

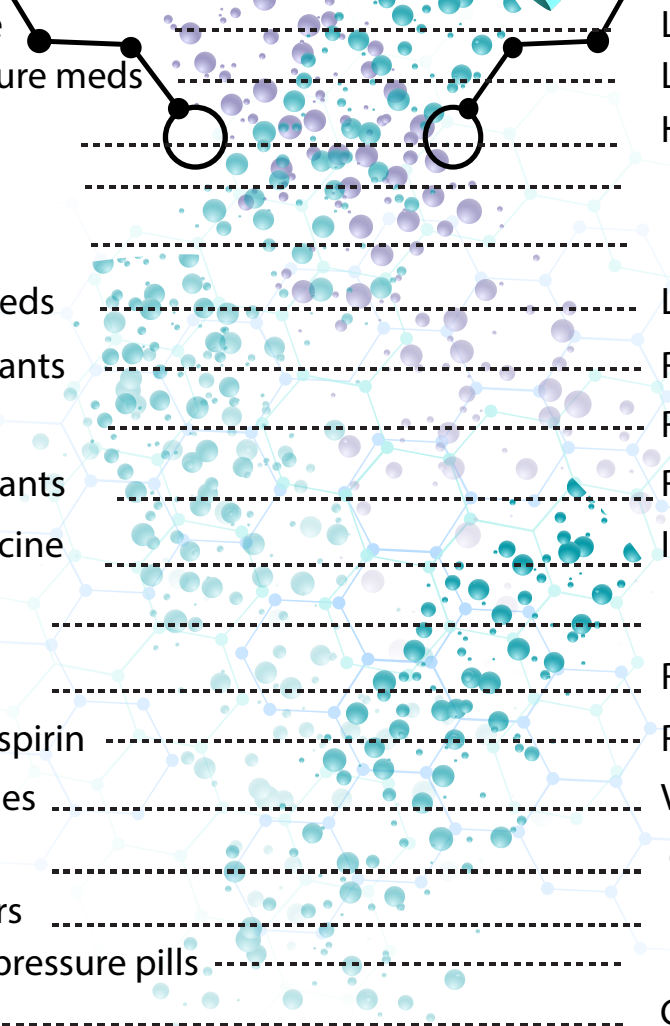
Herbal Products and Prescription Medicine

Mixtures that may cause problems:

This is a list of only a few of the possible medication / herbal interactions. Always talk to your pharmacist before taking over-the-counter products.

If you take these together:

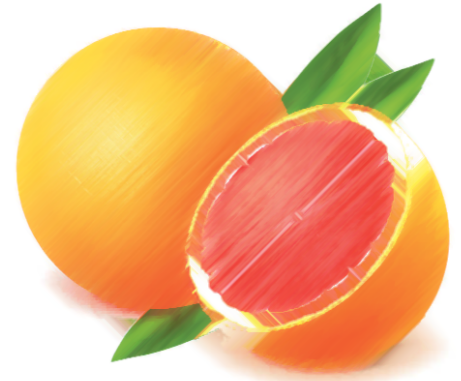
This could happen:



Aloe + digoxin heart medicine	Lower potassium
Aloe + steroids or blood pressure meds	Lower potassium
Beta-Carotene + tobacco	Higher cancer risk
Beta-Carotene + tobacco	High heart attack risk
Capsicum + blood-thinners	Risk of bleeding
Cat's Claw + blood pressure meds	Low blood pressure
Cat's Claw + immunosuppressants	Reduced effectiveness
Chondroitin + blood-thinners	Risk of bleeding
Echinacea + immunosuppressants	Reduced effectiveness
Ephedra + digoxin heart medicine	Irregular heartbeat
Ephedra + Diabetes meds	Higher blood sugar
Fish oils + blood thinners	Risk of bleeding
Garlic pills + blood-thinners, aspirin	Risk of bleeding
Garlic pills + Diabetes medicines	Very low blood sugar
Garlic pills + cyclosporine	Organ rejection
Ginkgo Biloba + blood-thinners	Risk of bleeding
Ginkgo + water pills or blood pressure pills	Higher blood pressure
Ginkgo + seizure meds	Ginkgo + seizure meds
Ginseng + blood-thinners	Risk of bleeding
Glucosamine + Diabetes medicines	May raise blood sugar
Glucosamine + cancer meds	Cancer meds won't work
Glucosamine + shellfish allergy	Allergic reaction
Hawthorn + digoxin heart medicine	Irregular heartbeat
Kava-kava if you have liver problems	Severe liver damage
St. John's Wort + digoxin	Digoxin won't work well
St. John's Wort + cyclosporine	Organ rejection
St. John's Wort + blood thinners	Reduced effectiveness

Grapefruit and Medication Interactions

These are some of the types of drugs that have interactions with grapefruit or grapefruit juice:



- Drugs used to treat high blood pressure
- "Statin" drugs used to lower cholesterol
- Some anti-anxiety and antihistamine medications
- Protease inhibitors used to treat HIV/AIDS
- Immunosuppressant drugs used after transplant surgery

If you are on medication, ask your pharmacist for the latest information before eating grapefruit or drinking grapefruit juice.

Websites to search for medication interactions:

<https://nccih.nih.gov/health/providers/digest/herb-drug>

<https://www.webmd.com/hypertension-high-blood-pressure/guide/grapefruit-juice-and-medication>

<https://nccam.nih.gov/health/>

<https://www.webmd.com/interaction-checker/default.htm>

If you have questions about your medication:

Call your pharmacist or doctor.

If you have any kind of medication problem:

Call 1-800-222-1222 to talk to a trained poison expert at the Indiana Poison Center. The call and advice are free and the poison center is open 24 hours every day.

1.800.222.1222