



Herbal Products and Prescription Medicine:

Potentially Dangerous Mixtures

Tips from Florida Poison Information Center

This is a list of only a few medication interactions.

Consult your pharmacist before taking over-the-counter products.



If you take these: this could happen.

- Aloe and Digoxin heart medicine Lower potassium
- Aloe and steroids or blood pressure meds. Lower potassium
- Beta-Carotene and cigarette smoking Higher cancer risk
- Beta-Carotene and cigarette smoking High heart attack risk
- Capsicum and blood-thinners Risk of bleeding
- Cat's Claw and blood pressure meds Very low blood pressure
- Cat's Claw and immunosuppressants Reduced effectiveness
- Chondroitin and blood-thinners Risk of bleeding
- Echinacea and immunosuppressants Reduced effectiveness
- Ephedra and Digoxin heart medicine Irregular heartbeat
- Ephedra and Diabetes meds. Higher blood sugar
- Fish oils and blood-thinners Risk of bleeding
- Garlic pills and blood-thinners, aspirin Risk of bleeding
- Garlic pills and Diabetes medicines Very low blood sugar
- Garlic pills and Cyclosporine Reduced effectiveness
- Gingko Biloba and blood-thinners Risk of bleeding
- Gingko and diuretic blood pressure pills Higher blood pressure
- Gingko and anticonvulsants Risk of seizures
- Ginseng and blood-thinners Risk of bleeding

For more information, visit us online:

www.PoisonCenterTampa.org

If you take these: this could happen.

- Glucosamine and cancer meds Reduced effectiveness
- Glucosamine and shellfish allergy Allergic reaction
- Hawthorn and Digoxin heart medicine Irregular heartbeat
- Kava-kava, if you have liver problems Severe liver damage
- St. John's Wort and Digoxin Reduced effectiveness
- St. John's Wort and psychiatric meds Toxic side effects
- St. John's Wort and Cyclosporine Reduced effectiveness
- St. John's Wort and blood thinners Reduced effectiveness

**For questions about medications, call your pharmacist or physician.
Poison Centers can provide advice about medication problems
and are open 24 hours. Call 1-800-222-1222 for more information.**

Grapefruit and Medication Interactions



These are some of the types of drugs that have interactions with whole 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 medications, ask a pharmacist for the latest information before consuming grapefruit or grapefruit juice.

Websites to search for medication interactions:

- www.druginteractioncenter.org (grapefruit interactions)
- <http://www.mskcc.org/about/herbs>
- http://my.webmd.com/medical_information/drug_and_herb
- <http://nccam.nih.gov/health/>



Reference list for interaction information:

Thomson Micromedex Alternative Medicine Database: 9/2005 edition | Lexi-Interact: 2004, <http://edis.ifas.ufl.edu/FS088>
Natural Medicines Comprehensive Database 2003, edited by *Pharmacist's Letter*

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