

# Sulfur Avoidance

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Sulfite, Sulfur Dioxide, and Sulfa Drugs Critical for CBS (+/+,+/-) and SOUX

Sulfates – Only if you have allergies to skin soaps if not don't worry about sulfates.

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## Supplements High In Sulfur

Taurine, Cysteine, Methionine, Glutathione, Glucosamine Sulfate, Chondroitin Sulfate, and MSM  
Epsom Salts, Magnesium Sulfate Cream, Canned meats, Aged game, homemade yeast breads,  
DMSA and DMPS (Metal Chelators), Milk thistle, Beyond C, and Heparin.  
Taurine and Biotin increase sulfite levels.

## Foods High In Sulfur

**Vegetables:** Garlic, Onion, Family Kale, Collards, Pickles, Cabbage, Brussel Sprouts, Kohlrabi, Broccoli, Cauliflower, Bok Choy, Mizuna, Broccoli Rabe, Chinese Cabbage, Napa Cabbage, Turnip / Rutabaga, Canola / Rape Seeds; Greens, Mustard Seeds, Tatsoi, Radish, Daikon, Horseradish, Japanese Horseradish, Arugula, Watercress, Peas, Spinach

**Fruits:** Raspberry, Cranberry, Currents, All Dried Fruit

**Others:** Vinegar (especially if prepared from wine),  
Alcohol Beverages (especially wine; not vodka - beer is less of an issue, especially German beer),  
Soft Drinks, Animal Products, Dairy, Eggs, Brazil Nuts, Peanuts, Soy, and Canned Food (If in doubt always check labels for Sodium Sulfite, Bisulfite, Metabisulfite, and Sulfur Dioxide), hidden Sulfur Dioxide in cornstarch, maltodextrin, corn syrup, and dextrose.

## Drugs that contain sulfur

**Antibiotics:** Trimethoprim-sulfamethoxazole (Septra<sup>®</sup>, Bactrim<sup>®</sup> and generics), sulfadiazine, sulfisoxazole, and dapsona.

**Diuretics:** hydrochlorothiazide (HCTZ) and furosemide (Lasix) are sulfa-based

**Sulfonylureas:** Oral medications used for the treatment of [diabetes](#), called sulfonylureas (such as chlorpropamide, glyburide, and glipizide)

**Celebrex<sup>®</sup>:** Celecoxib (Celebrex<sup>®</sup>), a popular COX-2 inhibitor used for the treatment of arthritis and pain control, is a sulfonamide non-antibiotic medication.

**Imitrex<sup>®</sup>.** Sumatriptan (Imitrex<sup>®</sup>), used for the treatment of [migraine headaches](#), is related structurally to sulfonamides, although there is no evidence that people with sulfa allergy are at increased risk for reactions from this medication.

**Zonisamide.** Zonisamide is a sulfonamide medication used for the treatment of [seizures](#).

**Dentist** Epinephrine is preserved with sulfites so ask for Novocain without sulfites.

\*\*\*Essential Cofactor for Sulfite Oxidase (SOUX) is Molybdenum and B12. For the MTR, MTRR, SOUX pathway Magnesium, Manganese, Molybdenum, and B12.

## Low Sulfur Foods:

Quinoa hot & cold in salads or with fruit  
Brown rice, non-gluten grains  
Fruit (except those on the high sulfur list)  
Vegetables (except those on the high sulfur list)  
Small amount of beans  
Lentils  
White Beans  
Small amount of nuts (except those on the high sulfur list)  
Macadamia  
Pine  
Cashew  
Pistachio  
Walnuts  
Almonds  
Pumpkin  
Sunflower seeds  
Chestnuts  
Make milk from nuts: soak almonds overnight.  
Bamboo Shoots  
Corn  
Mung Bean Sprouts

*\*\*Boiling removes much of the sulfur from foodstuffs (make sure you discard the water)*  
Boil vegetables like potatoes and dress with olive oil and seasoning.

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