



HERBAL PRODUCTS AND PRESCRIPTION MEDICINE



Potentially Dangerous Mixtures

This is a list of only a few medication interactions. Please consult your pharmacist or doctor before taking over-the-counter products.

WHEN YOU COMBINE THESE:

- Aloe & Warfarin (Coumadin)
- Co-Enzyme Q10 & Blood Thinners
- Fish Oil & Blood Thinners
- Garlic Pills & Blood Thinners
- Ginko Biloba & Blood Thinners
- Ginseng & Blood Thinners
- Glucosamine & Blood Thinners
- Saw Palmetto & Blood Thinners



**RISK OF
BLEEDING**

WHEN YOU COMBINE THESE:

- Co-Enzyme Q10 & Cancer Drugs
- Echinacea & Immunosuppressants
- Garlic Pills & HIV Drugs
- Garlic Pills & Isoniazid
- Ginseng & Immunosuppressants
- Glucosamine & Diabetes Medications
- St. John's Wort & Birth Control Pills
- St. John's Wort & Xanax



**REDUCED
EFFECTIVENESS**

WHEN YOU COMBINE THESE:

- Aloe & Diabetes Medication
- Ginseng & Insulin
- Ginseng & Diabetes Medication



**LOW BLOOD
SUGAR**



**FLORIDA'S
POISON
CONTROL
CENTERS**
Jacksonville • Miami • Tampa



For free and fast advice about drug interactions or medication mistakes, call 1-800-222-1222.

For questions about medications, call your pharmacist or physician. Poison centers can provide advice about drug interactions or medication mistakes, 24 hours a day, at 1-800-222-1222.



GRAPEFRUIT & MEDICATION INTERACTIONS

Many drugs may not work well if you eat a grapefruit or drink grapefruit juice

- Blood pressure drugs
- Statin drugs to lower cholesterol
- Anti-anxiety medication
- Antihistamines
- Protease inhibitors to treat HIV/AIDS
- Some cardiac drugs or anticonvulsants
- Immunosuppressant & cancer drugs

Other Potentially Dangerous Mixtures

WHEN YOU COMBINE THESE...

THIS COULD HAPPEN

Aloe & Digoxin (Heart Medicine).....	Low Potassium
Aloe & Diuretic (Water Pills).....	Low Potassium
Echinacea & Autoimmune Disorders.....	Worsening Symptoms
Fish Oil & Blood Pressure Medication.....	Lower Blood Pressure
Fish Oil & Allergy to Fish.....	Allergic Reaction
Garlic Pills & Blood Pressure Medication.....	Lower Blood Pressure
Ginkgo & Diuretic Blood Pressure Pills.....	Higher Blood Pressure
Ginkgo & Anticonvulsants, Psych Drugs.....	Risk of Seizures
Ginseng & Diuretic Blood Pressure Pills.....	Higher Blood Pressure
Glucosamine & Shellfish Allergy.....	Allergic Reaction
Kava Kava & Liver Problems.....	Severe Liver Damage
Red Yeast Rice & Cyclosporine, Statins.....	Muscle Damage
St. John's Wort & Surgery Anesthetics.....	Lower Blood Pressure

