

Salicylic Acids: Salicylic acid is an ingredient used in many over-the-counter acne medications. Salicylates are a major ingredient in aspirin and other pain-relieving medications

You May Not Use Or Eat: Fruits, vegetables, spices, almonds, water chestnuts, peanuts, champignon, green pepper, olive, mushrooms, tomato, radish, chicory, dates, guava, raisins, canella, cumin, curry powder, dill dry, garam masalla, oregano, paprika, rosemary, thyme, turmeric, mustard, coconut, peanut butter, sesame seeds, hazelnuts, sunflower seeds, vinegar, soy sauce, saffron, cashews, garlic, parsley and chives.

You May Use Or Eat: meat, poultry, fish, eggs, dairy, and anything other than in the above list.