

Important E-FlamX Compliance Notice

Willow bark comes from the (Salix species) willow tree whose bark contains salicin. Salicin is metabolized in the body to create salicylic acid, a precursor to aspirin. Therefore, even though it is not aspirin but a natural precursor, for compliance purposes we must treat this supplement similar to aspirin.

The herbal extract has long been used to treat pain, inflammation, and fever. Scientists discovered a synthetic version made of salicylic acid, called “[acetylsalicylic acid](#)” known as aspirin.

White willow bark is considered by many to be an alternative to NSAIDs like aspirin, ibuprofen, or Aleve (naproxen).²

While not researched to be linked to the same side effects or issues as aspirin, once again, we have to work off of the assumption that it is possible to develop many of the same side effects such as: stomach upset, vomiting, dizziness, gastrointestinal bleeding, liver toxicity, and kidney impairment. You would also have to assume that if someone has aspirin allergies or is in an anti-aspirin category, an allergic response or reaction is possible.

Drug Interactions

Aspirin can slow blood clotting and prolong bleeding time.² Since we have to treat willow bark the same, it should not be taken with anticoagulants like [Coumadin](#) (warfarin), antiplatelet drugs like [Plavix](#) (clopidogrel), or any drugs associated with bleeding including NSAIDs and other painkillers. It should be avoided for hemophiliacs.

Similarly, you would not take willow bark two weeks before surgery to avoid bleeding.

Use of White Willow Bark:

Acute Care:

2 capsules or 800mg/day to address pain, inflammation, and/or test findings related to high inflammatory markers

Long Term:

1 capsule or 400mg/day. 400mg is considered safe for long-term use.

1. Tabbott S.M. (2012). [A Guide to Understanding Supplements](#). Routledge.
2. [Questions and Answers on Dietary Supplements](#). US Food & Drug Administration. July 2019.