



The Oxalates & Salicylates Foods & Substances Lists

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Oxalates are naturally occurring chemicals in plants (and some animal foods) that bind with minerals in the body, such as magnesium, potassium, calcium, and sodium, creating oxalate salts. Most of these salts are soluble and pass quickly out of the body. However, oxalates that bind with calcium are practically insoluble, and these crystals solidify in the kidneys, producing kidney stones or in the urinary tract, causing pain and irritation. Oxalates, as far as research has suggested thus far, are not used in manufacturing products.

Salicylates are also naturally occurring chemicals found in plants that protect the plant from being eaten by insects or attacked by a disease. They are more prevalent in raw food and pose problems, especially for Americans, as commercial plant foods are often picked way too early. Although poisonous, salicylates are usually tolerated when ingested in small amounts, but when ingested too frequently, they can cause a wide range of symptoms.

Salicylates are used to make commercially prepared food products, personal hygiene products such as toothpaste, lotions, soaps, and cosmetics, and drugs such as *Aspirin*, which is derived from the chemical itself.

Oxalates and salicylates can cause kidney stones, tinnitus, fibromyalgia, chronic fatigue, irritable bladder, vulvodynia, depression, panic attacks, headaches, skin rashes, and chronic pain conditions. Why? As mentioned, they cause sharp crystals to develop and can also trigger the release of histamine in the body.

Symptoms of Oxalate & Salicylate Sensitivity & Toxicity

Oxalate Sensitivity & Toxicity Symptoms Only

General – Burning, tingling, or numb hands or feet, cold hands or feet, sensitive teeth and gums, burning lips, popping jaws, calcium deposits on the cornea, vomiting

Genital - Inflammation, red or purple sores or bumps, white patches or red spots, stabbing or stinging pains, pain that is not visible, cut-like splits in skin, clitoral pain(or penile pain in men), pain around the vaginal opening, painful intercourse, pain when touching the vagina or upon pulling the vaginal hair, and internal pelvic pain or soreness, rectal burning, pain, itching, spasm, redness, irritation, bleeding from fine tears, burning discharge, bladder infections, concentrated or pungent urine, and chronic interstitial cystitis

Urinary - Urine that squeezes out in drops rather than a flow, urethra pain that increases while sitting on pressure points

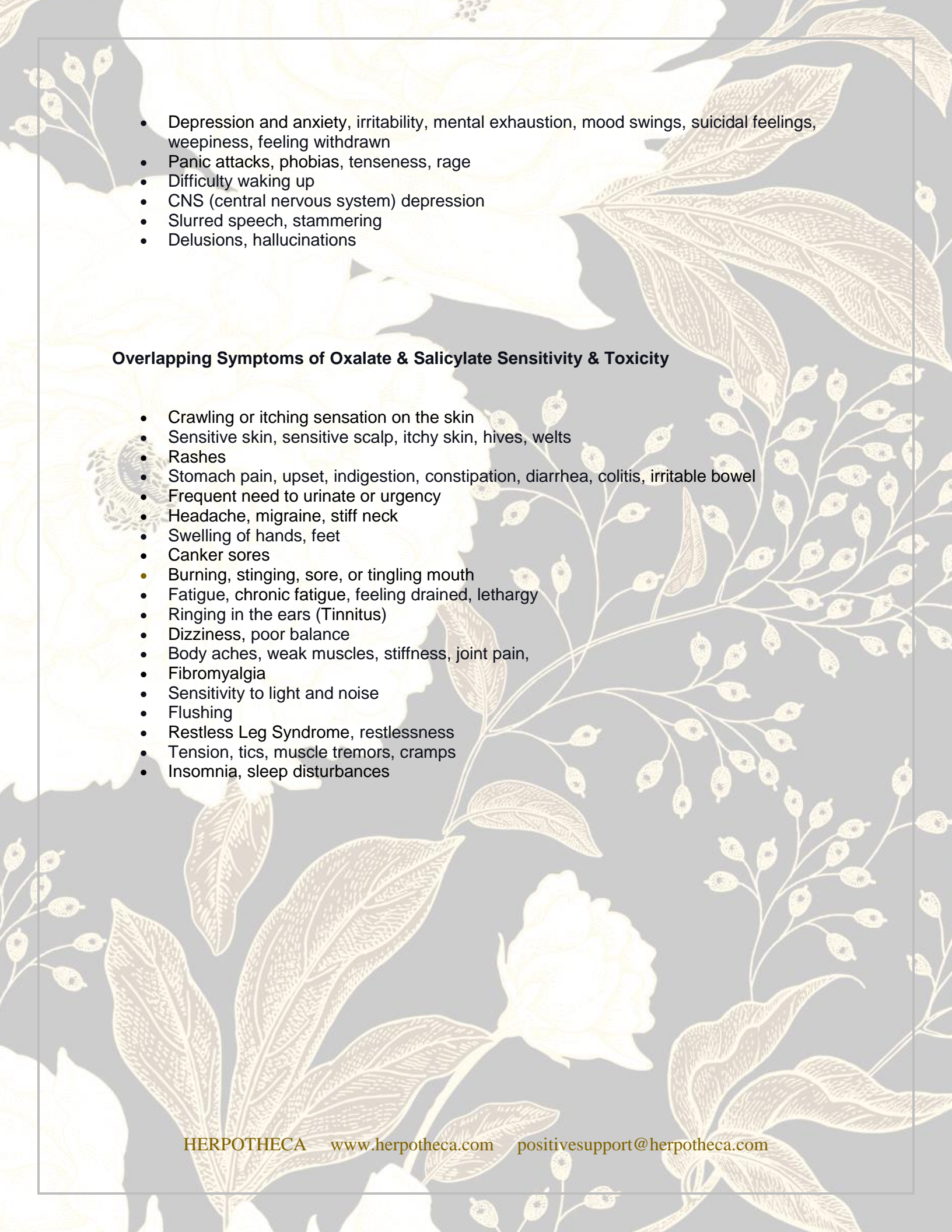
Skin – Sensitive skin in general, pain when you tug on your hair, commercial products make you itch, burn (or turn red), or sunburn easily.

Salicylate Sensitivity & Toxicity Symptoms *Only*

- Anaphylaxis (rare), blackouts
- Dizziness, poor balance, vertigo
- Blurry vision
- Ringing in the ears (Tinnitus)
- Recurring ear infections
- Addictions, food cravings, constant hunger, excessive thirst
- Weight problems
- Difficulty swallowing, stomach pain, nausea, upset, bloating
- Gallbladder issues
- Breast pain, menstrual problems (including PMS)
- Blood sugar problems
- Palpitations, racing pulse, high or low blood pressure, temperature fluctuation
- Asthma, breathing difficulties, wheezing, persistent cough
- Swelling of eyelids, styes, sore, watery, gritty, puffy eyes, face, or lips
- Sinusitis, congestion, nasal polyps
- Chronic sweating, heavy body odor
- Bedwetting
- Ulcers in the mouth or hot, red rash around the mouth, bad breath, coated tongue, thrush, metallic taste
- Changes in skin color or discolorations
- Acne
- Eczema
- Athlete's Foot

Mental & Behavior Symptoms of Salicylate Sensitivity & Toxicity *Only*

- ADD/ADHD, restlessness, poor learning, cognitive and perceptual disorders
- Math, reading, and spelling problems, changes in handwriting, dyslexia
- Hearing without comprehension, slow to process information
- Behavioral problems, indifference
- Hyperactivity, accident-prone, clumsiness, fidgeting
- Poor concentration and memory problems, brain fog, blankness, confusion, an unreal or detached feeling, disorientation, can't think straight, without perspective

- 
- Depression and anxiety, irritability, mental exhaustion, mood swings, suicidal feelings, weepiness, feeling withdrawn
 - Panic attacks, phobias, tenseness, rage
 - Difficulty waking up
 - CNS (central nervous system) depression
 - Slurred speech, stammering
 - Delusions, hallucinations

Overlapping Symptoms of Oxalate & Salicylate Sensitivity & Toxicity

- Crawling or itching sensation on the skin
- Sensitive skin, sensitive scalp, itchy skin, hives, welts
- Rashes
- Stomach pain, upset, indigestion, constipation, diarrhea, colitis, irritable bowel
- Frequent need to urinate or urgency
- Headache, migraine, stiff neck
- Swelling of hands, feet
- Canker sores
- Burning, stinging, sore, or tingling mouth
- Fatigue, chronic fatigue, feeling drained, lethargy
- Ringing in the ears (Tinnitus)
- Dizziness, poor balance
- Body aches, weak muscles, stiffness, joint pain,
- Fibromyalgia
- Sensitivity to light and noise
- Flushing
- Restless Leg Syndrome, restlessness
- Tension, tics, muscle tremors, cramps
- Insomnia, sleep disturbances

Low Oxalate & Low Salicylate Diets

There are low oxalate diets, and there are low salicylate diets. The list of foods that follows isn't a diet. It merely informs you of the amounts of oxalates and salicylates in certain foods and products.

Reviewing the symptoms checklist may help you to decide which toxin might be more worthwhile to eliminate first. Often, just the symptom checkers alone will tell you.

As you review the foods list, note any high salicylate or oxalate foods you eat daily or weekly. The foods you love or crave are often the ones that poison the body the most. Keeping a food diary can help you determine whether it's oxalates or salicylates causing most of your symptoms. Once these natural chemicals build up in your body, it can take 4-6 weeks to rid the body of built-up salicylates. Afterward, you may begin to eat them again, but never in excess.

Eliminating one toxin at a time will help you know which foods or products create your symptoms.

Abbreviation Guide

The abbreviation guide below will help you determine which foods are acceptable and which aren't when following a low-salicylate or oxalate diet.

- **LOX** – Low Oxalate
- **L-MOX** – Low to Medium Oxalate
- **MOX** – Medium Oxalate
- **M-HOX** – Medium to High Oxalate
- **HOX** – High Oxalate
- **NS** – Negligible
- **LS** – Low Salicylate
- **MS** – Medium Salicylate
- **HS** – High Salicylate
- **VHS** – Very High Salicylate

The Oxalates & Salicylates Foods Lists

You can consume low-oxalate and salicylate foods as often as you like. Foods containing a moderate amount of oxalates and salicylates may be eaten 3-5 times weekly. Foods containing high to very high amounts of oxalates and salicylates should be avoided or consumed in minimal quantities.

Fruits

Apples, peeled on the low oxalate diet	LOX
Apples, peeled Red Golden Delicious	LOX, LS
Apples, Red Delicious	LOX, MS
Apple, Custard	MS
Apples, all others	LOX, HS
Apricot	VHS
Avocado	LOX, VHS
Banana (high in histamines)	LOX, NS
Banana, sugar	HS
Blackberries	M-HOX, VHS
Blueberries	M-HOX, VHS
Boysenberry	VHS
Cantaloupe	LOX/HS
Casaba	LOX
Cherries, red sour	MOX
Cherries, red sour canned	LS
Cherries, canned Morello	HS
Cherries, all other kinds	VHS
Cranberries canned (Ocean Spray)	LOX, VHS
Cranberries, dried	MOX, VHS
Currants, black	MOX, VHS
Currants, red	HOX, VHS
Dates	HOX, VHS
Dewberries	M-HOX
Figs, dried	HOX, MS
Figs, canned	MS
Figs, Kadota	LS
Fruit cocktail	HOX
Gage, Damson	MOX
Gooseberries	HOX
Grapes, seedless green	L-MOX, VHS
Grapes, red	L-MOX, VHS
Grapes, canned green	LS, VHS
Grapefruit	HOX, HS
Guava	VHS

Honey Dew melon (and most melon)

Kiwi

Lemons, without the peel

Lemon peel

Lemon, fresh

Lime peel

Loganberry

Loquat

Lychee

Mandarin

Mangoes

Melons (all)

Melon, Rock

Mulberry

Nectarines

Oranges

Orange peel

Papaya

Passion Fruit

Peach

Paw Paw

Pears, ripe and peeled

Pears, with peel

Pears, canned

Pears, Nashi

Peaches, canned

Persimmon

Pineapple, canned, Sainsbury

Pineapple, canned chunks, Dole

Pineapple, dried

Plums, green or gold

Plums, green fresh

Plums, purple

Pomegranate

Prunes, Italian

Prunes, all

Raisins, Golden

Raisins, all

Raspberries, red and black

Rhubarb

Strawberries

Sultana

Tangelo

Tamarillo

Tangerines

Watermelon (and most melon)

LOX

HOX/HS

LOX

HOX

L-MS

HOX

VHS

MS

HS

HS

LOX, L-MS

HS

VHS

HS

LOX, HS

MOX, VHS

HOX, VHS

LOX, LS

L-MS

HS

LS

MOX, NS

MS

N-MS

MOX, LS

L-MOX

L-MS

MOX, VHS

MOX, VHS

HOX, VHS

L-MOX, VHS

LS, VHS

MOX, VHS

MS

MOX

VHS

LOX

MOX, VHS

M-HOX, VHS

HOX, L-MS

M-HOX, VHS

VHS

VHS

LS

HOX, VHS

LOX, HS

Youngberry

VHS

Note: All dried fruits are very high in salicylates.

Vegetables

Acorn squash	LOX
Asparagus, fresh	MOX, LS
Asparagus, canned or tinned	MS
Artichoke	MOX, HS
Aubergine, peeled	MS
Aubergine, with peel	HS
Avocado (actually a fruit)	LOX
Bamboo shoots	NS
Beet, tops, roots, greens	HOX
Beet, root	L-MS
Broccoli	MOX, HS
Brussels sprouts	MOX, LS
Cabbage, white or green	LOX, NS
Cabbage, red	LOX, L-MS
Capsicum	VHS
Carrot, fresh	MOX, L-MS
Cauliflower	LOX, LS
Celery	HOX, NS
Champignon	VHS
Chicory	VHS
Chives	L-MOX, LS
Choko	LS
Collard greens	HOX
Corn, sweet, white or yellow, fresh/cob	MOX, L-MS
Courgette	VHS
Cucumbers, peeled (1 medium)	LOX, HS
Cucumbers, with peel (1 medium)	MOX, HS
Cucumbers, pickles, and anything pickled	VHS
Dandelion greens	HOX
Eggplant	HOX, HS
Endive	VHS
Escarole	HOX
Garlic	MOX, LS
Gherkin	VHS
Kale	HOX
Kohlrabi	MOX
Leek	HOX, N-LS
Lettuce, Iceberg (1/2 cup)	LOX, NS

Romaine (1/2 cup)
Lettuce, Iceberg, Romaine (1 cup)
Lettuce, any other (1/2 cup)
Lima beans
Marrow
Mushrooms, fresh
Mustard greens
Okra
Olives, black (really a fat)
Olives, canned black
Olives, canned green
Onions, yellow and white
Parsley
Parsnips
Peas, green, fresh or frozen
Peas, Snow
Peppers, hot or sweet red
Peppers, green
Peppers, all
Pokeweed
Popcorn (really a grain)
Potatoes, white, red, peeled (1/3 cup)
Potato, with peel
Potato chips, baked, plain
Pumpkin
Radish
Rhubarb (really a fruit)
Rutabagas
Sorrel
Shallots
Squash, zucchini
Squash, yellow, and summer
Spinach, fresh
Spinach, frozen
Sprouts, alfalfa sprouts
Sprouts, Mung bean
Sprouts, other
Swede
Sweet potato
Swiss chard
Tomato, fresh
Tomato, canned sauce (1/4 cup)
Tomato products
Turnip, root
Turnip
Turnip greens

LOX, MS
MOX, MS
MOX, MS
MOX, HS
MS
L-MOX, L-MS
MOX
HOX, HS
LOX, MS
L-MOX, HS
L-MOX, VHS
L-MOX, LS
HOX
HOX, MS
LOX, N-LS
MOX, MS
LOX, VHS
M-HOX, VHS
VHS
HOX
HOX
L-MOX, N-MS
LS
MOX, LS
M-HOX, L-MS
L-MOX, H-VHS
HOX
HOX
HOX
LS
LOX, HS
HOX
HOX, HS
MS, HS
LOX, HS
LOX, N-LS
L-MS
NS
HOX, HS
HOX
MOX, MS
M-HOX, MS
HOX, VHS
LOX
MOX, LS
HOX, MS

LOX, H-VHS
M-HOX, HS

Herbs & Spices



Allspice
 Aniseed
 Basil (1 tsp)
 Basil (1 tbsp)
 Bay leaf
 Cardamom
 Caraway
 Cayenne
 Celery, powder
 Cloves
 Chili, both flakes and powder
 Cinnamon (1 tsp)
 Cinnamon, more than 1 tsp
 Coriander, fresh
 Coriander, leaves (Chinese parsley)
 Cumin
 Curry
 Dill (1 tsp)
 Dill (1 tbsp)
 Fennel, dried
 Fenugreek
 Garlic
 Ginger, raw or ground (1 tsp)
 Ginger, raw or ground (1 tbsp)
 Mace
 Marmite
 Mustard, Dijon (1 tbsp)
 Mustard, Dijon, (1/2 cup)
 Mustard, ground
 Nutmeg (1tsp)
 Nutmeg (1 tbsp)
 Oregano
 Paprika
 Pepper, white
 Pepper, black (1 tsp)
 Pepper, more than 1 tsp per day
 Peppermint
 Pimiento
 Rosemary

VHS
VHS
LOX, VHS
MOX, VHS
HS
HS
HS
VHS
VHS
HS
VHS
MOX, HS
HOX, HS
MS, HS
MS, HS
VHS
VHS
LOX
MOX, VHS
LS
VHS
N-LS
MOX, VHS
HOX, H-VHS
VHS
VHS
LOX, HS
MOX, HS
VHS
LOX, VHS
HOX
VHS
VHS
LOX, VHS
MOX, VHS
HOX, VHS
VHS
HS
VHS

Saffron
Sage
Tandoori, spice powder
Tarragon
Thyme
Turmeric
Vanilla extract (real)

LOX, LS
VHS
LS
LOX, VHS
VHS
VHS
LOX

Nuts

Almonds
Brazil nuts
Cashews
Coconut
Coconut, desiccated
Hazelnuts
Macadamia
Peanuts, with hull
Peanuts, with no hull
Peanut butter
Pecan
Pine nuts
Pistachio nuts
Walnuts
Tahini

HOX, VHS
HS
L-MOX, L-NS
LOX
MS
LS
LOX, HS
HOX, VHS
MS
HOX, L-MS
HOX, LS
HS
HS
M-HOX, MS
HOX

Seeds

Flax
Poppy seeds
Pumpkin seeds
Sesame seeds
Sunflower seeds, dry roasted, hulled (1 oz)

LOX
LS, NS
MS
HOX, L-MS
M-HOX, LS

Beans & Lentils

Baked beans in tomato sauce, canned
Beans, Borlotti
Beans, dried (except Borlotti)
Bean Sprouts
Garbanzo beans (chickpeas)

HOX
LS
HOX, NS
See *Vegetables (Sprouts)*
MOX

Garbanzo beans, canned

Fava bean

Green beans

Peas, split green, dried (cooked)

Peas, split yellow

Peas, black-eyed

Lentils, brown and red

Lentil, soup

Lima beans

Navy bean

Pinto bean and refried beans

Soybean, tofu

Soybean, curd

Soybean products

Miso soup

Mung bean and mung sprouts

Waxed beans

HOX, LS

HOX

M-HOX, L-MS

MOX, NS

MOX, LS

LOX, N-LS

LOX, NS

HOX, LS

MOX

HOX

HOX

M-HOX

HOX

HOX

HOX

See *Vegetables (Sprouts)*

HOX, L-MS

NOTE: Beans are high in *phytates*, a substance interfering with calcium absorption. Soak dried beans in water for several hours the night before, rinse, and cook in fresh water to neutralize the effect.

Grains

Amaranth

Bagel (1 medium)

Barley

Beans

Bread, made without flour

Bread, white (2 slices)

Bread, whole wheat

Bread, rye

Buckwheat

Cereal, plain

Cereal, barley

Cereal, Cheerios

Cereal, cornflakes

Cereal, cream of wheat

Cereal, any with fruit, nuts, honey, flavoring, or coconut

Cereal, oatmeal with no added flavorings

Cereal, rice

HOX

MOX

NS

See Nuts, Seeds & Beans

Check ingredients.

MOX

HOX

LOX

NS

LOX

L-MOX, NS

HOX

LOX/HS

HOX

HS

NS

NS

Corn tortilla	MOX
Cornbread	MOX
Cornmeal	MOX, HS
Crackers, graham	HOX
Crackers, soybean	HOX
Crackers, saltine/soda	MOX
Noodles, egg	LOX
Noodles, spaghetti	L-MOX
Noodles, macaroni	L-MOX
English muffin	MOX
Farina	HOX
Flour, enriched wheat, white, plain flour	MOX, NS
Flour, graham	HOX, NS
Flour, rye	NS
Flour, soy	HOX, NS
Flour, whole wheat	HOX, NS
Flour, stone ground	HOX, NS
Flour, other than the above (i.e., soy, sago, rye, rice)	NS
Grits, white corn	HOX
Kamut	HOX
Maize	HS
Malt	NS
Malt, extract	NS
Millet	LS, NS
Oatmeal	HOX, NS
Popcorn	HOX
Polenta	HS
Rice, white	LOX, NS
Rice, brown	MOX, NS
Rice, wild	L-MOX, NS
Spelt	HOX
Wheat, bran	HOX, NS
Wheat, germ	HOX, NS
Yellow-dock	HOX

Fats & Oils

Bacon (high in additives, which makes it VHS)	LOX, H-VHS
Butter	LOX, NS
Canola oil	NS
Margarine, made from acceptable oils	LOX, NS
Mayonnaise, regular	L-MOX, MS
Mayonnaise, salad-dressing	LOX

Safflower oil
Soy oil
Sunflower
Ghee
Almond oil
Corn oil
Peanut oil
Copa
Sesame oil
Walnut oil
Coconut oil
Olive oil

LOX, NS
HOX, NS
LOX, NS
LOX, LS
LOX, MS
M-HOX, MS
M-HOX, MS
HS
M-HOX, HS
M-HOX, HS
LOX, VHS
LOX, VHS

Milk & Creams

Buttermilk
Half & Half
Milk, all (except soy)
Cream
Rice Dream
Sour cream
Soy milk
Whipping cream

LOX
LOX
LOX, NS
NS
HOX, NS
LOX, NS
HOX, NS
LOX

Dairy

Cheese
Cheese, not blue vein
Ice cream, natural only
Parmesan
Yogurt, nonfat, plain, organic
Yogurt, *Dannon*, with low
oxalate fruits, except orange

LOX
NS
NS
LOX
LOX, NS
LOX

Meat

Bacon, up to 9 average, thin strips
Bacon, over 9 average, thin strips
Beef
Beef, kidney

LOX
MOX
LOX, NS
MOX

Chicken
Corned beef
Eggs
Fish, fresh
Fish canned in unacceptable oils or seasonings
Lamb
Liver, all
Lunch meat, seasoned
Organ meats (except liver, which is MOX)
Pork, including ham
Prawns
Rabbit
Sardines
Sausage casing
Scallops
Tripe
Shellfish
Veal

LOX, NS
LOX
LOX, NS
LOX, NS
HS
LOX, NS
MOX, LS
VHS
NS
LOX
LOX, LS
NS
MOX
NS
NS
NS
LOX, LS
NS

NOTE: Most meats, poultry, and seafood are allowed on low-oxalate and salicylate diets. However, pre-seasoned meats such as salami, hot dogs, bacon, and sausages, as well as fish and meat pastes, are very high in salicylates.

Miscellaneous

Arrowroot
Baker's yeast
Carob
Cocoa, dry powder
Corn starch (1 TB)
Flavorings (including fruit)
Garam, masala
Gelatin, unflavored (Knox)
Gravy, prepared mixes, meat extracts, bouillon, etc.
Horseradish
Malt, powder (1tbsp)
Molasses
Salt
Soy sauce, free of spices and MSG
Tapioca
Tea (except some brands of Chamomile)
Tobasco
Vinegar, malt

NS
N-LS
NS
HOX, NS
L-MOX, NS
VHS
VHS
LOX
HS
L-MS
MOX
NS
LOX, NS
M-HOX, LS
NS
HOX, VHS
VHS
L-MOX, NS

Vinegar, cider
Vinegar, white
Vinegar, wine
Worcester sauce
Yeast Extracts (different than Baker's yeast)

L-MOX, VHS
L-MOX, VHS
L-MOX, VHS
VHS
VHS

Sweets & Snacks

Apple butter, fresh from acceptable apples
Candy (flavored)
Caramel, homemade from sugar and water.
Caramel, Pascall's
Caramel, store-bought usually contains additives
Corn syrup
Golden syrup
Gelato
Gum, chewing
Fig Newton
Fruit cake
Honey, bee (1 TB)
Honey, flavoring
Jelly and jam from L-MOX fruits
Jelly and jam, commercial varieties
Jelly and jam, pear
Licorice
Maple syrup, pure (1 TB)
Mints, all
Mint flavored sweets
Molasses
Peppermints
Popsicles
Popcorn/popping corn
Potato Chips, plain, baked
Sherbet
Sorbet
Sponge cake (1 slice)
Sugar, brown
Sugar, castor
Sugar, raw
Sugar, white granulated
Sugar, powdered white
Vanilla wafers (Nabisco)
White chocolate

LS
VHS
LOX, N-LS
NS
VHS
LOX, HS
NS
HS
VHS
HOX
HOX
LOX, VHS
VHS
LOX
VHS
L-MS
VHS
LOX, NS
VHS
VHS
MS
VHS
VHS
MOX, HS
MOX, LS
VHS
VHS
MOX
LOX, LS
NS
LOX, MS
LOX, NS
NS
MOX
LOX

Water

LOX, LS

Fruit Drinks

Apple juice or Cider, made with only peeled
Golden or Red Delicious apples
Berry juice, any other
Cranberry juice
Grape juice
Grapefruit juice
Lemon juice (1 cup)
Lime juice
Orange juice
Pineapple juice
Tomato juice, fresh (1/2 cup)

LOX, L-MS
HOX
MOX, VHS
MOX, VHS
M-HOX, H-VHS
LOX, L-HS
LOX
MOX, VHS
LS, VHS
MOX

Coffee

MOX

Milk

LOX

Soft Drinks

Coke, Coca-Cola
Ginger ale, *Schweppes*
Orange soda, Minute Maid
Pepsi, Pepsi Cola
Root Beer, Borg's and A&W

LOX
LOX
L-MOX
L-MOX
LOX

Tea

Bigelow Herbal Tea (hot brew time 4 minutes, unless otherwise stated)

Apple Orchard
Apple & Spice
Chamomile Mint
Chamomile & Lemon
Cinnamon Orange

HOX
LOX, M-VHS
LOX, VHS
MOX
LOX, VHS

Cranberry Apple
 Fruit & Almond
 I Love Lemon
 Mint Medley
 Orange Spice
 Orange & Chamomile
 Perfect Peach
 Perfect Peach (iced 10-minute brew)
 Purely Peppermint
 Red Raspberry
 Red Raspberry (iced, 10-minute brew)
 Raspberry Royale
 Tahitian Breeze
 Take-a-Break
 Spearmint
 Strawberry, most
 Sweet Dreams
 Black, most
 Green, most
 Indian
 Kukicha Twig Tea
 Rosehip

LOX
 HOX, VHS
 HOX
 HOX, VHS
 HOX, VHS
 HOX
 HOX
 LOX
 LOX, VHS
 HOX, VHS
 LOX, VHS
 LOX, VHS
 LOX
 HOX
 LOX, VHS
 HOX, VHS
 HOX, H-VHS
 HOX, VHS
 HOX, VHS
 HOX, VHS
 LOX
 MOX

Most tea is very high in salicylates. Be sure to read the ingredient labels for all commercial teas. Tea with artificial flavorings and spices is very high in salicylates.

Chocolate Drinks

Cocoa
 Chocolate drink mixes (Ovaltine, etc.)
 Chocolate milk

HOX
 HOX, NS
 HOX

Alcoholic Beverages

Beer, Budweiser, 12 oz.
 Beer, draft or stout (*Guinness*), 12 oz.
 Beer, lager, draft, Tuborg, Pilsner
 Distilled alcohol
 Gin, Vodka, Whiskey
 Wine, port, sherry, white, red, rose, dry
 Wine, Beaujolais

MOX
 MOX
 HOX
 LOX
 NS
 LOX
 M-HOX

Beware of the Following Product Ingredients

The following are ingredients on many product labels. The names may be different, but the meaning is the same. It means your product contains salicylates you will ingest or absorb through your mouth, nose, or skin.

- Acetylsalicylic acid
- Nitrates/nitrites
- Benzoates (preservatives)
- Methyl salicylate
- Benzyl salicylate
- Octyl salicylate
- Beta-hydroxy acid
- Phenylethyl salicylate
- BHA
- Salicylaldehyde
- BHT
- Salicylamide
- Choline salicylate
- Salicylate
- Ethyl salicylate
- Salicylic acid
- Isoamyl salicylate
- Salsalate
- Magnesium salicylate
- sodium Salicylate
- Food dyes

Products Containing Salicylates

If you suspect salicylate sensitivity, you should avoid the following products or at least check their labels. It's not a complete list, but it will get you started.

- Mints (all)
- Wintergreen
- Menthol
- Muscle pain creams
- Eucalyptus oil
- Magnesium salicylate
- Nitrates and nitrites
- Aloe vera gel
- Artificial flavorings
- Food colors
- Preservatives (Benzoates)
- Yellow dyes #5 and #6
- Licorice (some)
- Gum
- Breath fresheners
- Toothpaste
- Mouthwash
- Aspirin
- Alka Seltzer
- Shaving cream
- Lipstick (cosmetic)
- Lotions
- Skin cleansers
- Soaps
- Shampoos and conditioners
- Sunscreens and tanning lotions
- Certain herbal remedies
- Fragrances and perfumes

Supplements to Detoxify Oxalates & Salicylates

If you suffer from symptoms due to oxalate or salicylate sensitivity, the following supplements may be helpful.

For ridding the body of oxalate build-up and reducing pain-related issues:

- *Calcium citrate* 500 mg, 3 x per day (1500 mg total)
- N-acetyl-glucosamine helps with Fibromyalgia, Burning Mouth Syndrome, Irritable Bladder Syndrome (including Interstitial Cystitis), and bowel problems. Take as directed on the label.
- *OX-Absorb* can be used to neutralize oxalates. *Vitaline Formulas* at 1.800.648.4755 offers information about this product.
- *Guaifenesin* (an over-the-counter expectorant), combined with a low-oxalate or anti-inflammatory diet, helps reduce symptoms of the syndromes mentioned above when caused by Histamine Intolerance. You'll still have to curb high salicylate use, as salicylates nullify the effects of guaifenesin, and the antihistamine can't be used long-term, or your histamine intolerance will worsen. Use only for acute symptoms as directed on the label for a few days. Unbalanced gut bacteria or an underlying infection usually causes Histamine Intolerance.

It can take up to 6 months to rid the body of built-up oxalates but as little as two weeks to feel a difference. Once you're clear of uncomfortable symptoms, moderately introduce oxalate-containing foods into your diet one at a time.

To rid the body of salicylate toxicity and reduce health-related issues:

- *Calcium citrate* - 500 mg 3 times daily (1500 mg total) and magnesium (2/3 the amount of the calcium dose you're taking).
- *Meta-Mag* (by *Ethical Nutrients*) is magnesium attached to glycine to enhance the absorption of magnesium. Glycine is an amino acid that detoxifies the body of salicylates. Since this document's original writing, glycine hasn't been mentioned as an ingredient in this product. I'm unsure if glycine was removed from the product or if the manufacturer decided the amount of glycine in the product wasn't significant enough to be listed.

An Added Note Concerning Amine & Histamine Sensitivity

Amines and histamines cause sensitivity or allergic reactions, such as increased mucus in the body, itching, rashes, hives, a headache, breathing difficulties (including asthma), abdominal cramps, burning mouth, ringing in the ears, stuffed sinuses, post-nasal drip, bladder pain, and a variety of circulatory problems. Amines, in particular, can also change the width of your blood vessels. Amines and histamines are found in about 70% of foods high in salicylates.

Due to breakdown and fermentation processes, amines and histamines are found in high concentrations in meat (especially meat that is not fresh or cooked for too long), cheese, and alcohol. Other foods that increase mucus in the body are milk, dairy, white flour, refined grains, sweets, and processed foods.

Balance and moderation are essential to successfully reducing toxicity when reducing natural plant chemicals from your diet. It's not about going cold turkey, which would be impossible. A better and more manageable approach is to make small changes and switch to less toxic indulgences.

NOTE: For holistic alternatives for most of the conditions mentioned in this guide, please see [HSV & Overlapping Conditions](#).

