

# Salicylate-Free Diet Food Guide

The following is a listing of foods based on their salicylate content highlighting those which are compatible with a low-salicylate diet and those which should be entirely avoided. Please use this list to guide your diet choices and use it as a referral for the attached cookbook, as some of the recipes include ingredients which contain natural salicylates (SalicylateSensitivity, 2012)

## Nuts and Seeds

	Low	Moderate	High	Very High
Poppy seed	Cashews	Desiccated coconut	Brazil nuts	Almond
	Hazelnuts	Peanut Butter	Macadamia nuts	Peanuts with skins on
	Pecan	Pumpkin seeds	Pine nuts	Water chestnut
	Sunflower seeds	Sesame seeds	Pistachio	
		Walnuts		

## Vegetables

Negligible	Low	Moderate	High	Very High
Bamboo Shoots	Bean Sprouts	Asparagus – tinned	Alfalfa sprouts	Canned Green Olives
Beans (dried – not borlotti)	Borlotti beans	Aubergine – peeled	Artichoke	Capsicum
Cabbage (green or white)	Brussels sprouts	Beetroot	Aubergine with peel	Champignon
Celery	Cabbage – red	Black Olives	Broad bean	Chicory
Green Split peas	Cauliflower	Canned Asparagus	Broccoli	Chili peppers
Lentils (brown)	Chickpeas	Carrot	Canned black olive	Courgette
Lentils (red)	Chives	Fresh Tomato	Cucumber	Endive
Lettuce (iceberg)	Choko	Frozen Spinach	Cucumber	Gherkin

Peas (dried)	Fresh Asparagus	Lettuce (other than iceberg)	Eggplant	Hot pepper
Potato (old/white and peeled)	Green Beans	Marrow	Fresh Spinach	Peppers
Swede	Green Peas	Mushrooms	Okra	Radish
	Leek	Parsnips	Radish	Tomato
	Mung bean sprouts	Potato (new and red Pontiac)	Sweet Potato	Tomato Products
	Onion	Pumpkin	Water chestnut	Water Chestnut
	Potato (white with peel)	Snow Peas	Watercress	
	Shallots	Sprout	Zucchini	
	Yellow split peas	Sweet corn		
		Turnip		

## Fruits

Negligible	Low	Moderate	High	Very High
Banana	Apple – golden delicious	Apple – red delicious	Apple – all other varieties	All dried Fruits
Canned Pear****	Nashi Pears	Canned or dried Fig	Canned Morello cherries	Apricot
Lime	Papaya	Canned pear****	Cantaloupe	Avocado
Pear (ripe and peeled)	Paw Paw	Custard apple	Grapefruit	Blackberry
	Tamarillo	Lemon	Kiwi fruit	Blackcurrant
		Loquat	Lychee	Blueberry
		Mango	Mandarin	Boysenberry
		Passion fruit	Melons	Cherries – all other kinds
		Pear (w/ peel)	Mulberry	Cranberry
		Persimmon	Nectarine	Currant
		Pomegranate	Peach	Date
		Rhubarb	Sugar banana	Grape
			Watermelon	Guava
				Loganberry
				Orange
				Pineapple

				Plum
				Prune
				Raisin
				Raspberry
				Redcurrant
				Rock melon
				Strawberry
				Sultana
				Tangelo
				Tangerine
				Youngberry

\*\*\*Canned Pear has negligible amounts of salicylate if it is in sugar syrup, but if it is in natural juices/syrups, it has a moderate amount of salicylate as these often contain some peel, which contains salicylates

## Sweets

Negligible	Low	Moderate	High	Very High
Carob	Caramel****	Molasses		Chewing gum
Cocoa	Golden Syrup	Raw Sugar		Fruit flavors
Homemade caramel****	Malt Extract			Honey
Maple Syrup				Honey flavors
White Sugar				Jam (except pear, preferably homemade)
				Liquorices
				Mint flavored sweets
				Peppermints

\*\*\* Caramel can be made from just sugar and water or sugar and milk – both are salicylate free and therefore caramel is generally alright. However, store bought caramel can have a variety of additives and added flavorings that do contain salicylate – so be careful when buying/eating caramel and be sure to read the ingredients

## Seasonings, Condiments, Toppings & Sauces

Negligible	Low	Moderate	High	Very High
Golden Syrup	Apple Butter (only if homemade from acceptable varieties of apples)	Fresh Coriander Leaves (also known as Chinese parsley)	All Spice	Aniseed
Malt Vinegar	Chives	Horseradish	Bay leaf	Basil
Maple Syrup (pure)	Fennel – dried	Mayonnaise	Caraway	Black pepper
Salt	Garlic		Cardamom	Cayenne
	Parsley (except Chinese parsley also known as coriander)		Cinnamon	Celery powder
	Saffron		Cloves	Chili flakes
	Shallots		Coriander	Chili Powder
	Soy Sauce (if free of spices)		Ginger	Cider Vinegar
			Mixed herbs	Commercial Gravies & Sauces
			Mustard	Cumin
			Pimiento	Curry
				Dill
				Fenugreek
				Fish, meat, and tomato pastes
				Garam masala
				Ginger
				Honey
				Jam/Jelly (all commercial varieties – you can make your own from acceptable ingredients)
				Liquorices
				Mace
				Marmite
				Mint

				Mustard
				Nutmeg
				Oregano
				Paprika
				Peppermint
				Rosemary
				Sage
				Tabasco
				Tarragon
				Thyme
				Turmeric
				Vegemite and other Yeast Extracts****
				White pepper
				White Vinegar
				Wine Vinegar
				Worcester Sauce

\*\*\*\* Yeast extracts are high but they are different from the yeast used in baking. Baking Yeast is generally ok

### Fats & Oils

Negligible	Low	Moderate	High	Very High
Butter	Ghee	Almond Oil	Copha	Coconut Oil
Canola Oil		Corn Oil	Sesame oil	Olive Oil
Margarine****		Peanut Oil	Walnut Oil	
Safflower Oil				
Soy Oil				
Sunflower Oil				

\*\*\*\* Only if it's made from vegetable oil or canola oil

### Grains

Negligible	Low	Moderate	High	Very High
Barley			Breakfast cereals that include fruit, nuts, honey or coconut	
Buckwheat			Corn/maize cereals	
Millet			Cornmeal	

Oats (plan)			Flavored breakfast cereals	
Rice			Maize	
Rice cereals (plan)			Polenta	
Rye				
Wheat				

## Meats

Negligible	Low	Moderate	High	Very High
Beef	Liver		Fish canned in an unacceptable oil and/or with seasonings added	Processed luncheon meats (many are seasoned and thus contain salicylates)
Chicken	Prawns		Gravy made from prepared mixes (i.e. stock cubes/bouillon/meat extracts/etc.)	Seasoned meats (e.g. salami, sausages, frankfurters, and hotdogs)
Eggs	Shellfish			
Fish				
Lamb				
Organ meats				
Rabbit				
Sausage casing				
Scallops				
Tripe				
Veal				

\*\*\*Most meat, fish and poultry are salicylate free, processed/seasoned often contain salicylates

## Dairy

Negligible	Low	Moderate	High	Very High
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Butter				
Cream				
Cheese (not blue vein)				
Milk				
Yoghurt (natural only)				
Ice Cream ****				
Rice Milk				
Goat Milk				
Soy Milk ****		Blue vein Cheese		
Tofu				

\*\*\*\* Be sure the read the label carefully on these things, they are ok only if they do not have any additives or added flavorings. With Ice cream it can be very difficult to find brands that make pure and plan ice cream without all the additives (though there are a few out there), I recommend just making your own.

### Baking Supplies

Negligible	Low	Moderate	High	Very High
Arrowroot				
Corn starch (also known as corn flour in Australia)				
Golden Syrup				
Malt				
Malt extract				
Poppy seeds				
Rice Flour				
Rye Flour				
Sago				
Soy Flour				
Sugar				
Sugar (brown, castor, granulated, icing, powdered)				
Tapioca				
Wheat Flour		Sesame seeds	Corn Syrup	

## Commercial Snacks

Negligible	Low	Moderate	High	Very High
Plain potato chips (read the ingredients list)	Apple chips (only if homemade from acceptable varieties of apples)	Popcorn	Chewing gum (all flavors)	
		Popping corn	Fruit flavored candy, gelato, ices, popsicles, sherbet, sorbet, and sweets	
			Licorice/licuorices (all flavors)	
			Mint/peppermint/wintergreen flavored candy/sweets	
			Pickles (and anything pickled)	

## Beverages

Negligible	Low	Moderate	High	Very High
Decaffeinated Coffee	Dandelion coffee	Coco cola	regular coffee	
milk (goat and cow)	Store bought pear juice	Rose hip tea	all teas	
Ovaltine		Rose hip syrup	Cordials and fruit flavored drinks	
homemade pear juice			fruit and vegetable juices	
soy milk				
rice milk				
water				



## Alcohol

Negligible	Low	Moderate	High	Very High
Gin		Cider	Liquor	
Whiskey		Beer	Port	
Vodka		Sherry	Wine	
		Brandy	Rum	

## Salicylate-Free Hair Product Guide

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Below is a list of drug store hair products which are salicylate-free. As with all products, ingredients do change, so it is best to double check (NRSF, No Date). Salicylate-free products can also be purchased from [www.cleure.com](http://www.cleure.com) or [www.andrearose.com](http://www.andrearose.com).

Adidas Moves, Play It Clean Hair and Body Wash

Advance Techniques Daily Results Flexible Hold Finishing Spray

Advance Techniques Straight & Sleek Smoothing Balm

Advance Techniques Volumizing Body Building Mousse

AG Hair WAXX

AG Big Wigg

Alberto VO5 Brush out Hairspray, Extra Hold

Alberto VO5 Conditioning Hairdressing, Normal/Dry Hair

Alberto VO5 Extra Body Shampoo

Alberto VO5 Moisturizing Hot Oil Hair Treatment

Alberto VO5 Obey and Play Gel Wax

Alberto VO5 Red Gel Wax, Obey! & Play

Alberto VO5 Red Hair Spray, Fast Drying Quick! Hold

Alberto VO5 Red Hair Spray, Fast-Drying, Max! Hold

Alberto VO5 Red Hair Spray, Shaping, Shape! Up

Alberto VO5 Red Reworkable Putty, Play! it again

Alberto VO5 Red Styling Gel, Grip! it

Alberto VO5 Red Styling Gel, Real Clean!

Alberto VO5 Red Styling Mousse, Curvaceous Curls!

Alberto VO5 Red Styling Mousse, Whipped! Volume

Alberto VO5 Shampoo for Normal Hair

Alberto VO5 Sheer Hairdressing

Alberto VO5 Smoothing Soufflé

Alberto VO5 Total Hair Recovery

Alberto VO5 Weightless Leave-In Anti-Frizz & Shine Crème

Alberto VO5 Extra Body Shampoo

Alberto VO5 Keep Me Strong! Leave-In Comb-In Cream

Alberto VO5 Give Me Curls! Springing Curl Styling Spray  
Alberto VO5 Volume! Blast Root Boost Styling Spray  
Alberto VO5 Red Gel Wax, Obey! & Play  
Alberto VO5 Red Styling Mousse, Curvaceous Curls!  
Alberto VO5 Sheer Hairdressing Weightless Leave-In Anti-Frizz & Shine  
Alberto VO5 Red Heat Defense Conditioning Spray, Miracle! Mistreme  
Alberto VO5 Shampoo for Normal Hair  
Alberto VO5 Total Hair Recovery  
Alberto VO5 Frizz Rescue! Leave-In Comb-In Cream  
Alberto VO5 Make it Straight! Straightening Gel  
Alberto VO5 Silky Experiences Smoothing Conditioner Lavender Luster  
Alberto VO5 Silky Experiences Soothing Shampoo, Lavender Luster Alberto VO5 Silky  
Experiences Moisturizing Conditioner, Champagne Kiss  
National Reye's Syndrome Foundation  
Hair Salicylate Free Products  
Alberto VO5 Brush Out Hairspray, Extra Hold  
Alberto VO5 Red Hair Spray, Fast-Drying, Max! Hold  
Alberto VO5 Red Reworkable Putty, Play! it again  
Alberto VO5 Conditioning Hairdressing, Normal/Dry Hair  
Alberto VO5 Moisturizing Shower Works Hair Treatment  
Amplify by Matrix Volumizing System Color XL Shampoo  
Amplify by Matrix Volumizing System Conditioner  
Amplify by Matrix Volumizing System Shampoo  
Amplify by Matrix Volumizing System Hair Spray  
Amplify by Matrix Volumizing System Spray-Gel  
Amplify by Matrix Volumizing System Instant Conditioner  
Aqua Net Extra Super Hold Hairspray, Unscented  
Baker Cummins P&S Liquid (Scaly Scalp)  
Big Sexy Hair Spray And Play Volumizing Hairspray  
Big Sexy Hair Spray & Play Harder, Firm Volumizing Hairspray  
Big Sexy Hair Firm Volumizer Spray  
Sexy Hair Concepts Big Sexy Hair Root Pump  
Biosilk Silk Therapy Shampoo  
Biosilk Silk Therapy Shine On  
Biosilk Silk Therapy Treatment  
Bumble and Bumble Big Shine  
Bumble and Bumble De Frizz  
Bumble and Bumble Classic Hairspray  
Bumble and Bumble Aerosol Hair Spray  
Bumble and Bumble Curl Conscious Curl Cream  
Bumble and bumble Curl Conscious Shampoo, Nordic Angel  
Bumble and bumble Curl Conscious Shampoo, Wild Child  
Bumble and Bumble Does it All Styling Spray  
Bumble and bumble Extra Strength Holding Spray

Bumble and Bumble Curl Conscious Shampoo  
Bumble and Bumble Gloss  
Bumble and Bumble Holding Spray  
Bumble and Bumble Holding Spray and Styling Crème  
Bumble and Bumble Straight  
Bumble and Bumble Styling Wax  
Bumble and Bumble Styling Crème  
Bumble and Bumble Sumotech  
Bumble and Bumble Super Rich Conditioner  
Bumble and Bumble Thickening Spray  
Cantu Shea Butter Leave In Conditioning Repair Cream  
Cantu Shea Butter Moisturizing Cream Shampoo  
Cantu Shea Butter After Shampoo Rinse Out Conditioner  
Cantu Break Cure Strengthening Treatment  
Cat Walk Sexed Up Body Building Conditioner  
Charles Worthington London Smart Flxx Iridescent Gloss Polish  
Charles Worthington London Smart Flxx Silky Sleek Straightening Balm  
CHI Shine Infusion  
Clairol 3 in 1 Mousse Max Hold  
Clairol Loving Care Haircolor  
Clairol Nice 'N' Easy Haircolor  
Clairol Ultress Custom Color Haircolor  
Condition 3-in-1 Hairspray, Maximum Hold  
Condition 3-in-1 Extra Hold Hair Spray, Unscented, Aerosol  
Condition 3-in-1 Unscented Hairspray, Maximum Hold  
Curl Life Every-Weather Hairspray, Aerosol  
Curly Sexy Hair curl power  
Curly Sexy Hair hot curl  
Curl Care Touchable Curls European Shaping Milk  
Clairol Xtreme FX Bleach-Out Tool Kit  
Davines Defining System Glam Power Spray  
Dep Extra Super Control Water Based Gel  
Dep M Groom Styling Shine Gel, 10 Strong Hold  
DHS Tar Dermatological Hair & Scalp Shampoo  
DHS Clear Shampoo, Fragrance Free  
DS Laboratories Revita Hair Growth Stimulating Shampoo  
Final Net Hair Spray, Non-Aerosol Extra Hold, Unscented  
Final Net Scented All Day Hold Hairspray, Extra Hold  
Final Net Unscented All Day Hold Hairspray, Extra Hold  
Final Net Unscented All Day Hold Hairspray, Regular Hold  
Finesse Extra Hold Hairspray, Unscented, Aerosol  
Finesse Conditioner, BeautiFULL Volume  
Finesse Conditioner, Enhancing for Normal Healthy Hair  
Finesse Conditioner, Moisturizing For Dry, Coarse Hair

Finesse Extra Hold Hairspray, Unscented, Aerosol  
Finesse Shampoo, Color Care  
Finesse Touchables Mousse, Curl Defining for Curly or Wavy Hair  
Free & Clear Hair Conditioner  
Free & Clear Hair Spray Firm Hold  
Free & Clear Hair Spray Soft, Easy Hold  
Free & Clear Hair Styling Gel  
Free and Clear Shampoo  
Goldwell Kerasilk Conditioning Treatment, For Dry Damaged or Curly Hair  
Got2Be Crazy Sleek Hot Smooth Flat Iron and Blow Dry Lotion  
Got2Be Crazy Sleek Unstoppable Hold Shine Lock  
Got2B Dazzling Shine Spray Pump  
Got2B Defiant Define Plus Shine Pomade  
Got2Be Glossy Shine Serum  
Got2B Glued Spiking Freeze Spray  
Got2B Glued Styling Spiking Glue  
Got2B Glued Styling Spiking Spray  
Got2B In Therapy Reconstructing Conditioner  
Got2B Moisture Rage Smoothing Shampoo  
Got2B Playful Texturizing Creme Pomade  
Got2B Squeaky Clean Daily Cleanse Shampoo  
Got2Be Sexy Voluptuous Volume Hairspray  
Graham Webb 30-Second Sheer Conditioner  
Graham Webb Brit Style Energy Lock Hair Spray  
Graham Webb Brit Style Exothermic Medium Hold Gel  
Graham Webb Brit Style Flexible Hold Hair Spray  
Graham Webb Brit Style High Gloss Shine Spray Gel  
Graham Webb Brit Style Magnitude Mousse  
Graham Webb Brit Style Moussing Wax  
Graham Webb Brit Style Sculptor  
Graham Webb Brit Style Shine Serum  
Graham Webb Brit Style Wax Pomade  
Graham Webb Curl Defining Conditioner  
Graham Webb Curl Defining Gel  
Graham Webb Daily Strength Strengthening Conditioner  
Graham Webb Daily Strength Strengthening Shampoo  
Graham Webb Making Waves Curl Defining Shampoo  
Graham Webb Stick Straight Smoothing Conditioner  
Graham Webb Stick Straight Smoothing Gel  
Graham Webb Stick Straight Smoothing Shampoo  
Graham Webb Stick Straight Smoothing Spray  
Graham Webb Thick Infusion Root Volumizing Spray  
Graham Webb Thick Infusion Thickening Conditioner  
Graham Webb Thick Infusion Thickening Shampoo

Graham Webb Universal Usage Visibility Clarifying Shampoo  
Graham Webb Vivid Color Firm Hold Foaming Gel  
Graham Webb Vivid Color Reparative Shine  
Hask Spray on Luminizer  
Hask Frizz Remedy  
Hask No Rinse Hair Repair Treatment  
Head & Shoulders Dandruff Conditioner, Dry Scalp Care  
Head & Shoulders Dandruff Conditioner, Extra Fullness  
Head & Shoulders Dandruff Shampoo Plus Conditioner, Classic Clean  
Head & Shoulders Dandruff Shampoo, Classic Clean  
Head & Shoulders Dandruff Shampoo, Intensive Treatment  
Healthy Sexy Hair soy salvation  
Healthy Sexy Hair soy tri-wheat leave-in conditioner  
Infusion Leave In Treatment Moisturizing  
Infusion Moisturizing Shampoo  
Infusion Revitalizing Conditioner  
Ion Styling Solutions Styling Gel Ultimate Hold  
ISO Multiplicity Dimensions Texture Conditioner  
Jhirmack Silver Brightening Shampoo  
John Frieda Sheer Blonde Crystal Clear Hairspray  
John Frieda Sheer Blonde Spotlight Sleeker  
John Frieda Frizz Ease Smooth Start Defrizzing  
John Frieda Frizz-Ease 5-Minute Manager Blow-Dry Lotion  
John Frieda Frizz-Ease Frizz-Ease Dream Curls Curl Perfecter  
John Frieda Frizz-Ease Frizz-Ease Lite Formula Hair Serum  
John Frieda Frizz-Ease Hair Serum  
John Frieda Frizz-Ease Nourishing Shampoo  
John Frieda Frizz-Ease Smooth Start Defrizzing  
John Frieda Frizz-Ease Step 2, Defrizzing & Nourishing Conditioner, Original Formula  
John Frieda Frizz-Ease Step 4 Style Straight Wind-Down Relaxing Creme  
John Frieda Frizz-Ease Step 5 Miraculous Recovery Deep-Conditioning Treatment  
John Frieda Nourishing Shampoo  
John Frieda Sheer Blonde Blonde Hair Repair Strengthening and Conditioning Treatment  
John Frieda Brilliant Brunette Shine Shock Perfecting Glosser  
Johnson's Baby Baby Shampoo, Original  
Johnson's Baby Softwash Baby Shampoo  
Johnson's Buddies No More Tangles Easy-Comb Conditioner  
Johnson's Buddies No More Tangles Easy-Comb Spray  
Joico ICE Mist Maximum Hold Finishing Spray  
Joico Body Deluxe Shampoo  
Joico Body Deluxe Conditioner  
Joigel Styling Gel Medium Hold  
Kaddus Imunal Revital Balancer  
Kaddus Revutak Shampoo

Keratase Nutrivive Lait Proteine For Dry and Sensitised Hair  
Keratase Bain Volume Activ Shampoo  
Keratase Resistance Bain Volumactive Volumizing Shampoo  
Kerasilk Shampoo for Dry Damaged Hair  
Keraskilk Treatment for Dry Damaged Hair  
Korres Proteins Serum  
Klorane Nutritive Detangling Balm with Mink Oil  
KMS Color Vitality Shampoo, for Color Treated Hair  
KMS Hair Stay Styling Gel  
L.A. Looks Extra Super Hold Gel  
L.A. Looks Mega Hold Styling Gel  
L'Oreal New vive Pro Nutri Gloss Shampoo  
L'Oreal New Vive Pro Nutri Gloss Conditioner  
L'Oreal Plumping Curls for Curly Hair  
L'Oreal Serie Absolute Repair Masque for Very Damaged Hair  
L'Oreal Serie Expert Absolute Repair Masque for very Damaged Hair  
L'Oreal Serie Expert Enriching Smoothing Masque for Unmanageable Hair  
L'Oreal Serie Expert Liss Extreme Enriching Smoothing Masque  
L'Oreal Serie Expert Vitamino Color Protective Conditioner  
L'Oreal Serie Expert Vitamino Conditioner Colored Hair Normal/Colored Hair Dry  
L'Oreal Excellence Crème lights Highlighting Crème  
L'Oreal Lasting Curls Gel  
L'Oreal Serie Expert Liss Extreme Enriching, Smoothing Masque for Unmanageable Hair  
L'Oreal Serie Expert Liss Extreme Smoothing Cream for Unmanageable Hair  
L'Oreal Serie Expert Vitamino Color Protective Shampoo for Colored Hair, Fine  
L'Oreal Serie Expert Vitamino Color Protective Shampoo for Colored Hair, Normal  
L'Oreal Serie Expert Vitamino Color Protective Shampoo Colored Hair, Fine  
L'Oreal Serie Expert Vitamino Color Shampoo, Norm  
L'Oreal Serie Liss Extreme Masque for Unmanageable Hair and Smooth Cream for Unmanageable Hair  
L'Oreal Serie Volume Extreme Densifying Leave-In Spray, Fine Hair  
L'Oreal Serie Liss Extreme Enriching Smoothing Masque  
L'Oreal Preference Haircolor  
L'Oreal Vive Highlight Boosting Conditioner  
L'Oreal Vive Pro Vive Conditioner (Dry Hair)  
L'Oreal Professional Intense Repair  
LA Looks Gel 3 Mousse Extra Super Hold and Body  
L'Oreal Studio Line Finishing Spray, Fast Forward  
L'Oreal Studio Line Finishing Spritz, Mega Spritz  
L'Oreal Studio Line Finishing Spritz, Pumping Curls  
L'Oreal Studio Line Mega Mousse, Mega Hold  
L'Oreal Studio Line Mighty Mist Finishing Spray  
L'Oreal Studio Line Mousse, Volumatic Full-Up  
L'Oreal Studio Line Springing Curls Mousse

L'Oreal Studio Line Styling Gel, Aqua Gel  
L'Oreal Studio Line Styling Gel, Invisi-Gel  
L'Oreal Studio Line Styling Gel, Mega Gel  
L'Oreal Studio Line Styling Gel, Melting Gel  
L'Oreal Studio Line Styling Spray Gel, Liquid Gel  
L'Oreal Studio Line Texture Gel, Grab  
L'Oreal VIVE 2 in 1 Shampoo & Conditioner, Fresh-Shine  
L'Oreal VIVE 2 in 1 Shampoo & Conditioner, Nutri-Force  
L'Oreal VIVE Color-Care Masque  
L'Oreal VIVE Conditioner, Color-Care  
L'Oreal VIVE Conditioner, Curl VIVE  
L'Oreal VIVE Conditioner, Fresh-Shine  
L'Oreal VIVE Conditioner, Nutri-Moistur  
L'Oreal VIVE Dry Defense, Color-Care 3 Minute Treatment  
L'Oreal VIVE Finishing Spray, Color-Care  
L'Oreal Vive Pro Color Vive Conditioner, for highlighted hair  
L'Oreal Vive Pro Color Vive Shampoo, for color-treated hair that's dry  
L'Oreal Vive Pro Color Vive Shampoo, for color-treated hair that's regular  
L'Oreal Vive Pro Smooth Intense Shampoo, for dry, rebellious hair that's thick  
L'Oreal VIVE Pro Style & Body Infusing Shampoo curly/wavy hair that needs control  
L'Oreal VIVE Pro Style & Body Infusing Shampoo fine hair that needs volume  
L'Oreal VIVE Pro Style & Body Infusing Shampoo normal hair that needs body  
L'Oreal VIVE Shampoo, Color-Care  
L'Oreal VIVE Shampoo, Color-Vive Regular  
L'Oreal VIVE Shampoo, Curl-Moisture  
L'Oreal VIVE Shampoo, Fresh-Shine  
L'Oreal VIVE Shampoo, Nutri-Moisture  
L'Oreal VIVE Spray Gel, Curl-Shaping  
L'Oreal Studio Line Total Control Clean Gel, Strong Hold, Alcohol-Free  
L'Oreal VIVE 2 in 1 Shampoo & Conditioner, Fresh-Shine  
L'Oreal VIVE 2 in 1 Shampoo & Conditioner, Nutri-Force  
L'Oreal VIVE Color-Care Masque  
L'Oreal VIVE Conditioner, Color-Care  
L'Oreal VIVE Conditioner, Curl VIVE  
L'Oreal VIVE Conditioner, Fresh-Shine  
L'Oreal VIVE Conditioner, Nutri-Moisture  
L'Oreal VIVE Dry Defense, Color-Care 3 Minute Treatment  
L'Oreal VIVE Finishing Spray, Color-Care  
L'Oreal Vive Pro Color Vive Conditioner, for highlighted hair  
L'Oreal Vive Pro Color Vive Shampoo, for color-treated hair that's dry  
L'Oreal Vive Pro Color Vive Shampoo, for color-treated hair that's regular  
L'Oreal Vive Pro Smooth Intense Shampoo, dry, rebellious hair that's thick  
L'Oreal VIVE Pro Style & Body Infusing Shampoo curly/wavy hair needs control  
L'Oreal VIVE Pro Style & Body Infusing Shampoo, fine hair needs volume

L'Oreal VIVE Pro Style & Body Infusing Shampoo, normal hair needs body  
Mark Anthony Strictly Curls  
Mark Anthony Hair Thickening Cream  
Mark Anthony Moisture Gloss Color Extender Daily Drops  
Mary Kay Domain Body and Hair Shampoo  
Matrix Color Smart by Matrix Gloss Aero Spray  
Matrix Color Smart Protective Luminating System Intensive Repair  
Matrix Color Smart Protective Luminate System Spray  
VaVoom by Matrix Freezing Spray, Aerosol  
Matrix Essentials So Silver Shampoo  
Sleek.look by Matrix Smoothing System Water-Free Hairspray  
Trix by Matrix Freeze Trix Fast Fix Spray  
Nioxin Niospray Volumizing Reflectives  
Nioxin Volumizing Reflectives Niospray Power Hold  
Nioxin Hair Spray  
Nizoral Anti Dandruff Shampoo  
Pantene PRO-V Style Total Control Shaping Gel Extra Long-lasting formula for control and shine Maximum Hold  
Pantene Pro V Restoratives Shampoo and Conditioners  
Pantene Pro-V Alcohol Free Styling Mousse Extra  
Pantene Pro-V Ready Set Curl Reviving Treatment  
Pantene Pro-V Texturize! Shampoo  
Pantene Pro-V Hairspray, Extra Fullness, Maximum Hold  
Pantene Pro V Intensive Restoration Treatment  
Pantene Restoratives Frizz Control Ultra Smoothing Balm  
Pantene Pro V Ice Shine Shampoo  
Pantene Pro V Ice Shine Conditioner  
Pantene Pro-V Style Ice Shine Volume Mousse, Maximum Hold  
Pantene Pro-V Style Ice Shine Hairspray, Maximum  
Pantene Pro-V Smooth and Shine Styling Milk  
Pert Plus Shampoo Plus Conditioner  
Pert Plus Shampoo Plus Conditioner Dandruff Control  
Pert Plus Shampoo Plus Conditioner Normal Hair  
Pert Plus Shampoo Plus Conditioner Fine Hair  
Pert Plus Shampoo Plus Conditioner, Dry/Damaged Hair  
Philosophy Tattletales Broomstick Hair Ultra Rich Moisturizing Shampoo  
Philosophy Shampoo/Conditioner  
Physique Precision Wax  
Physique Volume Boosting Gel  
Queen Helene Cholesterol Hair Conditioning Cream  
Queen Helene Hot Oil Treatment  
Rave 4x Mega Aerosol Hairspray  
Rave 4x Unscented Hair Spray  
Rave Unscented 3 X Ultra Hair Spray



Rave Unscented 4 x Mega Non Aerosol Hairspray and Non Aerosol Redken Glass Smoothing Serum  
Redken Vinyl Glam  
Redjeb Water Wax Shine Defining Pomade O3 (Mild Control)  
Redken Solve Dandruff Shampoo  
Redken Forceful 23 Super Strength Finishing Spray  
Redken Headplay 12 Pliable Working Spray (24 hr)  
Redken Body Full Shampoo  
Redken Body Full Conditioner  
Revlon Outrageous 2 in 1 Shampoo Conditioner All out Shine  
Revlon Outrageous Moisturizing Shampoo All Out Shine  
Roux Fanci-Full Color Refreshing Rinse  
Rusk Internal W8less Shamping and Control Myst  
Rusk Sheer Brilliance Hair Polisher  
Rusk Shining Sheen and Movement Myst  
Rusk Str8 Anti-Frizz Anti Curl Lotion  
Rusk Thick Body and Texture Amplifier  
Rusk WORx Work Finishing Spary  
Salon Selectives Flexible Hold Finishing Spray  
Samy Emergency Hair Treatment  
Samy Moist Conditioner  
Samy Moist Shampoo  
Samy Mucho Mousse  
So Sexy Natural Hold Hair Spray  
Sebastian Collection Wet Liquid Gel for Firm Fitting Hold  
Sebastian Grease  
Sebastian Shaper Hair Spray  
Sebastian Laminates, Thermal Shine Styler  
Samy Volume Conditioner  
Stiefel Labs Poly Tar Shampoo  
Suave Awesome Apple Detangling Spray  
Suave Basics Daily Clarifying Conditioner  
Suave Basics Daily Clarifying Shampoo  
Suave Basics Extra Hold Non Aerosol Hairspray  
Suave Basics Extra Hold Shape and Control Gel  
Suave Basics Extra Hold Shaping Mousse  
Suave Basics Max Hold Volume Control Mousse  
Suave Basics Mega Hold Sculpting Gel  
Suave Basics Unscented Extra Hold Hairpsray  
Suave Performance Series 2-Minute Recovery Deep Conditioner  
Suave Maximum Hold Aerosol Hairpsray  
Suave Maximum Hold Styling Spritz  
Suave Max Hold Non Aerosol Hairspray  
Suave Max Hold Unscented Non Aerosol Hairspray

Suave Moisturizing Hot Oil Treatment  
Suave Orange Mango Smoothers  
Suave Perform Series 2-Minute Recovery Deep Conditioner  
Suave Professionals 2 in 1 Shampoo  
Suave Professionals Daily Moisture Shampoo  
Suave Professionals Amplifying Conditioner  
Suave Professionals Amplifying Root Lifter  
Suave Professionals Amplifying Shampoo  
Suave Professionals Extreme Strength Shampoo  
Suave Professionals Humectant Conditioner  
Suave Professionals Plus Shampoo  
Suave Professionals Sleek Smoothing Cream  
Suave Professionals Sleek Heat Protection Spray  
Suave Professionals Sleek Finishing Hairspray, Maximum Hold  
Suave Professionals Smoothing Shampoo  
Suave Professionals Super Hold Shaping Spray  
Suave Professionals Thick and Full Shampoo  
Suave Professionals Volumizing Conditioner  
Suave Professionals Volumizing Gel  
Suave Professionals Volumizing Finishing Hairspray  
Suave Professionals Volumizing Finishing Hairspray, Maximum Hold  
Suave Sleek Conditioner  
Suave Sleek Shampoo  
Suave Smoothing 2 in 1 Shampoo  
Suave Thick and Full Conditioner  
Suave Unscented Extreme Hold Aerosol  
Sunsilk Beyond Brunette Color Boost, Colorers with Auburn Tones  
Sunsilk Blonde Bombshell Color Boost, For Colorers and Highlighters  
Sunsilk Blonde Bombshell Color Boost, For Highlighters  
Sunsilk ThermaShine Shampoo  
Sunsilk Thermashine Detangling Shine Spray  
Sunsilk Straighten Up 24/7 Creme  
Ted Gibson Beautiful Hold Hair Spray  
Terax Hair Care Crema Ultra Moisturizing Daily Conditioner  
Terax Hair Care Styling Gel  
Terax Hair Care Sculpting Wax  
Terax Hair Care Gloss Finishing Serum  
Terax Hair Care Silk Foam  
Terax Hair Care Finishing Spray  
Thermasilk Heat Activated Volume and Shine Tonic  
Thermasilk Ultra Hold Non Aerosol Hairspray  
TIGI Bed Head Manipulator  
TIGI Bed Head Masterpiece Massive Shine Hairspray  
TIGI Bed Head Moisture Maniac Conditioner

TIGI Bed Head Superstar Blow-Dry Hair Lotion  
TIGI Bed Head, Control Freak Shampoo  
TIGI Bed Head, Creative Genius Sculpting Liquid  
TIGI Bed Head, Dumb Blonde Reconstructor  
TIGI Bed Head, Ego Boost Split End Mender, Leave-In Conditioner  
TIGI Bed Head, Girl Toys Shine Serum  
TIGI Bed Head, Head Shrink Mega Firm Gel  
TIGI Bed Head, Headrush Shine Adrenaline Superfine Mist Spray  
TIGI Bed Head, Health Goddess  
TIGI Bed Head, Moisture Maniac Shampoo  
TIGI Bed Head, Power Trip Hair Gel  
TIGI Bed Head, Rubber Rage  
TIGI Bed Head, Self Absorbed Mega Vitamin Shampoo  
TIGI Bed Head, Shine Junkie Hair Polish  
TIGI Bed Head, Superstar Thermal Blow-Dry Hair Lotion  
TIGI Bed Head, Uptight, Heat Activated Curl Maker  
TIGI Hard Head Hard Hold Hairspray  
TIGI Smoothing Shampoo  
TRESemme Smooth No Frizz European Shine Spray, Ultra Light  
TRESemme Restore, Conditioning Leave-In Creme  
TRESemme Curl Care Touchable Curls European Shaping Milk  
TRESemme Volume Big Boost Root Lift Spray  
TRESemme Anti-Frizz Secret Smoothing Creme  
TRESemme Curl Care, Bouncy Curls Defining Gel  
TRESemme European Tres Two Hair Spray, Ultra Fine Mist  
TRESemme Moisture Deep Quench European Conditioning Treatment, Dry or Damaged Hair  
TRESemme Tres Create Styling Putty  
TRESemme European Tres Two Hair Spray, Extra  
TRESemme Flawless Curls European Curl  
TRESemme Detangle, Leave-In Spray  
TRESemme Enhancing Mousse, Extra Hold  
TRESemme Thermal Creations Heat Tamer Protective Spray  
TRESemme ColorThrive Daily Color Lock In Spray, Color Treated Hair  
TRESemme ColorThrive Shampoo, Brunette & Red Color Treated Hair  
TRESemme ColorThrive Conditioner, Brunette & Red Color Treated Hair  
TRESemme ColorThrive Daily Color Lock In Creme, Color Treated Hair  
TRESemme ColorThrive Shampoo, Blonde Color Treated Hair  
TRESemme ColorThrive Conditioner, Blonde Color Treated Hair  
TRESemme Smooth No Frizz European Shine Spray, Ultra Light  
TRESemme Moisture Rich Super Hydrante Shampoo  
TRESemme Shampoo with B12 and Gelatin  
Umberto Beverly Hills Super Hold Hairspray  
Umberto Beverly Hills Controller Detangler Conditioning Spray

Unite Eurotherapy 7Seconds Condition Leave In Detangler.  
Warren Tricomi Style Hairspray  
Wella Color Preserve Thermal Protecting Spray

### Ingredients to Avoid Within Products

Salicylate, Salicylic Acid, chemicals with the syllables SAL, CAMPH or MENTH, balsam & bisabol, octisalate, homosalate, mexoryl, meradimate, bioflavonoids, quercetin, hesperiden or rutin (FMT, 2012)

### References

FMT (2012). Fibromyalgia Treatment-Checking Products. [www.fibromygiatreatment.com](http://www.fibromygiatreatment.com) [Obtained Aug 26 2012].

NRSF (No Date). National Reye's Syndrome Foundation-Hair Salicylate Free Products. [www.reyessyndrome.org](http://www.reyessyndrome.org). [Obtained Aug 27 2012].

SalicylateSensitivity (2012). Salicylate Sensitivity Food Guide. [www.salicylatesensitivity.com](http://www.salicylatesensitivity.com) [Obtained Aug 26 2012].