ADVERSE INTERACTIONS

potentiate: increase
thiazide - type of molecule, and also is a class of diuretic
hypokalemia - fatal condition from potassium deficiency

IF YOU ARE TAKING:	AVOID TAKING:
Agrimony	**Blood Pressure Altering Drugs**
	Diabetes - monitor changes, reduces blood glucose levels
	Anticoagulants
Alfalfa **contains coumarin**	**Anticoagulants (coumadin/warfarin)**
	Birth Control Pills
	Hormone Therapy
	Chlorpromazine (antipsychotic drug from 1950's & 60's)
Algaes	**Don't take for 48 hours before lab tests**
Aloe leaf juice	**Cardiac Glycoside drugs**
	Anti-arrhythmic drugs
	Diuretics
	Corticosteroids (synthetic form of cortisol) **In all above cases, referring to overuse of Aloe** **Don't take for 48 hours prior to Lab Tests**
Aloe Leaf Gel	**Glyburide (Diabeta, Micronase, Glynase)**
	Diabetes therapy - monitor while using
	Hydrocortisone
Aloe vera latex	**Cardiac glycosides, Thiazide diuretics.**
	Can cause electrolyte imbalance and hypokalemia.
	May potentiate drug toxicity.
Allspice	**Anticoagulant and Antiplatelet drugs**
Androstenedione	**Not if prostate cancer**
	Not if testosterone or estrone imbalance
	Not if liver disease

Anise	**Not if high blood pressure**
	Not if heart palpitations
Angelica (herb/seed)	**Antacid preparations**
contains coumarin	**Anticoagulants (may potentiate (increase) drug effect)** **Hexobarbitone**
Apple Cider Vinegar	**Not for long term use (3+ mo), potassium loss risk.** **Digitalis, Lily of the Valley, Squill, Pheasant's eye.** **Laxatives** **Horsetail, Licorice** **Diuretics** **Insulin** **Cardiovascular drugs.**
Apple Seeds	**Contain Laetrile and cyanide. Small amounts are fine.**
	Large amounts (1 cup) may cause death
Apricot seeds	**Contains Laetrile, cyanide**
	Poisonous in high doses (50-60 kernels).
Arnica	**Do not use on broken skin (externally)**
	Do not use internally unless homeopathically.
Artichoke	**Not if gallstones**
	Not if allergic to ragweed family (marigolds, daisies, chrysanthemums)
Asafoetida	**Taking 50+ mg orally may cause convulsions in people with nervousness. Large amounts may cause swelling of lips, gas, diarrhea, headache.**
	Interferes with blood thinners and thickeners.
	Interferes with anti-rhythmic drugs
	Not if blood pressure problem
	Not if bleeding disorder
	Not if gastrointestinal inflammation present/
Asparagus	**Not if kidney inflammation**
	Not if edema (water retention) caused by heart or kidney disorder.
Aspirin	**Don't take for 7 days before blood tests**
Astragalus	**Not if recent organ transplant recipient**
	Careful if autoimmune disorder.

	Not with these drugs: Acyclovir (Zovirax); Immunosuppressants; Cylclophosphamide (Cytoxan, Neosar).
Avocado	**Not if taking Warfarin(coumadin).**
Barley	**Monitor blood glucose if under treatment**
	Monitor cholesterol medication
	Avoid if celiac
	Avoid if sensitive to hordenine/sympathomimetic
	Beer made with barley may cause anphaylaxis reaction if sensitive
Bayberry	**Internally may cause gastrointestinal irritation, vomiting, liver damage due to tannin content, irritation**
	Because of tannin, large amounts can interfere with hypertension, hypotension or steroid therapy.
Basil	**Not for long term use** **Known to cause hypoglycemia**
Bearberry (Uva ursi)	**Not with urinary acidifiers eg. cranberry juice.**
	It is made inactive by urinary acidifiers; active compound released only in alkaline urine.
	Not with Diuretics. Increases drug effect.
	Not with NSAIDs, increases gastrointestinal irritation.
Bee Pollen	**Long term use of high dose (2 Tbsp daily for 2 mo) may result in hepatitis** **May react if allergic to bee stings**
Beets	**Ingesting large quantities could lead to kidney damage because of oxaluric acid content.**
Belladonna	**Safe to use homeopathically.**
	Many symptoms if using belladonna herb orally because it is quite poisonous.
	May cause constipation, increase fever.
	Do not use if Congestive Heart Failure, Down Syndrome, Esophageal Reflux, Gastric Ulcer, GI Infection, Haital Hernia, Toxic Megacolon, Narrow-angle Glaucoma, Obstructive GI Tract Disease, Tacyarrhythmia, Urinary retention, Ulcerative Colitis.
Bergamot Oil	**Do not use if going out in the sun or using tanning lamps.** **Not if using photosensitive drugs.** **Not if sensitive to the sun.**

Beta Carotene	**In high doses (eg. 200,000 IU) may cause skin to orange temporarily.** **These drugs can affect beta-carotene levels:** **Cholestyramine (Questran)** **Mineral Oil** **Colestipol (Colestid)** **Orlistat (Xenical)** **Proton Pump Inhibitors (prevacid, prilosec, losec, pantoloc)** **Low stomach acid prevents absorption.** **Olestra can decrease absorption of beta-carotene.**
Betaine Hydrochloride (HCl)	**Not with Gastric or Duodenal Ulcers** **Take with meals, not on empty stomach.**
Bilberry Leaf	**Monitor if diabetic, reduces blood glucose levels.** **Not with Disulfram**
Biotin	**Carbamazepine and Primidone can reduce biotin absorption** **Phenytoin and Phenobarbital can reduce biotin levels.**
Birch (betulae folium)	**May increase sodium retention, interfering with diuretics.**
Black Cohosh	**Not if taking Tamoxifen** **Careful if taking estrogen or oral concetraceptives.** **Herb affects hypothalamus-pituitary system, decreasing luteinizing hormone secretion, binding estrogen receptors.** **Possible additive effect to Antihyperlipidemics.**
Black Currant Leaf	**Not if edema (water retention).**
Black Haw	**Not if history of kidney stones** **Not if allergic to aspirin**
Black Pepper	**Not if taking Phenytoin, Propranolol, Theophylline**
Black Tea	**This is mostly concerned with caffeine in black tea.** **Not with grapefruit juice** **Not with milk (binds antioxidants, reduces benefits)** **Can prolong bleeding time** **Can cause false-positive tests in Serum Urate** **Can increase urine creatine levels**

	Can increase urine catecholamines, 5-hydroxyindoleacetic acid.
	Not if testing for pheochromocytoma, neuroblastoma
	Not if gastric or duodenal ulcers present
	Not if heart condition (may induce rhythm probl)
	Not with depression, anxiety (aggrevates)
	Not with kidney disease (has a diuretic effect, aggrevates)
Bladderwrack	**Prolonged use can reduce iron absorption**
	Do not take with diuretics
	Do not take with blood thinners
	Do not take with Lithium (might enhance hypothyroid activity
	High in iodine, adjust thryoid hormone medications
	Do not take for 48 hr prior to hormonal lab testing
	Do not take with Radioactive Iodine
Blessed Thistle	**Increases Breast Milk - even in men!**
	High doses (5 grams per cup of tea) may irritate stomach and cause vomiting
	May have allergic reaction if allergic to ragweed, marigolds, chrysanthemums, daisies.
	Do not take with antacids
Bloodroot	**Not if gastro irritated**
	Not if glaucoma
Blood thinners: eg Coumadin, aspirin	**Alfalfa (high in Vit. K, which thickens the blood)** **Asafoetida** **Bladderwrack** **Bogbean** **Garlic (also thins the blood)** **Ginger** **Vit. C: eg acerola cherries**
Blue Cohosh	**Not if taking anti-anginal or anti-hypertensive drugs**
	Not if taking nicotine or smoking
Blue Flag	**Taking with horsetail or licorice may deplete potassium**
	Do not take with Cardiac Glycosides
	Do not take if GI irritated

Bogbean	**Not with anti-coagulants, anti-platelet drugs**
Boldo	**Avoid if not certified as ascaridole-free (may hurt kidneys)**
	Not if liver disease
	Not if Bile duct obstruction
	Not if gallstones
	Not with anti-coagulant/anti-platelet herbs (may bleed more)
Borage (not the oil)	**Not with Eucalyptus**
	Not with Pyrrolizidine alkaloid containing herbs (gravelroot, hemp agrimony, comfrey, coltsfoot, dusty miller, ragwort, tansy.
	Not with anticoagulants, antiplatelet agents - may prolong bleeding time. **Not with anxiolytics - may be additive sedation.**
Borage Seed Oil	**see Borage.** **Also:** **Not with Schizophrenia**
	Not with Liver disease unless certified pyrrolizidine alkaloid free.
Boron	**May increase estrogen levels.**
Brewers Yeast	**Not if taking monozmine oxidase inhibitors**
	Not if taking antimycotic drugs
	Not if taking antimicrobial testing.
Bromelain	**Not with zinc, magnesium** **Can increase bleeding, avoid with anti-coagulant/ anti-platelet herbs like alfalfa, angelica, aniseed, arnica, asafoetida, celery, chamomile, clove, fenugreek, feverfew, fucus, garlic, ginger, horse chestnut, licorice, meadowsweet, poplar, prickly ash, red clover, willow.**
	Not with potato protein and soybean
	Not with blood thinning or thickening drugs **Increases plasma and urine tetracycline levels. Taking bromelain with testracycline will increase the concentration of tetracyclie in the bloodstream, risking allergic reaction to the antibiotic.**
Buchu	**Not if kidney infection or urinary tract inflammation**
Bugleweed	**Suppresses thyroid, do not use with other similar herbs such as balm leaf and wild thyme**
	Not when testing Radioactive Isotopes

	Not when testing thyroid functioning
	Not if thyroid is enlarged or underactive or taking thyroid medication
	Monitor if diabetic, reduces blood glucose levels.
Burdock	**May react if allergic to ragweed, chrysantheumu, marigold, daisies**
	Large amounts may cause hypoglycemia. **Monitor if diabetic**
Cabbage	**Not if taking anticoagulant drugs such as Warfarin**
	Not if being tested for TSH
	May worsen goiters and hypothyroidism
Caffeine	**Not with grapefruit juice** **With if taking any of these lab tests:** **Bleeding time Test** — **Serum Urate** **Creatine** — **Urine Catecholamines** **Pheochromocytoma** — **Neuroblastoma** **Dipyridamole Thallium Imaging** **Not with these drugs:** **Tylenol** — **Aspirin** **Benzodiazepines** — **Beta-Adrenergic Agonists** **Cimetidine(tagamet)** — **Clozapine (clozaril)** **CNS Stimulants** — **Diabetes Therapy** **Disulfiram (Antabuse)** — **Ephedrine** **Estrogen** — **Ergotamine** **Lithium** — **Mexiletine (Mexitil)** **Monoamine Oxidase Inhibit.** — **Phenylpropanolamine (dexatrim, propagest)** **Quinolones** **Riluzole (rilutek)** — **Terbinafine (lamisil)** **Theophylline (theo-dur)** — **Verapamil (calan, isoptin, verelan)**
	Not with Peptic Ulcers
	Not if heart rhythm problem
	Not if Diabetic
	Not if Kidney disease or disorder of any kind
	Not if hypertension.
Calamus	**Not if taking acid-inhibiting drugs**
	Not if taking MAO Inhibitors
	Not if taking CNS Depressants
Capsicum (cayenne)	**Not with monoamine oxidase inhibitors - herb increases secretion of catecholamines, increases risk of**
	Not with antiplatelet agents. Herb increases fibrinolytic

	activity, may prolong bleeding time.
Cascara	**Not with Cardiac glycosides. Can cause electrolyte imbalance and hypokalemia; May potentiate drug toxicity.**
	Not with Thiazide diuretics. May potentiate drug toxicity.
Chamomile (Mat. recutita)	**Not with Iron. Tannin content in herb may inhibit iron absorption.**
	Not with anticoagulants - herb contains coumarin, may interfere with drug effects.
Chaste tree berry (Vitex)	**Not with Dopamine receptor antagonists (phenothiazines) - herb has dopaminergic effect, may antagonize drug effect.**
Cheese	**Roquefort and camembert cheese moulds, daphne and poinsettias can cause cancer if the person eats them while taking certain prescription drugs.**
Colloidal Silver	**Not with thyroxine, penacillamine, quinolones, tetracyclines.**
Colostrum	**Take on empty stomach (due to increase is stomach acid and digestive enzyme secretion)**
	May cause nausea in HIV related cryptosporidium.
Cranberry juice	**Do not use long term (longer than 3 months)**
	May worsen liver disease - insufficient info. here.
Dong Quai	**Not with Estrogens.**
	May promote heavier menstrual bleeding or bring on menstrual bleeding during menopause.
	Not with anticoagulants, antiplatelet agents. - herb contains coumarin constituent.
Echinacea	**Not with immunosuppressants - short term use; phagocyte production stimulated counteracts drug effect. Chronic use (6-8 wk): immunosuppressive, enhances drug effect.**
	Not with Arniodarone, Anabolic steriods, Ketoconazole, Methotrexate - increases risk of liver toxicity.
Evening Primrose	**Not with Phenothiazines, anticonvulsants. Increases risk of seizures if taking drug known to lower seizure threshold.**
	Not with NSAID's, Corticosteroids, B-blockers, Anticoagulants.
Feverfew	**Not with anticoagulants, antiplatelet agents (additive to effects of bleeding)**

	Not with NSAIDs, decreases
herbal effect	**Not with Iron, tannin content in herb may inhibit iron absorption**
Garlic	**Not with anticoagulants or antiplatelets agents - inhibits platelet aggregation. Additive anticoagulant, antiplatelet effects.**
	Not with hypoglycemic drugs - may potentiate drug effect.
Ginger	**Not if taking blood thinners (anti-coagulants)**
	Ginger has shown to reduce platelet stickiness in test tubes.
	Stop taking ginger 2 weeks prior to surgery.
	Ginger may increase absorption of barbiturates in digestive tract thereby prolonging the sleeping time associated with these medications.
Ginkgo Biloba	**Not if on blood thinners**
	Not if taking anticonvulsants (may increase rik of seizures, decrease effect of drug.
	Not if taking Tricyclic anti-depressants, other drugs that decrease seizure threshold - may increase risk of seizure.
Ginseng, Korean	**Not if high blood pressure.**
	Not if taking hypoglycemic drugs - herb has hypoglycemic effect.
	Not with Furosemide - decreased diuretic effect.
	Not with Digoxin - may increase serum digoxin concentrations.
	Not with monoamine oxidase inhibitors – may cause headache, visual hallucinations, tremors, manic episodes.
	Not with anticoagulants, antiplatelet agents - decreases effectiveness of warfarin
	Not with estrogens, corticosteroids - additive effect
	Not with drugs that cause gynecomastia (calcium channel blockers, cardiac glycosides, methyldopa, phenothiazines, spironolactone) - herb contains estrone, estradiol, estriol, Has additive estrogenic effects.
Goldenseal	**Not with anticoagulants - contains berberine, inhibits anticoagulant effects.**

Gossypol	**Not with diruectis - potentiates hypokalemia** **Not with NSAIDS - increases gastrointestinal irritation**
Guarana	**Not with anticoagulants - inhibits platelet aggregation, increases risk of bleeding.**
Hawthorn	**Not with antihypertensives - high dose of herb causes hypotension**
	Not with digoxin - potentiates drug effect.
Hops	**Not with Anxiolytics, alcohol - potential additive sedation**
Horse Chestnut	**Not with anticoagulants - herb contains coumarin like constitituent**
Karela (bitter melon)	**Not with hypoglycemic drugs - potentiates drug effect**
Kava Kava (piper methylsticum)	**Not with alcohol, Benzodiazepines,, CNS depressants - additive sedative effect**
Kelp	**Not with thyroid hormones - herb contains iodine, may interfere with thyroid replacement.**
Kolanut	**Not with theophylline, guarana caffeine - herb contains caffeine, potential additive, CNS stimulation**
Lemon Balm	**Not with CNS depressants - potentiates CNS depression.** **Not with Thyroid hormones - may bind thyrotropin and interferes with therapy**
Levodopa	**Avoid bananas, beef, fish, liver, oatmeal, peanuts, potatoes, whole grains which contain a lot of vitamin B6 and interfere with the potency of the drug, and also avoid supplements containing Vit. B6. There are also some amino acids contained in food proteins that can prevent the drug from reaching the brain so do not eat protein in the evening or at the same time you are taking the drug.**
Licorice Root	**Not if high blood pressure**
	Not with Spironolactone - antagonism of diuretic effect
	Not with cardiac glycosides, Thiazide diuretics - can cause hypokalemia; may potentiate drug effect.
	Not with Corticosteroids, Cyclosporine - herb has immunostimulating effect; may decrease response to drugs.
	Not with monoamine oxidase inhibitors - herb contains sympathomimetic amines, increased risk of hypertensive crisis.
5 HTP (5 hydroxytryptophan)	**Carbidopa, Serotonin Antagonists eg. methysergide, cyproheptadine, Serotonin Agonists eg. antidepressants**
Lipoic Acid, Alpha Lipoic Acid	**Diabetes, monitor and adjust insulin medication**

Ma Huang	**Not if high blood pressure** **Not with oxytocin, methyldopa, B-blockers, caffeine, monoamine oxidase inhibitors, Theophylline, Sympathomimetics, St. John's Wort, Guanethidine, Cardiac glycosides - increased sympathomimetic action; may induce hypertension, CNS stimulation**
Malic Acid, Alpha Hydroxy Acids	**May worsen skin conditions**
Passionflower	**Not with anticoagulants. Excessive dose may increase risk of bleeding.**
Pau D'Arco (Taheebo/ Lapacho)	**Not with anticoagulants - may potentiate drug effects.**
Psyllium	**Long term use may reduce nutrient absorption of calcium, iron, zinc, B12. Take vitamins and minerals 1 hour before or 4 hours after psyllium** **Negative drug interactions:** **Carbamazepine (Tegretol)** **Warfarin (coumadin)- herb contains vit. K, may interfere with anticoagulant therapy.** **Insulin may need adjustment** **Lithium, digoxin (increased intesinal drug absorb.)** **Antihyperlipidemics - possible additive effect** **Take oral drugs 1 hour before or 4 hr after psyllium.** **Do not take for 48 hr before glucose or cholesterol testing.** **If bowel obstruction, may give spastic bowel.** **Do not take if Kidney dysfunction.** **Avoid products containing nutrasweet (aspartame)** **Do not take if you have swallowing difficulties (esophageal obstruction)**
Red Clover	**Not with anticoagulants. Herb contains coumarin, large amount may increase risk of bleeding.**
Sarsaparilla	**Not with Digitalis, Bismuth. Increased absorption of digitalis and bismuth**
Saw Palmetto	**Not with Iron - tannin in herb may limit iron absorption** **Not with Estrogens - potential additive effects.**
Senna	**Not with digitalis, or diuretics - chronic use may cause hypokalemia and toxicity.**
Shamkapulshpi (ayurvedic)	**Not with Phenytoin - reduced drug concentrations and half life; decreased drug effect.**
Siberian ginseng (Eleuth)	**Not with digitalis - may interfere with drug level assay.**
St. John's wort	**Not with antidepressants, sympathomimetic amines, Ma huang, pseudoephedrine, yohimbine. Herb may**

	have monoamine oxidase inhibitoror seletive serotonin reuptake inhibitor effects; possible hypertensive crises, serotonin syndromes.
	Not with Digoxin - hypericum extract may reduce peak and trough digoxin cencentrations.
	Not with iron - tannin of herb may limit iron absorp.
	Not with Piroxicam - other photosensitizers - increased risk of photosensitivity, avoid use with UV light therapy.
Smilax species (honduras)	**Not with drugs metabolized by CYP450 tnzymes. - herb increases drug elimination.**
Soy	**Not if pregnant**
	Not if breast cancer
Turmeric	**Not with anti-platelet agents - herb contains curcumin, may potentiate antiplatelet activity**
Uzara root	**Not with Digoxin - additive digoxin-like cardiac effects.**
Valerian	**Not Opiates, alcohol, barbiturates, CNS depressants - additive sedation.**
Vit. C	**Don't take for 48 hours before lab tests** **Blood thinners, Coumadin(Warfarin)**
Wood Betony	**In large doses: vomiting, GI irritation** **Not with blood pressure drugs**
Wormwood	**Not with anticonvulsants - may lower seizure threshold.**
Yohimbe	**Not Antihypertensives. Caffeine, ephedrine, ma huang. - herb has a2-antagonist activity. My induce hypotension or hypertension, tachycardia.**