

SALICYLATE QUICK REFERENCE GUIDE AND SCREENING TEST

QUICK CHECK FOR TOPICAL PRODUCTS:

1. **Look for any plant name** (aloe, chamomile, coconut, etc.) *If you don't see a plant name go to step #4.*
2. If you see the name of any plant, look to see if it is coupled with the word **OIL, GEL, or EXTRACT**. *If you see a plant name but it is not an oil, gel or extract (jojoba esters, acacia gum, for example) go to step 4.*
3. If there is a plant oil, gel or extract, and the plant is NOT corn, rice, oats, wheat or soy, **you cannot use the product**. *If the plants are: soy, wheat, corn, or oats (soybean oil, oat extract) go on to the next step.*
4. Check the product for salicylate, or salicylic acid (a beta hydroxy acid). If you see one of these listed **you cannot use the product**. (Any other acid is okay.) *If you do not, go to the next step.*
5. If the product doesn't contain a sunscreen *go to the next step*. If it does, check for salicylate, octisalate, homosalate, meradimate or mexoryl. If you see one of these you cannot use the product.
6. Now look for any chemical with the syllable MENTH or CAMPH. If you see one of these, **you cannot use the product**. *If you don't, go on to the next step.*
7. Check the product for any bark extracts: balsam, pycnogenol, bisabol, camphor. If you see a bark extract, **you cannot use the product**. *If not, go to the next step.*
8. Does the product have a flavor? (lip balms, sublingual medications) If the flavor is mint, or menthol--**if you can smell or taste mint or menthol, you cannot use the product**.
9. No bee products: honey, propolis, bee pollen.
10. No latin plant names on its own.

QUICK CHECK DENTAL PRODUCTS:

The screening test for toothpaste, mouthwash, gums, cough drops, lozenges, dental products--anything that sits in your mouth or is topically applied.

MAKE SURE THERE IS NO MINT OR MENTHOL. If a product lists the word FLAVOR you must call the company to make sure the flavor does NOT contain MINT, MENTHOL or methyl salicylate. This includes wintergreen, peppermint, spearmint, or artificial or synthetic mint.

BEWARE: NO COMMERCIAL TOOTHPASTES LIST THE FLAVOR INGREDIENTS except Tom's of Maine. ALL CREST TOOTHPASTES CONTAIN MINT. THE ONLY ACCEPTABLE COLGATE IS THE CHILDREN'S WATERMELON FLAVOR.

QUICK CHECK FOR MEDICATIONS OR SUPPLEMENTS:

You need the chemical or the generic name of the medication. **If it is salicylate, salicylic acid, or contains the syllable SAL, do not take the medication.** If you are unsure, ask your pharmacist if the medication is a salicylate. Generic or chemical names can be found at www.drugs.com

If the supplement is the name of any plant such as Ginseng, Kava Kava, Echinacea, you cannot take it. If it is not the name of a plant, you can.

If the product is a supplement/medication and contains bioflavonoids, **you can't use it**. Bioflavonoids include Rutin, Hesperidin, and Quercetin.

*****A WORD OF CAUTION ABOUT BUTTERS:**

**TRUE BUTTERS SUCH AS COCOA BUTTER AND SHEA BUTTER ARE PROCESSED
FATS FROM SEEDS.
THESE DO NOT BLOCK GUAIFENESIN. HOWEVER, SOMETIMES "BUTTERS" ARE
MADE BY ADDING A
PLANT EXTRACT SUCH AS ALOE TO AN OIL, SUCH AS COCONUT OIL. TO BE SAFE,
IF THE BUTTER IS
NOT COCOA, SHEA OR MANGO SEED, DO NOT USE IT. WHEN IN DOUBT CONTACT
THE COMPANY TO
GET THE INGREDIENTS IN THE BUTTER.**

SOME GUIDELINES TO HELP YOU CHECK YOUR PRODUCTS:

The following products often contain salicylates so check them extra carefully:

- Deodorants, especially roll-ons, check for castor oil. (All spray deodorants are fine.)
- Acne or Oily Skin products: check especially for salicylic acid (beta hydroxy acid), menthol or witch hazel.
- Lotions - look for aloe, plant oils such as sesame seed.
- Hair products - look for chamomile, borage, salicylic acid, balsam.
- Toothpaste and dental floss - make sure it doesn't have mint flavor or menthol in the flavor.
- Lipsticks - look for castor oil, other plants oils.
- Chapsticks and lip balms: check for aloe, menthol, camphor, salicylic acid.
- Shaving creams - check especially for aloe, mint or mentholatum.
- Razors-make sure there is no aloe strip
- Sunscreens - check for octisalate, homosalate, meradimate, mexoryl, camphor, aloe.
- Medicated creams, like Ben-Gay, Noxzema, Blistex: look for menthol, camphor, or methyl salicylate.
- Hemorrhoid products: check for aloe, witch hazel or menthol.
- If it feels cool or if it burns, it probably contains menthol--check carefully
- Cortisone Creams, over the counter: check for aloe
- Gum, cough drops, hard candies--check for mint or menthol.
- In Skin Toners check especially for witch hazel or arnica or salicylic acid.
- Vitamin C--check for bioflavonoids, or added plants such as alfalfa, parsley or rose hips.
- Toilet paper and kleenex may have aloe.
- Gardening: Use waterproof gloves when gardening.
- Use gloves for chores if you use plant oils such as: Pinesol or Lemon Oil.
- Bubble baths and shower gels: check for plant oils such sesame seed or extracts such as lavender.
- Wart or callus removers check for salicylate, salicylic acid
- Exfoliating gels or scrubs: check for salicylic acid