

Excerpts from **What Your Doctor May NOT Tell You About Fibromyalgia** R Paul St. Amand MD & Claudia C Marek

- Avoid Salicylates in all forms, including Aspirin-containing products, topical products, cosmetics etc.
- Avoid the various products on this extensive list;

Abbreviated List

A

Agar
Algae
Allspice
Almond (oil)
Aloe (vera)
American saffron
Anise (aniseed)
Apple (blossom)
Apricot
Aromatic bitters
Arrowroot
Artichoke extract
Asparagus (root)
Avocado

B

Balm (mint, lemon balm)
Bamboo
Banana
Basil
Bay laurel
Bay leaf
Bayberry
Bean
Bee pollen
Belladonna
Bitter almond
Bitter cherry
Bitter orange
Black cohosh
Black currant
Black mustard
Black pepper
Black walnut
Blackberry
Blue cohosh
Brigham tea
Broad-leaved peppermint Eucalyptus
Buckwheat
Buttercup
Butternut (root, bark)

C

Cacao
California poppy
Camphor
Canadian balsam
Canola oil
Capers
Caraway
Cardemom
Carnation
Carrot (oil, seed)
Cashew nut (oil)
Castor (bean, oil)
Catnip
Cayenne
Cedar
Celery (seed)
Chamomile (Camomile)
Chaparral (extract)
Chaste tree
Cherry (bark, pit, pit oil)
Chestnut
Chickory
Chili
Chinese tea
Chives
Chrysanthemum
Cilantro
Cinnamon
Citronella
Citrus (seed, seed extract)
Clary sage
Clove
Clover
Cocoa
Coconut
Cohosh (root)
Cola (nuts, seeds)
Comfrey
Coriander
Cornsilk
Coumarin
Cranberry
Crocus
Cucumber
Cumin
Currant
Curry

D

Dandelion (leaf, root)

Date
Dill
Dogwood

E

Echinacea
Elderberry
English oak extract
English walnut
Ephedra
Ergot
Eucalyptus

F

Fava bean
Fennel
Fern
Feverfew
Feverwort
Fig
Flavonoids
Flax (seed, oil)
Foxglove
Frankincense
French basil

G

Gardenia
Garlic
Geranium
German chamomile
Germander
Ginger
Ginkgo Biloba
Ginseng
Goldenrod
Goldenseal
Gourd
Grape leaf
Grapefruit
Grapeseed
Green bean
Green tea
Guava
Gum plant

H

Hawthorne (Hawthorne berry)
Hazel
Henna
Hibiscus
Holly
Honey

Honeydew melon
Hops
Horse chestnut
Horsemint (oil)
Horseradish
Hyacinth
Hybrid safflower
Hydrangea
Hyssop

I

Impatiens
Indian turnip
Indigo
Ipecac
Ivy

J

Jasmine
Jesuit's Tea
Juniper

K

Kava kava
Kelp
Kidney bean
Kiwi
Kola (Kola nut)
Kudzu root

L

Labrador tea
Lavender
Leek
Lemon
Lemon balm
Lemongrass
Lemon-scented eucalyptus
Lentil
Lettuce
Lichen
Licorice (licorice root)
Lilac
Lily (Lily of the valley)
Lime
Linseed
Liverwort
Lobelia
Loquat

M

Macadamia
Magnolia
Mandarin (mandarin orange)

Mandrake
Mango
Marigold
Marijuana
Marjoram
Marshmallow root
Mastic
Mate
Mentha (Aquatica, Piperita, etc.)
Milk thistle

ort
Millet
Mimosa
Mint
Mistletoe
Mother of thyme
Mulberry
Mushroom
Muskmelon
Mustard
Myrrh
Myrtle

N

Nutmeg

O

Oleander
Olive (olive oil)
Onion
Orange (orange blossom, orange oil)
Orchid
Oregano (seed, oil)
Oregon grape (root)

P

Palm oil (palm kernel oil)
Papaya
Paprika
Parsley
Pea
Peach (Peach kernel oil)
Peanut
Pear
Pectin
Peony
Pepper (oil, black, red, green)
Peppermint (Peppermint oil)
Periwinkle
Peru balsam

Peruvian bark
Peyote
Pine (bark, cone, pycnogenol, needle oil)
Pineapple
Plantain
Plum
Podophyllum
Pollen
Pomegranate
Poplar
Poppy
Potato
Primrose
Pumpkin
Pycnogenol

Q

Quinine

R

Radish
Raisin (seed, oil)
Rapeseed (oil)
Raspberry (juice, leaf)
Raw honey
Red pepper
Rhubarb (root)
Roman chamomile
Rose (leaves, extract, oil, hips-vitamin C source)
Rose bengal
Rosemary
Royal jelly
Rue

S

Sabal
Safflower (oil)
Saffron crocus
Safrole
Sage
Sambucus
Sandalwood
Sarsaparilla (root)
Sassafras
Savory
Saw palmetto
Scotch pine
Seaweed
Senna
Sesame seed oil
Shitake mushroom
Skunk cabbage

Slippery elm bark
Snakeroot
Snapdragon
Soap berry extract
Spanish oregano
Spanish sage
Spearmint
Spike lavender
Spinach (extract)
Spirulina
Spruce (oil)
St. John's wort
Star anise
Strawberry
Strawflower
Sumac
Summer savory
Sunflower (seed, oil)
Sweet almond oil
Sweet gum
Sweet marjoram

T

Tamarind
Tangerine (oil)
Tarragon
Tea
Thistle
Thyme
Tobacco
Tomato (extract)
True lavender
Tulips
Turmeric
Turnip extract

U

V

Valerian root
Vanilla
Violet

W

Wahoo
Walnut (extract, leaves, shell oil)
Water chestnut
Water lily
Water pimpernel
Watercress
Watermelon
Wax berry

Wax myrtle
West Indian bay
Wheat germ
White ginger
White mustard
White oak bark
White pine
White sage
White willow bark
Wild clover
Wild daisy
Wild ginger
Wild marjoram
Wild mint
Wild Oregon grape
Wild sarsaparilla
Wild strawberry
Wild thyme
Wild yam (root)
Willow bark
Willow leaf
Winter savory
Wintergreen
Witch hazel
Wormseed
Wormwood
Woundwort
Y
Yam
Yew
Yohimbe (Yohimbine bark)
Yucca

Unabridged List

A
Acacia
Acerola
Achillea
Acorns
Adder's tongue
Adonis vernalis
Agar
Agave lechuguilla
Agrimony (Agrimonia)
Ajaga
Alehoof
Alfalfa

Algae
Algin
Allspice
Almond (oil)
Aloe (vera)
Alpine cranberry
Althea root
Alum
Amantilla
Amaranth (Amaranthus)
Amber
American centaury
American desert herb
American hellebore
American ivy
American mountain ash
American saffron
Amica
Amyris
Anemone
Anethole
Angelica
Angostura bark
Anise (aniseed)
Annedda pychogenol
Apple (blossom)
Apricot
Arbutus extract
Arnica
Aromatic bitters
Arrowroot
Artemisia annua
Artichoke extract
Arum
Asarum
Asclepias
Ash
Asparagus (root)
Aspen
Astragalus
Atlas cedarwood
Avens
Avocado

B

Babassu
Balm (mint, lemon balm)
Balm of Gilead extract

Balsam (mecca, oregon, peru, rolu, etc.)
Bamboo
Banana
Baneberry
Baprisia
Barberry
Bardane (Bardana)
Barley grass
Basil
Bay laurel
Bay leaf
Bayberry
Bean
Bearberry
Bearded darnel
Bear's garlic
Bedstraw
Bee balm extract
Bee pollen
Beech
Beechdrop
Beetroot
Belladonna
Benner's Root
Berberis
Bergamor
Betony
Betula
Bi yan pian
Bilberry complex/extract
Bilva
Birch
Bird's tongue
Birthroot
Birthwort
Bisabol (or bisabolol)
Bistort
Bitter almond
Bitter cherry
Bitter orange
Bitterroot
Bitterstick
Black alder
Black birch
Black cohosh
Black currant
Black haw (bark)
Black mustard
Black pepper

Black root
Black thistle
Black walnut
Blackberry
Blackwort
Bladder wrack
Blazing star
Blessed thistle
Blind nettle
Blood root
Blue cohosh
Blue flag
Blue-green algae
Blue gum eucalyptus
Blue vervain
Blueberry leaves
Bogbean
Bois de rose (oil)
Boldo leaf
Boneset
Borage (oil)
Borneol
Boronia
Boswellia
Bougainvillea
Bourtree
Boxwood
Brahmi Bran
Brassica
Brazilian guarana
Brazilwood
Brier hip
Brigham tea
Broad-leaved peppermint Eucalyptus
Brooklime
Broom oil
Bryony (Byronia)
Buchu
Buckbean
Buckthorn
Buckwheat Bugle weed
Bugloss (extract)
Burdock (root, extract)
Butchers' broom
Butterbur
Buttercup
Butterfly weed
Butternut (root, bark)

C

Cabbage rose
Cabreuva
Cacao
Cactus (Cactus grandiflorus)
Cade
Cajeput
Calamintha
Calamus
Calendula
California poppy
Calophyllum (oil)
Camellia (oil)
Camphor
Canada root
Canadian balsam
Canaga
Candleberry
Candlenut tree
Candock
Canenula
Cannabis
Canola oil
Capers
Capsicum
Caraway
Cardemom
Carline thistle
Carnation
Carnauba (wax okay)
Carrot (oil, seed)
Cascara sagrada
Cascarilla bark
Cashew nut (oil)
Cassia
Castor (bean, oil)
Catechu
Catharanthus
Catnip
Cat's Claw
Catuaba
Cayenne
Ceanothus (extract)
Cedar
Celandine (extract)
Celery (seed)
Centaury (Centaurea)
Chamomile (Camomile)

Chaparral (extract)
Chaste tree
Cherimoya
Cherry (bark, pit, pit oil)
Chervil
Chestnut
Chia (oil)
Chickory
Chickweed
Chili
Chimaphila
China bark
Chinese angelica (root)
Chinese hibiscus
Chinese magnolia
Chinese tea
Chives
Chrysanthemum
Chuan xin lian
Cilantro
Cinchona
Cinnamon
Cinquefoil
Citronella
Citrus (seed, seed extract)
Clary sage
Cleavers (cleaverwort)
Clematis extract
Clove
Clover
Club moss
Cocoa
Coconut
Cohosh (root)
Colchicum
Cola (nuts, seeds)
Colombo
Coltsfoot
Columbine
Comfrey
Condurango (extract)
Coneflower
Copaiba balsam
Copal
Coral root
Coriander
Corn mint
Cornflower
Cornsilk

Corydalis
Costus
Cottonseed (oil)
Couch grass (root, root extract)
Coumarin
Cowslip
Cramp bark
Cranberry
Crane's bill (extract)
Crataegus
Crocus
Cubeb
Cucumber
Cudweed (extract)
Culver's root
Cumin
Curcumin
Curled dock
Currant
Curry
Cyclamen
Cyperus
Cypress Daisy

D

Damask rose
Damiana
Dandelion (leaf, root)
Date
Davana (oil)
Deer tongue
Delphinium
Desert tea
Devil's claw
Dill
Dinkum (oil)
Dock
Dog poison
Dogbane (Dogsbane)
Dog's mercury
Dogtooth violet
Dogwood
Dong quai
Drosera
Dulcamara (extract)
Dwarf pine
Dyer's broom

E

Easter rose
Echinacea
Elder
Elderflower
Elderberry
Elecampane
Elemi
Eleuthero
Elm bark
Elymus
English ivy
English oak extract

English walnut
Ephedra
Epimedium
Ergot
Erigeron (oil)
Escin
Esculin
Estragon (oil)
Eucalyptus
Euphorbia
Euphrasia (Euphrasy)
European ash
European centaury
European vervain
Evening primrose (oil)
Everlasting
Exotic basil
Eyebright
Fava bean
Fennel
Fenugreek (Foenugreek) (seed)
Fern
Ferula
Feverfew
Feverweed
Feverwort
Field poppy
Fig
Figwort
Fir needle oil
Flavonoids
Flax (seed, oil)
Flowering spurge
Fo-ti
Foxglove
Frankincense
Fraxinella
French basil
Fringe tree
Fumitory
Galangal
Galbanum
Galega
Galium aparine
Gallweed
Gan mo ling
Garden balsam
Garden spurge
Garden thyme

Garden violet
Gardenia
Garlic
Gay gee
Gentian root
Geraniol
Geranium
German chamomile
Germander
Ginger
Ginkgo Biloba
Ginseng
Goat weed
Goat's rue
Goldenrod
Goldenseal
Goldthread
Gotu Kola
Gourd
Grape leaf
Grapefruit
Grapeseed
Gravel root
Great burnet
Great periwinkle
Green bean
Green tea
Grindelia
Ground ivy
Groundsel
Guaiacwood
Guar gum
Guarana
Guava
Gum karaya
Gum plant

H

Hamamelis
Hawaiian white ginger
Hawkweed
Hawthorne (Hawthorne berry)
Hay maids
Hayflower
Hazel
Heartsease
Heather
Hedge bindweed
Hedge hyssop
Hedge mustard
Hedge parsley
Helichrysum

Heliotrope
Hellebore
Hemlock spruce
Hemp (Hemp agrimony, Hemp nettle)
Henbane
Henna
Hepatica
Herb Robert
Hesperidin
Hibiscus
Holly
Hollyhock
Holy thistle
Honey
Honeydew melon
Honeysuckle
Hops
Horehound
Horse chestnut
Horse nettle
Horsemint (oil)
Horseradish
Horsetail
Horseweed
Hound's-tongue
Houseleek
Huang qi
Huckleberry (leaf)
Hyacinth
Hybrid safflower
Hydrangea
Hydrocotyl
Hydrophilia
Hypericum
Hyssop

I

Iceland moss
Immortelle
Impatiens
Imperial masterwort
Indian cress
Indian hemp
Indian poke
Indian turnip
Indigo
Ipecac

Irish moss

Ironweed

Ivy

J

Jaborandi

Jalap

Jamaica dogwood

Jambul

Japanese turf lily

Jasmine

Java jute

Jesuit's Tea

Jewelweed

Jimson weed

Johnny-jump-up

Jojoba

Jonquil

Judas tree

Jujube

Juniper

K

Kangaroo Paw

Kava kava

Kawa

Kelp

Khus-khus

Kidney bean

Kidney vetch

Kino

Kiwi

Klamath weed

Knee holy

Knotgrass

Knotted figwort

Knorweed

Ko ken

Kola (Kola nut)

Kousso

Krameria

Kudzu root

Kuikui (nut/nut oil)

L

Labandum

Labrador tea

Lad's love

Lady's mantle

Lady's slipper

Lady's thistle

Lappa

Larch

Larkspur

Laurel leaf

Lavandin

Lavender

Leek
Lemon
Lemon balm
Lemon verbena
Lemongrass
Lemon-scented eucalyptus
Lentil
Lesquerella
Lettuce
Levant styrax
Lichen
Licorice (licorice root)
Lilac
Liliaceae
Lily (Lily of the valley)
Lime
Linaloe
Linalool
Linden
Linseed
Lion's foot
Litsea cubeba
Liverwort
Lobelia
Locust bean
Longleaf pine
Loose strife, purple
Loquat
Lotus
Lovage
Lungwort
Lupin
Lycii
Lycopodium
M
Ma hsing chih ke pien
Macadamia
Madder
Magnolia
Ma huang
Maiden hair fern
Maitake mushroom
Mallow
Malva
Mandarin (mandarin orange)
Mandrake
Mango
Marigold
Marijuana
Marine extracts
Maritime pine extract

Marjoram
Maroc chamomile
Marsh tea
Marshmallow root
Masterwort
Mastic
Mate
Matico
Matricaria
Meadow saffron
Meadowfoam (Meadowfoam
seed)
Meadowsweet
Meliae seeds
Melilorus
Melissa
Mentha (Aquatica, Piperita, etc.)
Mexican Damiana
Mezereon
Milfoil
Milk thistle
Milk-purslane
Milkweed
Milkwort
Millet
Mimosa
Mint
Mistletoe
Monarda
Monkshood
Moringa
Mormon tea
Mortierella
Moss spores
Mother of thyme
Motherwort
Mountain ash berries
Mountain laurel
Mountain maple
Mouse ear
Mugwort
Muiru puama
Mulberry
Mullein leaf
Mushroom
Musk rose
Musk-mallow
Muskmelon
Mustard

Myrcia

Myrrh

Myrtle

N

Narcissus

Nasturtium

Neem tree

Nenuphar

Nerve root

Nettles

New Jersey tea

Niaouli

Nicotiana

Nightshade

Nutmeg

O

Oak bark

Oakmoss

Oat flower (oat root, oat straw)

Oleander

Olive (olive oil)

Onion

Opopanax

Orange (orange blossom, orange oil)

Orchid

Oregano (seed, oil)

Oregon grape (root)

Origanum (oil)

Orris

Osha

Oswego tea

P

Pacific yew

Palm oil (palm kernel oil)

Palmarosa

Panama bark

Pansy

Papaya

Paprika

Paraguay tea

Parsley

Pasque flower

Passiflora or Passion flower

Patchouli

Pau d' arco

Pawpaw

Pea
Peach (Peach kernel oil)
Peanut
Pear
Pectin
Pennyroyal
Pennywort
Peony
Pepper (oil, black, red, green)
Peppermint (Peppermint oil)
Periwinkle
Persic (oil)
Peru balsam
Peruvian bark
Petitgrain
Pettier
Petty spurge
Peyote
Pichi
Pilewort
Pimenta leaf
Pimpernel
Pine (bark, cone, pycnogenol, needle oil)
Pineapple
Pinkroot
Pinus pulmilio
Pinyon pine
Pipissewa
Pitcher plant
Plantago (seed)
Plantain
Pleurisy (root)
Plum
Podophyllum
Poison hemlock
Pokeroot
Pokeweed
Pollen
Pomegranate
Poplar
Poppy
Pot marigold
Potato
Prickly ash (bark)
Pride of China
Primrose
Primula
Privet
Prosperity

Psoralea
Pueraria
Pukeweed
Pumpkin
Purging cassia
Pycnogenol

Q

Quassia
Queen-of-the~meadow
Queen's delight
Quercus
Quillaja (bark)
Quillay (bark)
Quince (seed)
Quinine
Quinoa (extract)

R

Radish
Ragged cup
Ragwort
Raisin (seed, oil)
Rapeseed (oil)
Raspberry (juice, leaf)
Rattlesnake plantain
Rauwolfia (extract)
Raw honey
Red clover
Red eyebright
Red pepper
Red pimpernel
Red raspberry leaf
Red root
Red sandalwood
Red sedge
Rehmannia
Reishi mushroom
Restharrow (extract)
Rhatany
Rhodinol
Rhododendron
Rhubarb (root)
Rock~rose
Roman chamomile
Rosa californica
Rosa centifolia
Rosa damascena
Rosa eglanteria
Rosa gallica
Rosa laevigata

Rosa roxburghi
Rose (leaves, extract, oil, hips-vitamin C source)
Rose bengal
Rose Bulgarian
Rose geranium
Rosemary
Rosewood
Rowan
Royal jelly
Rue
Rutin
S
Sabal
Safflower (oil)
Saffron crocus
Safrole
Sage
Sagebrush
Salicaria
Sambucus
Sandalwood
Sanicle
Santolina
Sarsaparilla (root)
Sassafras
Savine
Savory
Saw palmetto
Shavegrass
Schinus molle
Schisandra
Scotch broom
Scotch pine
Scullcap
Scurvy grass
Sea holly
Seaweed
Sedge root
Senega snakeroot
Senna
Septfoil
Sesame seed oil
Seven barks
Shanka puspi
Shave grass
Sheep sorrel
Shepherd's purse
Shield fern extract
Shinleaf

Shitake mushroom
Shunis
Silver fir needle
Silymarin
Skullcap
Skunk cabbage
Slippery elm bark
Snakeroot
Snapdragon
Soap berry extract
Soapwort extract
Solomon's seal
Sorbus extract
Sorrel extract
Southern wood
Spanish broom
Spanish moss
Spanish oregano
Spanish sage
Spearmint
Speedwell
Spike lavender
Spikenard
Spinach (extract)
Spiraea (extract)
Spirulina
Spotted cranebill
Spotted hemlock (root. extract)
Spruce (oil)
Spurge
Squaw vine
Squill
St. Bartholomew's tea
St. Benedict thistle
St. John's wort
Star anise
Star grass
Stevia (used as an herbal medication, not as a sweetener)
Sticklewort
Stiff gentian
Stillingia
Stoneflower
Stoneroot
Storax
Storksbill
Stramonium
Strawberry
Strawflower
Strophanthus

Strychnos
Sumac
Summer savory
Sundew
Sunflower (seed, oil)
Sweet almond oil
Sweet balm
Sweet bay (oil)
Sweet birch
Sweet cicely
Sweet clover
Sweet fern
Sweet flag
Sweet grass
Sweet gum
Sweet marjoram
Sweet orange
Sweet violet
Swertia
Sycamore maple

T

Tacamahac
Tagetes
Tall oil
Tamarack
Tamarind
Tangerine (oil)
Tang kwei
Tansy
Taro
Tarragon
Tea
Tea tree
Texas cedarwood
Thistle
Thoroughwort
Thuja
Thunder vine
Thyme
Tiare flower
Tilia
Toad flax
Tobacco
Tolu balsam
Tomato (extract)
Tonka
Tormentil

Trailing arbutus
Tree moss
True lavender
Tuberose
Tulips
Tun-hoof
Turkey corn
Turkey rhubarb
Turkey-red oil
Turmeric
Turnip extract
Turtlebloom
Twin leaf

U

Ultra Primrose
Unicorn root
Uva-ursi

V

Vacha
Valerian root
Vanilla
Veratrum
Verbena
Veronica
Vervain
Vetiver
Violet
Virginia snakeroot
Virginian cedarwood
Virgin's bower
Viscum
Vitex

W

Wafer ash
Wahoo
Walnut (extract, leaves, shell oil)
Water avens
Water chestnut
Water eryngo
Water lily
Water pimpernel
Watercress
Watermelon
Wax berry
Wax myrtle
West Indian bay
Wheat germ
White birch

White cedar leaf oil
White ginger
White mustard
White nettle
White oak bark
White pine
White pond lily
White poplar
White sage
White weed
White willow bark
Wild agrimony extract
Wild black cherry
Wild carrot
Wild cherry bark
Wild clover
Wild daisy
Wild ginger
Wild hyssop
Wild indigo root
Wild jalap
Wild marjoram
Wild mint
Wild Oregon grape
Wild sarsaparilla
Wild strawberry
Wild thyme
Wild yam (root)
Willow bark
Willow leaf
Winter savory
Wintergreen
Wisteria
Witch grass
Witch hazel
Woad
Wood betony
Wood sorrel
Woodruff
Wormseed
Wormwood
Woundwort
Y
Yam
Yara yara
Yarrow
Yellow curled dock
Yellow dock root
Yellow gengian

Yellow goatsbeard
Yellow jessamine
Yellow melilot
Yellow parilla
Yellow toadflax
Yerba santa
Yerbamate
Yew
Yin qiao
Ylang ylang
Yohimbe (Yohimbine bark)
Yucca