

## **Store Bought Sal Free Products**

Salicylates (sals) are contraindicated with the guaifenesin protocol treatment for reversing fibromyalgia. Sals are found in all plants. Using them topically in any product can render guaifenesin powerless to reverse your fibromyalgia symptoms.

There are thousands of sal free products available in local stores. In order to give you an idea of how easy it is to go sal free on the GP Treatment, I've provided a couple of choices for each category, from toiletries to cleaning products.

Here's just a glimpse of what sal free products are available on Amazon.com, Walmart.com, Target.com and CVS.

## **SAL FREE PRODUCTS LIST**

### **ANTI-AGING**

#### **Anti-Aging Daily Facial Moisturizer**

Cetaphil Daily Facial Moisturizer SPF 15 Unscented

Olay Regenerist Ultra Rich Hydrating Moisturizer - Unscented

#### **Anti-Aging Night Cream**

RoC Retinol Correxion Deep Wrinkle Anti-Aging Night Face Cream

L'Oreal Paris Collagen Moisture Filler Day/Night Cream

#### **Anti-Aging Eye Care**

RoC Retinol Correxion Eye Cream

Olay Eyes Ultimate Eye Cream

Emu oil-Eye puffiness, facial lines, age spots.

MEN-Kiehls Eye Fuel-helps reduce dark circles and eye puffiness.

### **BODY WASH**

#### **Bar soap**

Neutrogena Original Fragrance-Free Gentle Facial Cleansing Bar

Dove Beauty Bar White

Ivory soap

#### **Body Wash**

Olay Ultra Moisture Body Wash with Shea Butter

Ivory Body Wash Original Scent

## **Facial wash**

Cetaphil Daily Facial Cleanser

Neutrogena Make-Up Remover Cleansing Towelettes

CeraVe Hydrating Facial Cleanser for normal to dry skin

## **DENTAL**

### **Floss**

Oral-B Pro-Health Dental Floss Original (unflavored)

REACH Unflavored Waxed Dental Floss

### **Mouthwash**

Oxyfresh Gentle Formula Unflavored Mouthwash

CloSYS Fluoride-Free Mouth Rinse

### **Teeth Whiteners**

Crest 3D white strips

Crest 3D White Whitestrips Vivid Plus Teeth Whitening Kit

Go SMILE teeth whitening gel

### **Toothpaste**

Squigle Sensitive Tooth Builder Toothpaste

Tom's of Maine- any flavor without mint

<https://www.tomsomaine.com/our-promise/ingredients/natural-flavor/ingredient-disclosure>

\*Avoid all Crest and Colgate toothpastes as they contain mint.

## **DEODORANT**

### **For Women**

Lady Speed Stick Zero Deodorant Stick, Simply Clean

Secret Outlast Clear Gel Antiperspirant Deodorant

### **For Men**

Right Guard Sport Fresh Deodorant Aerosol

Right Guard Xtreme Defense Antiperspirant Deodorant Gel, Arctic Refresh

Old Spice Hardest Working Collection Sweat Defense Stronger Swagger Antiperspirant & Deodorant

## **HANDS**

Hand Sanitizer

Purell Refreshing Hand Sanitizer

## **Hand Soap**

Softsoap Milk and Golden Honey Hand Soap

Target Citrus Grove Liquid Hand Soap

## **HAIR**

### **Hairspray**

Tigi Bed Massive Shine Hairspray, Head Masterpiece

L'Oreal Paris Advanced Hairstyle Lock It Bold Control Hairspray (Works well in humidity)

### **Hair Regrowth Product For Women**

Rogaine Women's Minoxidil Hair Thinning & Loss Treatment Foam

Target Women's Rogaine 5% Minoxidil Foam for Hair Regrowth

### **Hair Regrowth Product For Men**

CVS Health Easy-to-Use Hair Regrowth Foam Treatment for Men Unscented

Target Foam Hair Regrowth Treatment For Men

### **Hair Root Concealer**

L'Oreal Paris Magic Root Cover Up (Works well...a bit sticky the first few minutes.)

Revlon Root Erase Hair Color and Root Touch Up

## **Shampoo**

### **Dandruff Shampoo**

Rite Aid Daylogic Maximum Strength Dandruff Shampoo, Clinical Formula

Neutrogena T/Gel Original Formula Therapeutic Shampoo

### **Shampoo and Conditioner in 1 For Women**

Pantene Pro-V 2 in 1 Shampoo & Conditioner, Daily Moisture Renewal

Dove Nutritive Solutions Daily Moisture Shampoo & Conditioner

### **Shampoo and Conditioner in 1 For Men**

Dove Men+Care 2 in 1 Shampoo and Conditioner Thick and Strong

Dove Men+Care 2 in 1 Shampoo and Conditioner Fresh & Clean

### **Shampoo For Women**

Living Proof anti frizz Shampoo (I use this with thick naturally curly frizzy dry hair. It's great!)

Dove Nutritive Solutions Daily Moisture Shampoo

### **Conditioner For Women**

Living Proof anti frizz conditioner (I use this with thick naturally curly frizzy dry hair. It's great!)

Dove Nutritive Solutions Daily Moisture Conditioner

### **Leave in conditioner**

Living Proof anti frizz leave in conditioner (I use this with thick naturally curly frizzy dry hair. It's great!)

BioSilk Silk Therapy Miracle 17 (I use this with thick naturally curly frizzy dry hair. It's great!)

### **Styling Cream**

#### **For Women**

Living Proof anti frizz styling cream (I use this with thick naturally curly frizzy dry hair. It's great!)

TRESemme Flawless Curls Enhancing Mousse

#### **For Men**

Old Spice Men's Hair Styling Fiber Wax, Swagger

AXE Clean Cut Look, Classic, Hair Pomade for Men

## **MAKEUP**

### **Blush**

L'Oréal True Match Super Blendable Powder

Revlon Pressed Powder Blush - Lightweight and Silky-colors 001, 003, 004, 006, 014

BareMinerals Gen Nude Powder Blush

### **Eyebrow pencil**

NYX Professional Makeup Micro Brow Pencil

Maybelline Brow Ultra Slim Defining Eyebrow Pencil

### **Eyeliner**

NYX Professional Makeup Epic Ink Waterproof Eyeliner

L'Oreal Paris Telescopic Eyeliner - 835 Carbon Black

## **Eyeshadow**

e.l.f. Rose Gold Eyeshadow Palette Nude Rose Gold

NYX ULTIMATE SHADOW PALETTE: Warm neutrals, Coachella, Phoenix, Utopia, Brights

## **Foundation**

CoverGirl Outlast Stay Fabulous 3-In-1 Foundation (check your shades)

MAC Pro Longwear Nourishing Waterproof Foundation

## **Lipstick**

L'Oréal Colour Riche Shine Lipstick

L'Oreal Paris Colour Riche Original Satin Lipstick For Moisturized Lips:

## **Makeup primer**

Lancôme La Base Pro Oil Free Primer

Sephora HOURGLASS Veil Mineral Primer

NYX Professional Makeup Pore Filler

## **Makeup primer with SPF**

L'Oréal Infallible Pro Matte Lock Primer

Tarte BB Tinted Treatment 12 Hour Primer Broad Spectrum SPF 30

## **Mascara**

L'Oréal Voluminous Original Mascara: Blackest black, Black, Black-brown

Lancôme Définicils Lengthening and Defining Mascara: Black, Deep Black,. Brown

## **SHAVING PRODUCTS**

### **Razors**

Bic Twin Select Silky Touch Shavers

Bic Sensitive for Men

TIP: Any razor is fine if it doesn't have aloe or botanical strips. Look in the description for strips that contain plants.

You can always pull the strip off or paint over it with clear nail polish to make it sal free.

### **Shaving Cream**

#### **For Women**

Gillette Venus with Olay Shower & Moisturizing Shave Cream, Vanilla Crème for women

Gillette Venus with Olay UltraMoisture Swirl Shave Gel

## **For Men**

Gillette Foamy Sensitive Shave Cream for Men  
Barbasol Original Thick & Rich Shaving Cream for Men

## **CHILDREN**

### **Baby Lotion**

CeraVe Baby Moisturizing Cream  
Baby Dove Rich Moisture Sensitive Skin Hypoallergenic Lotion  
Aveeno Baby Soothing Hydration Creamy Oi

### **Baby Shampoo and Wash**

Johnson's Baby Shampoo, Tear-Free with Gentle Formula  
Johnson's Head-to-Toe Baby Wash and Shampoo  
CeraVe Baby Wash and Shampoo  
Aquaphor Baby Wash and Shampoo - Tear-free & Mild for Sensitive Skin  
Aveeno Baby Wash and Shampoo

### **Cleansing Wipes**

Johnson's Hand and Face Wipes  
Johnson's Head To Toe Baby Cleansing Wipes  
Pampers Aqua Pure Wipes

### **Diaper Rash**

CeraVe Baby Healing SkinProtectant Diaper Rash Ointment  
Aquaphor Baby 3-in-1 Diaper Rash Cream  
Vaseline Petroleum Jelly

### **Detangler**

Suave Kids Detangler Spray For Tear-Free Styling Silly Apple  
Johnson's No More Tangles Detangling Spray

### **Shampoo + conditioner**

Suave Kids Elsa Berry Flurry Shampoo & Conditioner  
Suave Kids Smoothers 2-in-1 Shampoo and Conditioner-Strawberry

### **Shampoo + Body Wash**

Dial Kids Body + Hair Wash, Peachy Clean

### **Shampoo +Conditioner +Body Wash**

Aussie Kids Coral Reef 3 in 1 Shampoo, Conditioner, Body Wash

Aussie Kids 3 in 1 Shampoo, Conditioner, Body Wash, Coral Reef

### **EMU OIL**

Emu oil is good for everything from first aid to anti-aging;

Antibacterial, antiviral, pain, inflammation, burns, scars, dry skin, dry hair, cuticles, calluses, chapped lips, cold sores, winter-cracked skin, arthritis, eczema and psoriasis.

#### **Emu Oil For Beauty:**

Massage into cuticles.

Add to body lotion for dryness.

Add to facial lotion for wrinkles and age spots.

Add to hand lotion for dryness and age spots.

Add to leave-in conditioner for dry hair and add to hair ends.

#### **Emu Oil For Pain:**

Mixing emu oil in your favorite lotion and massage it everywhere it hurts, including arthritic swollen fingers. Warm the oil first will allow it to spread more easily.

### **FIRST AID**

#### **Allergies**

Chlorpheniramine 4 Mg Tabs

Benadryl 4 hour

Claritin D 12 hour

#### **Antibiotic ointment**

Polysporin

Equate Maximum Strength Antibiotic Cream + Pain Relief

#### **Antiseptic**

Isopropyl Alcohol

Hydrogen Peroxide

#### **Cold/Flu**

Vicks Dayquil & Nyquil Cough, Cold & Flu Relief Combo

Alka Seltzer Plus Day/Night Cold and Flu  
Coricidin HBP Cold & Flu Tablets  
Oscillococinum for flu (homeopathics are too diluted to block guai)

### **Contact Lens Solution**

Bausch & Lomb Renu Fresh Multi-Purpose Solution  
OPTI-FREE Puremoist Multi Purpose Contact Solution  
Equate Sterile Multi Purpose Contact Solution

### **Constipation**

Equate Natural Laxative Sennosides  
MiraLAX Laxative Powder

### **Diarrheal**

Equate Loperamide HCl Anti-Diarrheal Softgels  
Anti-Diarrheal Softgels (Target)  
Walgreens Anti-Diarrheal Softgels

### **Eye Drops**

TheraTears Lubricant Eye Drops Dry Eye Therapy Preservative Free  
SYSTANE Anytime Protection Lubricating Gel Eye Drops

### **Feminine Care**

CVS Health Clotrimazole 3 Vaginal Cream  
Monistat 1-Dose Yeast Infection Treatment, 1 Ovule Insert & External Itch Cream  
Monistat 3-Day Yeast Infection Treatment, Ovules + Itch Cream

### **Gas**

Equate Loperamide HCl Anti-Diarrheal/Anti-Gas Multi Symptom Relief (Walmart)  
Simethicone 180 mg Generic for Phazyme Ultra Strength Anti-Gas 60 Softgels  
Phazyme Ultra Strength Soft Gels

### **Headache/Pain**

Equate Ibuprofen Tablets 200 mg (walmart)  
Basic Care Ibuprofen 200 mg (amazon)

### **Heartburn**

Equate Omeprazole Delayed Release Tablets  
Equate Original Strength Acid Reducer Famotidine Tablets



### **Hemorrhoids**

It's difficult to find a product without witch hazel or aloe.

Equate Hemorrhoidal Suppositories

HemCalm Hemorrhoid Relief - 60 Tablets-<https://www.luckyvitamin.com/>

Emu oil

### **Insect Bites**

Benadryl Itch Stopping Cream

Equate Beauty Eczema Soothing Moisturizing Cream

Quality Choice 1% Hydrocortisone Cream - Maximum Strength 1 oz Cream

### **Insect Repellent**

OFF! Deep Woods Insect Repellent V!!!(Dry)

### **Lip Balm**

Blistex Simple and Sensitive

Neutrogena revitalizing lip balm spf 20 (The package lists Flavors, but the website shows no blockers)

Vanicream Lip Protectant/Sunscreen SPF 30

### **Migraine**

Advil Migraine Liqui-Gel Capsules 200 mg (No caffeine so good if your hypoglycemic)

GoodSense Migraine Formula Caplets (contains Caffeine)

### **Nasal Spray**

Simply Saline

Original Afrin

### **Nausea**

Nauzene Nausea relief Chewable tablets wild cherry flavor

Emetrol Nausea and Upset Stomach relief liquid medication-cherry

### **Poison Oak/Ivy**

Benadryl Itch Stopping Cream

Aveeno Soothing Bath Treatment

AVEENO BABY ECZEMA THERAPY SOOTHING BATH TREATMENT- oatmeal powder

### **Sinus Pain**

Equate Sinus Congestion and Pain

Vicks Sinex Severe Sinus Pressure, Pain, Congestion LiquiCaps, 24 Ct

### **Skin irritation/Eczema**

Vanicream Moisturizing Cream with Pump White Fragrance Free

CeraVe Moisturizing Cream | Body and Face Moisturizer for Dry Skin|Body Cream with Hyaluronic Acid and Ceramides

Emu oil

### **Sunburn**

Quality Choice 1% Hydrocortisone Cream - Maximum Strength 1 oz Cream (Anti-inflammatory-calms burns fast)

Aquaphor Ointment Body Spray - Moisturizes and Heals Dry, Rough Skin

Emu Oil mixed with your favorite salicylate free lotion

### **Sunscreen**

Elta MD UV Pure Broad Spectrum SPF 47

Cotz Spf 40 UVB/UVA Sunscreen for Sensitive Skin

TiZO Photoceutical AM Replenish SPF 40

## **HOUSEHOLD CLEANERS**

### **Cleaning Products**

Bon Ami Powder

Distilled White Vinegar

Clorox® Anywhere™ Wipes, Bleach Free Cleaning Wipes - Fragrance-Free

Clorox Bleach®, Fresh Meadow Scent

Comet cleaner with Bleach

Easy Off Kitchen Degreaser

Windex

Lemon Pledge Furniture Polish

Mr Clean Liquid All Purpose Cleaner

TIP: You will not block on any household cleaners if you wear rubber gloves.

### **Dishwashing Liquid**

7th generation Free and Clear Liquid Hand Soap

Ecos Free and Clear

Palmolive Free and Clear

TIP: You will not block on any detergent if you wear gloves when washing dishes by hand.

### **Laundry Detergent**

All Free and Clear Small and Mighty 3x concentrated liquid detergent HE

Target brand Free and Clear

7th generation

TIP: All laundry detergent is safe to use. If you use a brand with Blue Dye, rinse the clothing twice when using a front loading machine just to be sure that the clothing has rinsed well.

## **PETS**

### **Shampoo/conditioner**

Hartz Groomer's Best Conditioning Shampoo for dog

Hartz UltraGuard Plus Flea & Tick Shampoo for Dogs

## **IMPORTANT INFORMATION**

***This product list was free and safe to use on the GP Treatment as of July 10, 2021.***

***You will still need to check ingredients before each purchase as manufacturers frequently change ingredients and may have added salts.***

***Check products again before using them because manufacturers do not update their websites regularly.***

If you still aren't ready to replace your products on your own, there are also 4 companies that sell ONLY salt free products. Fibro pharmacy makes it really simple by offering a salt free start up kit that includes a bottle of guaifenesin.

<https://www.cleure.com/>

<https://www.andrearose.com/>

<https://www.drjondc.com/>

<https://fibropharmacy.com/>

**Lynn Victoria Phipps**

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**<https://www.facebook.com/fibrogone>**