

## Herb-Drug Interaction

Herb	Uses	Relationship with other Drugs
<b>Coenzyme Q 10</b>	<ul style="list-style-type: none"> <li>• Heart disease</li> <li>• High blood pressure</li> </ul>	<ul style="list-style-type: none"> <li>• Do not use with Warfarin or Coumadin</li> </ul>
<b>Black Cohosh</b>	<ul style="list-style-type: none"> <li>• Menopause</li> </ul>	<ul style="list-style-type: none"> <li>• Can increase the effects of high blood pressure pills</li> </ul>
<b>Echinacea</b>	<ul style="list-style-type: none"> <li>• Fights redness, heat and pain in the tissues</li> <li>• Fights viruses</li> </ul>	<ul style="list-style-type: none"> <li>• Avoid use if allergic to the daisy flower family</li> <li>• May depress the immune system</li> </ul>
<b>Ephedra</b>	<ul style="list-style-type: none"> <li>• Helps the central nervous system</li> <li>• Helps with breathing</li> </ul>	<ul style="list-style-type: none"> <li>• Not advisable with high blood pressure, high blood sugar, glaucoma, thyroid disease and large prostate problems</li> <li>• Do not take with Nardil or Parnate</li> <li>• Do not take large amounts – death is possible</li> </ul>
<b>Garlic</b>	<ul style="list-style-type: none"> <li>• Lowers fat</li> </ul>	<ul style="list-style-type: none"> <li>• Do not use with stomach ulcers or heartburn</li> <li>• Decreases clotting of blood cells</li> </ul>
<b>Ginkgo</b>	<ul style="list-style-type: none"> <li>• Protects nerves and breakdown of tissues</li> <li>• Circulation problems</li> </ul>	<ul style="list-style-type: none"> <li>• Do not use with Nardil or Parnate</li> <li>• Decreases clotting of blood cells</li> </ul>
<b>Ginseng</b>	<ul style="list-style-type: none"> <li>• Lowers cholesterol</li> <li>• Lowers blood sugar</li> <li>• Smooths the skin</li> <li>• Prevents sleepiness</li> </ul>	<ul style="list-style-type: none"> <li>• May cause sleepiness</li> <li>• Do not use with high blood pressure, heart disorders, high blood sugars, steroid and female hormone therapy</li> <li>• Do not take with Aspirin, Motrin, Advil, Anaprox, Aleve, Naprosyn, Orudis, Relafen</li> <li>• Do not take with Nardil or Parnate</li> </ul>
<b>Glucosamine Sulfate</b>	<ul style="list-style-type: none"> <li>• Fights redness, heat and pain in the tissues</li> <li>• Decreases pain for arthritis</li> </ul>	<ul style="list-style-type: none"> <li>• May cause problems with making insulin</li> <li>• May cause lung problems</li> </ul>
<b>Goldenseal</b>	<ul style="list-style-type: none"> <li>• Fights infections</li> </ul>	<ul style="list-style-type: none"> <li>• Large doses can be poisonous – nausea, vomiting, diarrhea, nervousness, high blood pressure, seizures, paralysis and death</li> </ul>
<b>Chondroitin</b>	<ul style="list-style-type: none"> <li>• Decreases pain for arthritis</li> </ul>	<ul style="list-style-type: none"> <li>• Careful with Warfarin or Coumadin</li> </ul>
<b>Kava Kava</b>	<ul style="list-style-type: none"> <li>• Relaxes muscles</li> <li>• Decreases pain</li> <li>• Decreases anxiety</li> <li>• Promotes sleepiness</li> </ul>	<ul style="list-style-type: none"> <li>• Causes skin to turn yellow or form a dry rash</li> <li>• Causes muscle weakness</li> <li>• Do not use with depression pills, barbiturates (Barbies) and Levodopa and Xanax</li> </ul>

<b>St. Johns Wart</b>	<ul style="list-style-type: none"> <li>• Fights mild depression</li> <li>• Promotes sleepiness</li> <li>• Fights viruses</li> <li>• Fights redness, heat and pain in the tissues</li> </ul>	<ul style="list-style-type: none"> <li>• Do not take with other depression pills</li> <li>• Do not take with pills that fight viruses</li> <li>• Do not take with Cyclosporine</li> </ul>
<b>Saw Palmetto</b>	<ul style="list-style-type: none"> <li>• Fights bacteria in the urine</li> <li>• Helps eliminate extra water in the body</li> <li>• Fights redness, heat and pain in the tissues;</li> <li>• Decreases male hormones</li> </ul>	<ul style="list-style-type: none"> <li>• May cause headaches</li> <li>• Large amounts can cause diarrhea</li> </ul>
<b>Valerian</b>	<ul style="list-style-type: none"> <li>• Relaxes and helps with sleep</li> </ul>	<ul style="list-style-type: none"> <li>• May increase the effects of sedating pills</li> </ul>
<b>SAMe</b>	<ul style="list-style-type: none"> <li>• Fights mild depression</li> <li>• Decreases pain from arthritis</li> <li>• Fights liver disease</li> </ul>	<ul style="list-style-type: none"> <li>• Do not use with Bipolar disorders</li> </ul>
<b>Ginger</b>	<ul style="list-style-type: none"> <li>• Decreases stomach problems</li> <li>• Fights redness, heat and pain in the tissues</li> <li>• Decreases clotting of cells</li> </ul>	<ul style="list-style-type: none"> <li>• May cause bleeding with Warfarin or Coumadin</li> </ul>
<b>Licorice</b>	<ul style="list-style-type: none"> <li>• Stomach ulcers</li> <li>• Chronic liver disease</li> <li>• Cancer of the prostate</li> </ul>	<ul style="list-style-type: none"> <li>• Do not take with Warfarin or Coumadin</li> <li>• May increase blood pressure</li> <li>• May increase potassium loss when taking water pills, steroids and high blood pressure pills</li> </ul>
<b>Melatonin</b>	<ul style="list-style-type: none"> <li>• Promotes sleepiness</li> <li>• Protects the breakdown of tissues</li> </ul>	<ul style="list-style-type: none"> <li>• Do not use with liver problems, stroke, depression and neurological disorders.</li> </ul>

SOURCE: KMC Nutrition Services