VITAMIN - HERB INTERACTIONS

VITAMIN A

No known herb interactions. Upper limit of retinol activity equivalent is 10,000 IU/day. Therapeutic doses have ranged as high as 50,000 IU for adults. However, any high dose therapy more than 25,000 IU for an adult or 10,000 IU for a child) should be closely monitored.

BETA-CAROTENE

No none herb interactions. Upper limit of 40,000 IU. Beta carotene should not be given to smokers as it has been shown to increase the risk of lung cancers in smokers.

VITAMIN C

No known herb interactions. Upper limit 2000 mg/day

VITAMIN D3

No known herb interactions, increases Calcium and Magnesium absorption. Maximum 1000 IU per day.

VITAMIN E

No known herb interactions. The tolerable upper intake level in healthy people is 1,000 mg/day, equivalent 1500 IU natural vit. E.

VITAMIN K

No known herb interactions. Typical dosage: adolescents 14-18 years (incl. those pregnant or lactating), 75mcg; Men over 19 yr: 120mcg; Women over 19 including those pregnant and lactating: 90 mcg

THIAMINE

No known herb interactions. Max. daily intake 100mg/day

RIBOFLAVIN

No known herb interactions 100 mg/day

VITAMIN B6

No known herb interactions. Will reduce the efficacy of levodopa in controlling parkinsonian symptoms, the magnitude of the effect is proportional to the dose of pyridoxine. Upper limit 100 mg/day however documented therapeutic dosage ranges from 50-200 mg/day.

FOLIC ACID

No known herb interactions. Upper limit 1000 mcg, however folic acid is considered non-toxic and up to 15 mg has been used with adverse reactions.

VITAMIN B12

No known herb interactions. Upper limit 1000 mcg/day

MAGNESIUM

No known herb interactions. Maximum dosage 500 mg/day

ZINC

No known herb interactions. Zinc supplementation can cause a copper deficiency supplement with Copper. Upper limit 40mg/day of elemental zinc.

SELENIUM

No known herb interactions. Upper limit 400 mcg/day

MANGANESE

No known herb interactions. Zinc supplementation can cause a copper deficiency supplement with Copper. Upper limit 40mg/day of elemental zinc.

SELENIUM

No known herb intereactions. Upper limit 400 mcg/day

MANGANESE

No known herb interactions. Daily upper limits for manganese are: children 1-3 hr: 2mg 4-8 yr: 3mg; 9-13 yr: 6mg; 14-18 yr (incl. pregnancy and lactation: 9mg; for adults 19 yr and older incl. pregnancy and lactation: 11 mg.

MOLYBDENUM

No known herb interactions. Recommended daily allowance 75-250 mcg. Supplementary doses of molybdenum of up to 500mcg are generally well tolerated.

VANADIUM

No known herb interactions. No recommended dosage. Typical dosage can range from 10 mcg to about 10 mg. Less than 30mcg daily appears to have low toxicity.

Taking more than the tolerable upper intake level of 1.8mg per day can increase the risk orf gastrointestinal side effects and theoretically, renal toxicity. However, in some cases, patients with diabetes have used very high doses (100mg per day) safely up to 4 weeks.

N-ACETYL-CYSTEINE

No known herb interactions, typically dosage 600-1500 mg in divided doses.