



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. Salicylates are found to a higher degree in raw food. Salicylates 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. They are used in manufactured personal hygiene products, such as toothpaste, lotions, soaps, and cosmetics. They are also used in manufacturing drugs, such as *Aspirin*, 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
- Central nervous system depression
- Slurred speech, stammering
- Delusions, hallucinations

Overlapping Symptoms of Oxalate & Salicylate Sensitivity & Toxicity

- Crawling 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.
- A 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 of the 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 be helpful to determine whether it is 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 just one toxin at a time will help you know which foods or products are creating your symptoms.

Abbreviation Guide

The abbreviation guide below will help you determine which foods are acceptable and which aren't in your 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

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

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
Guava
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

HOX, HS
VHS
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

Tamarillo
Tangerines
Watermelon (and most melon)
Youngberry

LS
HOX, VHS
LOX, HS
VHS

Note: All dried fruits are very high in salicylates.

Vegetables

Acorn squash
Asparagus, fresh
Asparagus, canned or tinned
Artichoke
Aubergine, peeled
Aubergine, with peel
Avocado (actually a fruit)
Bamboo shoots
Beet, tops, roots, greens
Beet, root
Broccoli
Brussels sprouts
Cabbage, white or green
Cabbage, red
Capsicum
Carrot, fresh
Cauliflower
Celery
Champignon
Chicory
Chives
Choko
Collard greens
Corn, sweet, white or yellow, fresh/cob
Courgette
Cucumbers, peeled (1 medium)
Cucumbers, with peel (1 medium)
Cucumbers, pickles and anything pickled
Dandelion greens
Eggplant
Endive
Escarole
Garlic
Gherkin

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

Kale	HOX
Kohlrabi	MOX
Leek	HOX, N-LS
Lettuce, Iceberg (1/2 cup)	LOX, NS
Romaine (1/2 cup)	LOX, MS
Lettuce, Iceberg, Romaine (1 cup)	MOX, MS
Lettuce, any other (1/2 cup)	MOX, MS
Lima beans	MOX, HS
Marrow	MS
Mushrooms, fresh	L-MOX, L-MS
Mustard greens	MOX
Okra	HOX, HS
Olives, black (really a fat)	LOX, MS
Olives, canned black	L-MOX, HS
Olives, canned green	L-MOX, VHS
Onions, yellow and white	L-MOX, LS
Parsley	HOX
Parsnips	HOX, MS
Peas, green, fresh or frozen	LOX, N-LS
Peas, Snow	MOX, MS
Peppers, hot or sweet red	LOX, VHS
Peppers, green	M-HOX, VHS
Peppers, all	VHS
Pokeweed	HOX
Popcorn (really a grain)	HOX
Potatoes, white, red, peeled (1/3 cup)	L-MOX, N-MS
Potato, with peel	LS
Potato chips, baked, plain	MOX, LS
Pumpkin	M-HOX, L-MS
Radish	L-MOX, H-VHS
Rhubarb (really a fruit)	HOX
Rutabagas	HOX
Sorrel	HOX
Shallots	LS
Squash, zucchini	LOX, HS
Squash, yellow and summer	HOX
Spinach, fresh	HOX, HS
Spinach, frozen	MS, HS
Sprouts, alfalfa sprouts	LOX, HS
Sprouts, Mung bean	LOX, N-LS
Sprouts, other	L-MS
Swede	NS
Sweet potato	HOX, HS
Swiss chard	HOX
Tomato, fresh	MOX, MS

Tomato, canned sauce (1/4 cup)
Tomato products
Turnip, root
Turnip
Turnip greens
Water chestnuts
Watercress

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, 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

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

Pepper, white
Pepper, black (1 tsp)
Pepper, more than 1 tsp per day
Peppermint
Pimiento
Rosemary
Saffron
Sage
Tandoori, spice powder
Tarragon
Thyme
Turmeric
Vanilla extract (real)

LOX, VHS
MOX, VHS
HOX, VHS
VHS
HS
VHS
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	HOX
Beans, Borlotti	LS
Beans, dried (except Borlotti)	HOX, NS
Bean Sprouts	See <i>Vegetables (Sprouts)</i>
Garbanzo beans (chickpeas)	MOX
Garbanzo beans, canned	HOX, LS
Fava bean	HOX
Green beans	M-HOX, L-MS
Peas, split green, dried (cooked)	MOX, NS
Peas, split yellow	MOX, LS
Peas, black-eyed	LOX, N-LS
Lentils, brown and red	LOX, NS
Lentil, soup	HOX, LS
Lima beans	MOX
Navy bean	HOX
Pinto bean and refried beans	HOX
Soybean, tofu	M-HOX
Soybean, curd	HOX
Soybean, products	HOX
Miso soup	HOX
Mung bean and mung sprouts	See <i>Vegetables (Sprouts)</i>
Waxed beans	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	HOX
Bagel (1 medium)	MOX
Barley	NS
Beans	See Nuts, Seeds & Beans
Bread, made without flour	Check ingredients.
Bread, white (2 slices)	MOX
Bread, whole wheat	HOX
Bread, rye	LOX
Buckwheat	NS
Cereal, plain	LOX
Cereal, barley	L-MOX, NS

Cereal, Cheerios	HOX
Cereal, cornflakes	LOX/HS
Cereal, cream of wheat	HOX
Cereal, any with fruit, nuts, honey, flavoring, or coconut	HS
Cereal, oatmeal with no added flavorings	NS
Cereal, rice	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	LOX, NS
Soy oil	HOX, NS
Sunflower	LOX, NS
Ghee	LOX, LS
Almond oil	LOX, MS
Corn oil	M-HOX, MS
Peanut oil	M-HOX, MS
Copha	HS
Sesame oil	M-HOX, HS
Walnut oil	M-HOX, HS
Coconut oil	LOX, VHS
Olive oil	LOX, VHS

Milk & Creams

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

Dairy

Cheese	LOX
Cheese, not blue vein	NS
Ice cream, natural only	NS
Parmesan	LOX
Yogurt, nonfat, plain, organic	LOX, NS
Yogurt, <i>Dannon</i> , with low oxalate fruits, except orange	LOX

Meat

Bacon, up to 9 average, thin strips	LOX
Bacon, over 9 average, thin strips	MOX
Beef	LOX, NS
Beef, kidney	MOX
Chicken	LOX, NS
Corned beef	LOX
Eggs	LOX, NS
Fish, fresh	LOX, NS
Fish, canned in unacceptable oils or seasonings	HS
Lamb	LOX, NS
Liver, all	MOX, LS
Lunch meat, seasoned	VHS
Organ meats (except liver, which is MOX)	NS
Pork, including ham	LOX
Prawns	LOX, LS
Rabbit	NS
Sardines	MOX
Sausage casing	NS
Scallops	NS
Tripe	NS
Shellfish	LOX, LS
Veal	NS

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

Miscellaneous

Arrowroot	NS
Baker's yeast	N-LS
Carob	NS
Cocoa, dry powder	HOX, NS
Corn starch (1 TB)	L-MOX, NS
Flavorings (including fruit)	VHS
Garam, masala	VHS
Gelatin, unflavored (Knox)	LOX
Gravy, prepared mixes, meat extracts, bouillon, etc.	HS
Horseradish	L-MS
Malt, powder (1tbsp)	MOX

Molasses	NS
Salt	LOX, NS
Soy sauce, free of spices and MSG	M-HOX, LS
Tapioca	NS
Tea (except some brands of Chamomile)	HOX, VHS
Tobasco	VHS
Vinegar, malt	L-MOX, NS
Vinegar, cider	L-MOX, VHS
Vinegar, white	L-MOX, VHS
Vinegar, wine	L-MOX, VHS
Worcester sauce	VHS
Yeast Extracts (different than Baker's yeast)	VHS

Sweets & Snacks

Apple butter, fresh from acceptable apples	LS
Candy, flavored	VHS
Caramel, homemade from sugar and water.	LOX, N-LS
Caramel, Pascall's	NS
Caramel, store-bought usually contains additives	VHS
Corn syrup	LOX, HS
Golden syrup	NS
Gelato	HS
Gum, chewing	VHS
Fig Newton	HOX
Fruit cake	HOX
Honey, bee (1 TB)	LOX, VHS
Honey, flavoring	VHS
Jelly and jam, from L-MOX fruits	LOX
Jelly and jam, commercial varieties	VHS
Jelly and jam, pear	L-MS
Licorice	VHS
Maple syrup, pure (1 TB)	LOX, NS
Mints, all	VHS
Mint flavored sweets	VHS
Molasses	MS
Peppermints	VHS
Popsicles	VHS
Popcorn/popping corn	MOX, HS
Potato Chips, plain, baked	MOX, LS
Sherbet	VHS
Sorbet	VHS
Sponge cake (1 slice)	MOX

Sugar, brown
Sugar, castor
Sugar, raw
Sugar, white granulated
Sugar, powered white
Vanilla wafers (Nabisco)
White chocolate

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 or A&W

LOX
LOX
L-MOX
L-MOX
LOX

Tea

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

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

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

Chocolate Drinks

Cocoa	HOX
Chocolate drink mixes (Ovaltine, etc.)	HOX, NS
Chocolate milk	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 that are found on many product labels. The names may be different, but the meaning is the same. It means your product contains salicylates that you will either 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 will want to avoid the following products or at least check their labels. It is 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
- Artificial flavorings
- Food colors
- Preservatives (Benzoates)
- Yellow dyes #5 and #6
- Some licorice
- Gums
- 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 oxalates 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. You'll find holistic alternatives for these conditions [here](#).
- *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 a few days for acute symptoms as directed on the label. 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 x per day (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 the original writing of this wellness handout, Glycine has had no mention as an ingredient in this product. I don't know 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.

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

