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Salicylate Allergy

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Salicylates are chemicals found naturally in plants and are a major ingredient of aspirin and other pain-relieving medications. They are also found in many fruits and vegetables, as well as many common health and beauty products.

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What Are the Symptoms of a Salicylate Allergy?

Some people have a low level of tolerance to salicylates and may have reactions if more than a small amount is consumed at one time. Symptoms of a salicylate allergy vary but may include:

- Asthma-like symptoms, such as trouble breathing and wheezing
- Headaches
- Nasal congestion
- Changes in skin color
- Itching, skin rash, or hives
- Swelling of the hands, feet, and face
- Stomach pain

In severe cases, a salicylate allergy can lead to anaphylaxis, a life-threatening reaction involving a severe drop in blood pressure, loss of consciousness, and organ system failure. Avoiding products that contain salicylates is the best defense against an allergic reaction.

Salicylates can be found in food, medication, and cosmetics. Some examples of salicylate-containing substances include:

Foods That Contain Salicylates	Products That May Contain Salicylates	Salicylate-Containing Ingredients
Fruits such as apples, avocados, blueberries, dates, kiwi fruit, peaches, raspberries, figs, grapes, plums, strawberries, cherries, grapefruit, and prunes	Fragrances and perfumes	Aspirin
	Shampoos and conditioners	Acetylsalicylic acid
	Herbal remedies	Artificial food coloring and flavoring
Vegetables such as alfalfa, cauliflower, cucumbers, mushrooms, radishes, broad beans, eggplant, spinach, zucchini, broccoli, and hot peppers	Cosmetics such as lipsticks, lotions, and skin cleansers	Benzoates
	Mouthwash and mint-flavored toothpaste	Beta-hydroxy acid
Some cheeses	Shaving cream	Magnesium salicylate
		Menthol

<p>Herbs, spices, and condiments such as dry spices and powders, tomato pastes and sauces, vinegar, and soy sauce, jams, and jellies</p> <p>Beverages such as coffee, wine, beer, orange juice, apple cider, regular and herbal tea, rum, and sherry</p> <p>Nuts such as pine nuts, peanuts, pistachios, and almonds</p> <p>Some candies, such as peppermints, licorice, and mint-flavored gum and breath mints</p> <p>Ice cream, gelatin</p>	<p>Sunscreens or tanning lotions</p> <p>Muscle pain creams</p> <p>Alka Seltzer</p>	<p>Mint</p> <p>Salicylic acid</p> <p>Peppermint</p> <p>Phenylethyl salicylate</p> <p>Sodium salicylate</p> <p>Spearmint</p>
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See Pictures of Hives and Other Common Skin Problems

Further Reading:

- Picture of Urticaria
- Latex Allergies
- Common Allergy Triggers
- Learning About Latex Allergies
- Skin Testing for Allergies
- Allergy Symptoms Shouldn't Be Ignored
- Doctor's Exams for Allergies
- See All Hives Topics

WebMD Medical Reference
 SOURCE: The Food Allergy Initiative.

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