

SALICYLATE QUICK REFERENCE GUIDE and SCREENING TEST

Salicylates are produced by plants. You must not put them on your skin.

There are some salicylate-free plant parts. **CROWS** is an easy way to remember these **salicylate-free** plant parts: **C**orn, **R**ice, **R**ye, **O**ats, **W**heat, **S**oy. These are seeds or grains that do **not** contain salicylates. You need to avoid all oils, gels and extracts with a plant name **EXCEPT** if the name is **Corn, Rice, Rye, Oats, Wheat, or Soy.**

Not all parts of all plants produce salicylates. These grains do not. But you still have to avoid the plants they grow on: Wheat **grass**, for example IS a blocker, but wheat **germ** oil isn't. Thus if an oil comes from the grain and **ONLY** the grain of corn, rice, rye, wheat, oats, or soy it is OK.

- Look for OILS, GELS or EXTRACTS containing a plant name. You **CAN'T** use them.
- Look for SALICYLATE, SALICYLIC ACID or OCTISALATE/HOMOSALATE. You **CAN'T** use them.
- Anything with a number is a chemical, and it is ok. You **CAN** use it.
- Anything with a mineral like sodium, chloride, etc. is ok. You **CAN** use it.
- Fragrance is a chemical. You **CAN** use it.

This is another simple screening test for salicylates. It may screen out some ingredients that are innocent, but definitely will not let any salicylates in.

1. Do the ingredients have any plant names or the word "extract" in them? (The answer should be "no")
2. Do any of the ingredients have the syllable "sal" in them? (The answer should be "no")
3. Are the ingredient names long and hard to pronounce words that you would not use in normal conversation? Do some of them even have numbers in them? (The answer should be "yes")

All of the following may contain salicylates so check them carefully: Acne products, dandruff shampoos, bubble baths, cosmetics, gums, shampoos, conditioners, sprays, lipsticks, lotions, lozenges, muscle pain creams, razors with aloe strips, skin cleansers or exfoliates. Herbal medications such as ginseng, St. John's wort, ginkgo biloba, saw palmetto, blue-green algae, Echinacea, or Noni juice. (Note: Xango juice does not block guaifenesin. It contains only fruit juices.)

- Make sure products don't contain plants, herbs, extracts.
- No words or syllables with "sal" in them.
- Check for aloe, menthol, extracts, castor oil.
- In deodorant - check for castor oil.
- In lotions - look for aloe, other herbals.
- In hair products - look for chamomile, lavender, herbals, aloe.
- Toothpaste and dental floss - make sure it doesn't have mint.
- In makeup - look for castor oil, other plants.
- Shaving cream - check for plant derivatives such as aloe, mint or menthol.
- Sunscreen - check for oxyl-salicylate, homosalate, aloe.
- No medicated creams, like Ben-Gay, Noxzema, Blistex, balms and lotions such as Myoflex, Zostrix (Capsaicin or capsicum)
- If it feels cool or if it burns, it probably contains menthol.
- No mint candies or chewing gum.
- If it is a chemical it is okay unless it has "sal" in it.
- No lipsticks with aloe, camphor or castor oils.
- Be suspicious of anything that says "natural" and read carefully for any mention of flowers, plants, etc.
- In Toners, no witch hazel.
- Vitamins such as C or E that are derived from Rose Hips or contain bioflavonoids, or added herbs such as alfalfa, parsley.
- Toilet paper and tissues may have aloe.
- No Pain products labeled salicylate or salicylic acid such as aspirin, Salsalate, Disalcid, Anacin, Excedrin.
- No medications such as Alka Seltzer or Urised.
- Use waterproof gloves when gardening. Use gloves for chores utilizing Pinesol, Lemon Oil, Etc.
- No Bubble baths and lotions with essential oils or plant parts such as aloe, cucumber, lavender; almond or grape seed oils, etc.
- No lozenges with menthol, mint, peppermint or spearmint
- No wart or callus removers (sal-acid plasters)

REMEMBER - Plants should **NOT** be used in products that get applied to your skin. They should **NOT** be ingested in the form of HIGHLY CONCENTRATED HERBAL MEDICINES. The non-concentrated plants that are used as food CAN be eaten. The eaten salicylates, if not concentrated, will be glycinated by the liver and eliminated in your digestive system and will not block the effectiveness of guaifenesin.