



Herbal Products and Prescription Medicine:

Potentially Dangerous Mixtures

Tips from www.FloridaPoisonControl.org

Common interactions are listed below. If you take herbal supplements, ask your pharmacist to check all your medicines for interactions.



If you take this combination this could happen.

Aloe and Digoxin heart medicine	Low potassium
Beta-Carotene and cigarette smoking	Higher cancer risk
Beta-Carotene and drinking alcohol	Higher cancer risk
Co-Enzyme Q10 and blood-thinners	Risk of bleeding
Co-Enzyme Q10 and cancer drugs	Reduced effectiveness
Echinacea and immunosuppressants	Reduced effectiveness
Echinacea and autoimmune disorder	Worsen symptoms
Fish oils and blood thinners	Risk of bleeding
Fish oils and allergy to fish	Allergic reaction
Fish oils and blood pressure meds	Low blood pressure
Garlic pills and blood-thinners, aspirin	Risk of bleeding
Garlic pills and HIV drugs	Reduced effectiveness
Garlic pills and birth control pills	Risk of pregnancy
Ginkgo Biloba and blood-thinners	Risk of bleeding
Ginkgo seeds eaten	Seizures, death
Ginkgo and mango, poison ivy allergy	Allergic reaction
Ginkgo and diuretic blood pressure pills	Higher blood pressure
Ginkgo and anticonvulsants, psych drugs	Risk of seizures
Ginseng and blood-thinners	Risk of bleeding
Ginseng and diuretic blood pressure meds	Higher blood pressure

For more information, visit us online:

www.FloridaPoisonControl.org

If you take this combination this could happen.

Glucosamine and shellfish allergy	Allergic reaction
Glucosamine and blood thinner	Risk of bleeding
Kava-kava, if you have liver problems	Severe liver damage
Red Yeast Rice and Cyclosporine, statins	Muscle damage
Red Yeast Rice alone	Risk of kidney damage
Saw Palmetto and blood thinners	Risk of bleeding
St. John's Wort and many drugs	Reduced effectiveness
St. John's Wort and surgery anesthetics	Low blood pressure
St. John's Wort and photosensitizer drugs	Risk of sunburn

**For questions about medications, call your pharmacist or physician.
Poison Centers can provide advice about medication problems
24 hours a day. Call 1-800-222-1222.**

Grapefruit and Medication Interactions



Many drugs may not work well if you eat a grapefruit or drink grapefruit juice:

- Blood pressure drugs
- Statin drugs used to lower cholesterol
- Anti-anxiety and antihistamine medications
- Protease inhibitors, used to treat HIV/AIDS
- Some cardiac drugs or anticonvulsants
- Immunosuppressant drugs and cancer drugs

References for Interaction Information (updated November 2014):

- Micromedex AltMedDex. Klasco RK (Ed): AltCareDex® System. Truven Health Analytics, Greenwood Village, Colorado (Edition expires December 2014).
- Natural Medicines Comprehensive Database updated quarterly on Medline Plus. http://www.nlm.nih.gov/medlineplus/druginfo/herb_All.html



Reliable Scientific Information about Herbal Supplements:

- Food and Drug Administration www.fda.gov/Food/DietarySupplements
- National Institutes of Health Office of Dietary Supplements ods.od.nih.gov.
- Medline Plus http://www.nlm.nih.gov/medlineplus/druginfo/herb_All.html