



Thinking of Herbals?

Check Carefully Before You Take Them With Medicines

FACT: More than 40 percent of Americans take dietary supplements

FACT: Some dietary supplements are known to interact in dangerous ways with medicines.

FACT: Mixing herbal supplements with your medicines may put you at risk.

Check It Out! The following list shows some (not all!) potential drug-herbal interactions for 10 popular herbs. Many are potentially dangerous interactions, such as the case of a 78 year-old woman on a blood thinner who reportedly on her own took ginkgo biloba for 2 months before having a serious brain hemorrhage. Some herbals may add to the effects of drugs (noted by + in list below). But these additive effects generally have not been well studied. **So think carefully!** Ask your doctor or pharmacists before mixing herbals with your drug therapy.

- Black Cohosh:** Baneberry, bug-wort, Squawroot, Rattleroot (*Cimicifuga racemosa*)
- Estrogens
 - Hormone Replacement Therapies
 - Lipid lowering drugs +
 - cisplatin, doxorubicin, docetaxel

- Cayenne** - Capsicum (*Capsicum frutescens*, *C. annum*)
- Monoamine oxidase inhibitors
 - Antiplatelet agents

- Echinacea** (*Echinacea angustifolia*, *E. pallida*, *E. purpurea*)
- Chemotherapy
 - Cisplatin
 - Cyclophosphamide
 - Docetaxel
 - Econazole +
 - Fluorouracil
 - Methotrexate
 - Paclitaxel

- Ginseng** (Asian ginseng, *Panax ginseng*, *P. quinquefolium*)
- Corticosteroids
 - Digoxin
 - Drugs which cause gynecomastia (calcium channel blockers, cardiac glycosides, methyl-dopa, phenothiazines, spiro-nolactone)
 - Estrogens
 - Hypoglycemic drugs
 - Furosemide
 - Influenza Virus Vaccine +

- Garlic** (*Allium sativum*)
- Aspirin
 - Chlorzoxazone
 - Dipyridamole +
 - Heparin (Hepalean)
 - Hyoglycemic agents
 - Ticlopidine
 - Warfarin (Coumadin)

- Ginkgo** (*Ginkgo biloba*)
- Aspirin
 - Anticonvulsants
 - Citalopram +
 - Clopidogrel
 - Cyclosporine +
 - Dipyridamole
 - Fluoxetine +
 - Fluvoxamine +
 - Glimepride
 - Glipizide
 - Glyburide
 - Haloperidol +
 - Heparin (Hepalean)
 - Metformin
 - Paroxetine +
 - Repaglinide
 - Sertaline +
 - Thiazide diuretics
 - Ticlopidine
 - Trazodone
 - Tricyclic Antidepressants
 - Warfarin

- Saw Palmetto** *Serenoa repens*
- Oral and patch contraceptives
 - Hormone-replacement therapies

- St. John's wort** (*Hypericum perforatum*)
- Atazanavir
 - Benzodiazepines
 - Carbamazepine
 - Chemotherapy
 - Cyclosporin
 - Digoxin
 - Fexofendadine
 - Fluvoamine
 - Fosamprenavir
 - Indinavir
 - Nefazodine
 - Omprezole
 - Oral Contraceptives
 - Paroxetine
 - Phenezine
 - Reserpine
 - Sertraline
 - Theophylline/Aminophylline
 - Trazodone
 - Tricyclic Antidepressants
 - Venlafaxine
 - Warfarin

- Milk Thistle:** Silymarin (*Silybum marianum*),
- No known adverse interactions with drugs. Efficacy to limit drug-induced liver damage has not been shown in rigorous studies.

Caution: This is not a complete list. Consult your doctor or pharmacist before taking drugs and herbals.

+ May add to the effects of other medicines
** Drug and herbal bottle labels often do not list potential interactions.