov 2026

Product	Route and what the page states	Evidence
Grayling Weightless Medium Hoops	Meets our criteria; the maker doesn't call it hypoallergenic. Names 14 karat gold-filled or .925 sterling silver wire and states "100% nickel-free".	Browser capture, 13 Nov 2026
Pierced Co Segmented Huggies	Maker says hypoallergenic. Stainless steel, 18K gold plated; lead and nickel free stated, no numeric steel grade; the gold is plating and can wear.	Browser capture, 13 Nov 2026

Carry two points from the table. A titanium listing that gives a grade gives you something to check; one that says only "implant-grade" does not, and two earrings were left out of our titanium roundup for that reason. And several pages carry a coating on a titanium or steel base, so ask what touches skin once the coating wears.

4. Skin care and makeup

Start with the list, not the badge

The FDA says the ingredient list now required on cosmetics can help you judge whether there is any significant difference between "hypoallergenic" products and competitors. The list carries the information; the word does not.

What to look for on a maker's page for the exact product:

- **The exact claim wording.** "Hypoallergenic", "allergy tested", "ophthalmologist tested" and "fragrance free" are different statements. Only the last describes the list, and you can check it.
- **Fragrance-type entries.** Fragrance, parfum, aroma, perfume, essential oils. Our criteria also check a watch list of common fragrance-allergen names (for example linalool, limonene, citronellol, geraniol, coumarin, eugenol, citral, farnesol, cinnamal, benzyl salicylate, hydroxycitronellal).
- **Preservatives.** Our criteria check methylisothiazolinone, methylchloroisothiazolinone, formaldehyde and formaldehyde releasers (for example DMDM hydantoin, imidazolidinyl urea, diazolidinyl urea, quaternium-15, bronopol, sodium hydroxymethylglycinate).
- **Plant extracts, nut and seed oils, colorants and actives.** Not fragrance entries, but they may matter if you avoid them. We report presence only.
- **Shades and sizes.** Several makeup pages show one list for many shades; your shade may differ.

What passing our criteria means

The watch lists are our own working lists of common contact-allergen names, not a regulator's. Passing means none of those names appears on the maker's list as retrieved on the stated date. It does not mean a product suits any person, and formulas change. Claims and lists can disagree: one moisturizer page records a cream with "Fragrance free" and "Hypoallergenic" wording whose list includes benzyl alcohol, a named fragrance allergen. That is why we say to read the list.

A 1993 review concluded that nickel, cobalt and chromium in personal care and cleaning products were a relatively minor source of contact for sensitised people compared with earrings, jewellery and metal objects.

Sunscreens, antiperspirants and antibacterial soaps with a drug claim are excluded (see the page "Why drug-labelled products are excluded").

Products we checked, by category

Moisturizers and lotions

Product	Route and what the record shows	Evidence
Dove Fragrance Free Moisture Hypoallergenic Lotion	Maker says hypoallergenic ("pediatrician-tested, fragrance-free hypoallergenic lotion"). No plant extracts in the list; contains titanium dioxide.	Read by our fetch, 13 Nov 2026
Cetaphil Daily Hydrating Lotion	Maker says hypoallergenic ("Fragrance free Paraben free Oil free Hypoallergenic"). Sixteen entries, no plant oils or extracts.	Read by our fetch, 13 Nov 2026
CeraVe Daily Moisturizing Lotion	Meets our criteria; the maker doesn't call it hypoallergenic. List shows no fragrance entry, no watch-list allergen names, no watch-list preservatives; twenty-five entries including three ceramides.	Read by our fetch, 11 Nov 2026

Product	Route and what the record shows	Evidence
Clinique Dramatically Different Moisturizing Lotion+	Meets our criteria; the maker doesn't call it hypoallergenic. Maker says "Allergy tested Fragrance free"; the list includes mineral oil.	Read by our fetch, 13 Nov 2026
La Roche-Posay Toleriane Double Repair Face Moisturizer	Meets our criteria; the maker doesn't call it hypoallergenic. List pairs squalane and ceramide NP with niacinamide.	Browser capture, 13 Nov 2026

Makeup

Product	Route and what the record shows	Evidence
Almay Ageless Smart Shade Foundation	Maker says hypoallergenic. Silicone-led list with no fragrance entry; shade varies; no size stated.	Browser capture, 13 Nov 2026
Almay Skin Perfecting Comfort Concealer	Maker says hypoallergenic. No fragrance entry; the list includes a UV filter and nano zinc oxide, but the page makes no SPF claim, so it is treated as an ordinary cosmetic. Eight shades, one list shown.	Read by our fetch, 14 Nov 2026
Clinique Even Better All-Over Liquid Concealer + Eraser	Meets our criteria; the maker doesn't call it hypoallergenic. Page row reads "Allergy tested Fragrance free"; the list includes a plant extract and salicylic acid, flagged by our record.	Read by our fetch, 13 Nov 2026
Neutrogena Healthy Skin Sensitive Skin Serum Foundation	Meets our criteria; the maker doesn't call it hypoallergenic. Maker names it non-comedogenic and fragrance-free.	Read by our fetch, 13 Nov 2026

The maker's claims are the maker's, not ours, and none of these is presented as suitable for anyone in particular.

5. Laundry

Bedding first: heat

The one laundry instruction we found a source for is NIEHS: wash all bedding and blankets weekly in hot water, 130 to 140 degrees Fahrenheit, "to kill dust mites", and freeze what cannot be washed. It is guidance, not a trial result, and care labels come first. We found no source on rinse settings, dryer temperatures, water hardness or softeners, and read no wash-temperature trial.

What dermatology evidence says about detergent

A 2025 letter, "Hypersensitivity Reaction to Detergents - A Myth or Reality?" (PMID 41178659), reviews earlier work. Per its abstract:

- Detergents are often suspected, but "only a very small percentage of cases is actually linked to these products". One older study found 26% of 3,841 patients with skin changes believed detergent was the cause.
- Laundry products contain possible triggers: surfactants, bleaches, and additives such as fragrances, enzymes, dyes and preservatives (including methylisothiazolinone).
- The presence of an allergen is "in most cases not sufficient" to identify it as the cause; concentration, application and residue after washing matter.
- In a patch test of 36 fragrance-sensitised people, only 2 had a mildly positive reaction, at concentrations 20 times higher than residue on washed clothing. A study of over 700 patients with a 14-day wear test concluded detergent could have been the cause in less than 0.7%.
- The authors conclude residues on machine-washed clothes are "not clinically significant, even in individuals with very sensitive skin"; for skin changes confined to clothed, high-friction areas, the clothing material is more likely than residue to be responsible.

Two cautions: this is an abstract of a letter, so we cannot see how each cited study was done; and it describes averages. A person already sensitised to a particular ingredient should ask a clinician.

Choose by reading the list

We treat detergent as list reading, not badge hunting. The FDA page on the word covers cosmetics, not laundry, so on a detergent we treat "hypoallergenic" as the maker's own. Our laundry criteria apply the personal-care tests to the maker's list for that exact product and size: no fragrance entry, no watch-list fragrance allergens, no watch-list

preservatives. Dyes, brighteners and enzymes are reported but are not disqualifiers unless on a watch list. An empty "Fragrance Ingredient" heading on a SmartLabel-style page is read as an empty heading, not an ingredient.

The certification route differs. The Asthma & Allergy Friendly detergent standard (ASP:09-04/101), per the certifier, includes allergen removal, mite removal and resurgence, a review of constituents, VOC emissions, and residual chemicals on fabric after washing. It tests what the detergent does to laundry. We did not search its directory.

Fabric softener and dryer sheets are optional: none of our sources recommends them for allergy purposes or says they cause harm. If you use one, check its list the same way.

A simple routine

1. Wash bedding weekly at the NIEHS temperature where the label allows; freeze what cannot be washed.
2. Pick one detergent with a short, readable list you can compare with your known triggers.
3. Skip softener and dryer sheets unless you have a reason; read their lists if you add them.
4. Keep humidity and covers in view. Laundry alone does not eliminate mites.

Products we checked, by category

Product	Route and what the record shows	Evidence
ECOS Laundry Detergent Sheets, Free & Clear	Maker says hypoallergenic ("Hypoallergenic Good for those with sensitive skin"). The 15-entry list has no fragrance entry and no isothiazolinone preservative; it includes phenoxyethanol and a protease enzyme blend.	Read by our fetch, 14 Nov 2026
Tide Free & Gentle Liquid Laundry Detergent (32 fl oz)	Maker says hypoallergenic ("Free of dyes and perfumes Hypoallergenic"). The 14-entry SmartLabel list has no fragrance entry.	Browser capture, 13 Nov 2026
Seventh Generation Liquid Fabric Softener, Free & Clear	Meets our criteria; the maker doesn't call it hypoallergenic. Six-entry list; no fragrance entry.	Read by our fetch, 13 Nov 2026
Seventh Generation Fabric Softener Sheets, Free & Clear	Meets our criteria; the maker doesn't call it hypoallergenic. Three-entry coating list plus a rayon sheet; no fragrance entry.	Read by our fetch, 13 Nov 2026

Our detergent roundup also records a product whose maker claims "Hypoallergenic" and "without added dyes or fragrances" yet whose six-entry list includes methylisothiazolinone, a known contact allergen. That is the reason to read the list.

What this guide cannot do

- **Documents only.** We have not tested any product, do not own the products named, and did not check any certificate number with its certifier.
- **Not medical advice.** We cannot diagnose a reaction or say that any product, metal, fabric or certification will suit you. Diagnosis of allergy and contact dermatitis belongs with a dermatologist or allergist.
- **Dated, with gaps.** Many studies cited are old or small, and we read abstracts, not full papers. Maker pages and formulas change; the dates shown are the dates we read them.
- **If you react,** stop using the product and see a dermatologist, an allergist, or an allergy or dermatology society.

6. Sources

Pages on hypoallergenicguide.com relied on

- What does hypoallergenic mean? (/guide/what-does-hypoallergenic-mean/)
- What is hypoallergenic jewelry? (/guide/what-is-hypoallergenic-jewelry/)
- Nickel allergy and jewelry (/guide/nickel-allergy-jewelry/)
- EU nickel directive and jewelry (/guide/eu-nickel-directive-jewelry/)
- How nickel release is tested (/guide/nickel-spot-test-jewelry/)
- Titanium grades for jewelry (/guide/titanium-grades-for-jewelry/)
- What is surgical steel 316L? (/guide/what-is-surgical-steel-316l/)
- 14k gold and nickel allergy (/guide/14k-gold-nickel-allergy/)
- Gold plated vs gold filled vs vermeil (/guide/gold-plated-vs-gold-filled-vs-vermeil/)

- Dust mites and bedding allergy (/guide/dust-mites-bedding-allergy-cause/)
- Dust-mite-proof mattress covers and pore size (/guide/dust-mite-proof-mattress-cover-pore-size/)
- Asthma and Allergy Friendly certification (/guide/asthma-and-allergy-friendly-certification/)
- Reading an allergy-certified bedding label (/guide/allergy-certified-bedding-label/)
- OEKO-TEX STANDARD 100 (/guide/oeko-tex-standard-100-meaning/)
- Pillow fill types compared (/guide/pillow-fill-types-compared/)
- Thread count and allergies (/guide/thread-count-and-allergies/)
- Hypoallergenic laundry routine (/guide/hypoallergenic-laundry-routine/)
- Why drug-labelled products are excluded (/guide/why-drug-labelled-products-are-excluded/)
- Roundups: earrings, jewelry, bedding, mattress protectors, sheets, pillows, moisturizer, makeup, laundry detergent
- Review criteria, version 1.2 (/review-criteria/)

All site paths are on hypoallergenicguide.com.

Primary sources named in those pages

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Product details come from the maker pages in each table, read or captured on the dates shown. No product is named without a record on the site.

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