

# SALICYLATE SENSITIVITY

## What are Salicylates and where are they found?

Salicylates are chemicals that occur naturally in many plants, including many fruits, vegetables, and herbs. Salicylates in plants act as a natural immune hormone and preservative, protecting the plants against diseases, insects, fungi, and harmful bacteria. Salicylates are also created synthetically and can be found in many medicines, perfumes, and preservatives.

## What are the symptoms of Salicylate Sensitivity?

This list of symptoms was compiled from a combination of resources dealing with salicylate sensitivity. The numbers on the right side of the symptoms identify how many resources cited that symptom as a symptom of salicylate intolerance. This list is not meant as a tool for diagnosis, but to give people an idea of the wide range of symptoms that have been associated with this issue. Symptoms could also be results of other serious problems.

Salicylates can block the excretion of uric acid. Might they therefore be responsible for some cases of gout?

### Physical Symptoms:

- Itchy skin, hives or Rashes 8
- Stomach pain/upset stomach 7
- Asthma 7
- Headaches 6
- Swelling of hands and feet 5
- Breathing difficulties 5
- Bed Wetting 5
- Mouth Ulcers or raw hot red rash around mouth 5
- Persistent cough 5
- Frequent need to urinate/urgency to pass water 5
- Wheezing 4
- Changes in skin color/skin discoloration 4
- Swelling of eyelids, face and lips 4
- Fatigue 4
- Sore, itchy, puffy or burning eyes 4
- Watering eyes 4
- Anaphylaxis (this is very rare, but deadly) 3
- Sinusitis 3
- Diarrhea 2
- Nausea 2
- Chronic sweating or no sweating 2

- Aching Muscles and joints 2
- Congestion 2
- Nasal polyps 2
- Chest pains
- Ringing in the ears
- Low platelet count
- Acne
- Addictions
- Arthritis
- Athlete's foot
- Bad Breath
- Blackouts
- Bloating
- Blood sugar problems
- Blurred vision
- Breast pain
- Catarrh
- Chronic Fatigue Syndrome
- Coated tongue
- Colitis
- Constant Hunger
- Constipation
- Crawling sensation on skin
- Difficulty in Swallowing
- Dizziness
- Eczema
- Excessive thirst
- Irritable Bowel Syndrome
- Itching
- Itchy and red ears
- Joint Pain, stiffness and swelling
- Lethargy
- Menstrual problems
- Metallic taste
- Migraine
- Cramps
- Muscle tremors
- Muscle weakness
- Nasal Congestion
- Palpitations
- Poor balance
- Post-nasal drip
- Pre-menstrual problems
- Racing pulse
- Recurring ear infections
- Restless legs syndrome

- Sensitivity to light and noise
- Feeling drained
- Flushes
- Food cravings
- Gall bladder problems
- Gritty feeling in eyes
- Heavy body odor
- High/low blood pressure
- Indigestion – recurring
- Insomnia
- Sleep disturbances
- Sore tongue
- Stiff neck
- Styes
- Temperature fluctuation
- Thrust
- Tics
- Tinnitus
- Urticaria
- Vertigo
- Weight problems

### **Mental and Behavior Symptoms:**

- Hyperactivity 6
- Memory loss 5
- Poor concentration 5
- Cognitive and perceptual disorders 3
- Depression 2
- ADD 2
- Irritability 2
- Central Nervous system depression
- Accident prone
- Anxiety
- Anger for no apparent reason
- Behavioral problems
- Blankness
- Brain fogging
- Changes in handwriting
- Clumsiness
- Confusion
- Delusions
- Detached or unreal feeling
- Difficulty waking up
- Disorientation
- Dyslexia

- Feeling of dissociation
- Fidgeting
- Hallucinations
- Hearing without comprehension
- Inability to think clearly
- Indifference
- Math and spelling errors
- Mental exhaustion
- Mood swings
- Panic attacks
- Phobias
- Poor self image
- Poor memory
- Reading problems
- Restlessness
- Slow processing information
- Slurred speech
- Stammering
- Suicidal feelings
- Tenseness
- Uncontrollable rage
- Weepiness
- Withdrawn

### **Products that often contain Salicylates**

- Acne products
- Air fresheners
- Alka Seltzer
- Breath savers
- Bubble baths
- Cleaning products
- Cosmetics
- Detergents
- Essential oils
- Fabric conditioners
- Fragrances and perfumes
- Gums
- Hair sprays, gels and mousse
- Herbal remedies
- Lipsticks and Lip glosses
- Lotions
- Lozenges
- Medications
- Mouthwash

- Muscle pain creams
- Pain relievers
- Pepto-Bismol
- Razors with aloe strips adjacent to the cutting edge
- Shampoos and Conditioners
- Shaving cream
- Skin cleansers or exfoliates
- Soaps
- Sunscreens and tanning lotions
- Supplements derived from rose hips or bioflavonoid
- Toothpaste
- Topical creams
- Wart or callus removers

**Watch out for these ingredients and avoid them.**

- Acetylsalicylic acid
- Aloe Vera
- Any coal tar derived dye
- Artificial flavorings
- Artificial food colorings
- Aspirin
- Azo dyes
- Benzoates (preservatives)
- Benzyl salicylate
- Beta-hydroxy acid
- BHA
- BHT
- Choline salicylate
- Disalcid
- Ethyl salicylate
- Eucalyptus Oils
- Isoamyl salicylate
- Magnesium salicylate
- Menthol
- Methyl Salicylate
- Mint
- Nitrates/Nitrites
- Octylsalicylate
- Oil of Wintergreen
- Peppermint
- Phenylethyl salicylate
- Red Dye (#40)
- Salicylaldehyde

- Salicylamide
- Salicylate
- Salicylic acid
- Salsalate
- Sodium Salicylate
- Spearmint
- Yellow Dyes (#5 & #6)

### **Brand Names of Common Drugs containing Salicylate**

This is not a complete list of all drugs containing salicylate, but it is a start and hopefully will aid and help you in avoiding drugs/medications that contain salicylate. If you are taking a medication and you are not sure if it contains salicylate or not check with your pharmacist or doctor. This list was put together by the Mayo Clinic.

- Acuprin 81
- Amigesic
- Anacin Caplets and Tablets
- Aspirin Regimen Bayer Adult Low Dose
- Aspirin Regimen Bayer Regular Strength Caplets
- Bayer Children's Aspirin
- Bufferin Caplets and Tablets
- Disalcid
- Extra Strength Bayer Asprin Caplets and Tablets
- Mobidin
- Mono-Gesic
- Norwich Aspirin
- P-A-C Revised Formula
- Regular Strength Ascriptin
- Salflex
- Salsitab
- Sloprin
- St. Joseph Adult Chewable Aspirin
- Tricosal
- Trilisate
- ZORprin

### **Foods containing Salicylates**

Salicylates occur naturally in many fruits, and vegetables as a preservative, to prevent rotting and protect against harmful bacteria and fungi. They are stored in the skin, bark, leaves, roots, and seeds of plants. Salicylates are found naturally in many foods and its compounds are used in many products.

- The salicylate level in food can vary, with raw foods, dried foods and juices containing higher levels than the same cooked foods.
- Salicylates are used in many flavored products — sweets, toothpaste, chewing gum
- Some artificial food colorings and flavorings such as peppermint and strawberry

All fresh meat, fish, shellfish, poultry, eggs, dairy products, cereals, bread are low in salicylates

### **Foods with very high Salicylate content**

#### **Fruits:**

Apricots	Oranges
Blackberry	Pineapple
Blackcurrant	Plum
Blueberry	Prunes
Boysenberry	Raisins
Cherry	Raspberry
Cranberry	Redcurrant
Currants	Strawberry
Dates	Tangelo
Grapes	Tangerines
Guava	
Loganberry	

#### **Vegetables:**

Capsicum	
Champignon	Hot Peppers
Chicory	Olives
Endive	Radish
Gherkins	Tomato
	Tomato based foods

#### **Nuts, sweets, and snacks to avoid:**

All jams, except pear	Liquorices
All jellies	Mint flavored sweets
All marmalade	Muesli bars
Almond	Peppermints
Chewing gum	Water chestnuts
Fruit flavors'	
Honey and honey flavors'	

**Herbs, spices, and condiments**

Aniseed  
Cayenne  
Commercial gravies  
Commercial sauces  
Curry  
Dill  
Thyme

Fish paste  
Meat paste  
Tomato paste  
White vinegar  
Worcester sauce

**A little about MCS (Multiple Chemical Sensitivities)**

Non-food related chemical sensitivities are called MCS (Multiple Chemical Sensitivities) and occur when a person reacts, sometimes extremely seriously, to various chemicals in the environment around them. The reaction can be brought on by any chemical that the person has come into contact with (not necessarily just skin-to-chemical contact either). Such things as perfumes, plastics, carpets, paint, and cleaning products are just a few examples of things that might cause a reaction in someone with MCS. People who have a food sensitivity (such as a salicylate sensitivity) will sometimes have or develop MCS. One reason for this is that the problem food/chemical (i.e. salicylate) may be used in the manufacturing process of various products. This can cause a serious problem for people with salicylate sensitivity. It is best to limit your exposure to salicylates, fragrances, and chemicals as much as possible in order to avoid unwanted reactions.

Salicylic Acid	Second procedure	00987	MT and TT
Salicylate	Europe screening	0838	MT and TT

The patient will have to fast and avoid all salicylates until the next morning.

Dr. D.