



Aspirin-Like Herbs Cheat Sheet

Through innovation, problem solving and growth, Health Simple is shifting global wellness trends into everyday thriving nutrition skills.

Herb	Aspirin-like Compound or Action	Primary Benefits
White Willow Bark	Salicin → salicylic acid	Anti-inflammatory, analgesic, antipyretic
Meadowsweet	Salicylaldehyde, salicylic acid	Pain relief, stomach-soothing
Wintergreen	Methyl salicylate	Topical pain relief, anti-inflammatory
Poplar Bark	Salicin	Anti-inflammatory, analgesic
Turmeric	Curcumin (COX-2/NF-kB inhibition)	Anti-inflammatory, antioxidant
Ginger	Gingerols, shogaols	Joint pain, COX/LOX inhibition
Clove	Eugenol	Analgesic, anti-inflammatory, antiplatelet
Licorice Root	Prostaglandin/COX inhibition	Anti-inflammatory, adaptogenic
Feverfew	Parthenolide	Migraine prevention, anti-inflammatory
Devil's Claw	COX-2 inhibition	Joint pain, osteoarthritis

Caution

These herbs may thin the blood or interact with anticoagulant medications.

Use caution with:

- *White Willow Bark*
- *Wintergreen*
- *Clove*
- *Feverfew*
- *Turmeric*
- *Ginger*

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