



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 gingko 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, bugwort, Squawroot, Rattleroot (*Cimicifuga racemosa*)

- Estrogens
- Hormone Replacement Therapies
- Lipid lowering drugs +
- cisplatin, doxorubicin, docetaxel

Cayenne - Capsicum (*Capsicum frutescens, C. annuum*)

- 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, spironolactone)
- 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
- Fexofenadine
- Fluvoamine
- Fosamprenavir
- Indinavir
- Nefazodone
- Omprazole
- Oral Contraceptives
- Paroxetine
- Phenelzine
- **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.

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