

DRUG-FOOD/DRUG-HERB INTERACTION GUIDE

This Drug-Food/Drug Herb Interaction Guide is designed to help you understand that when medications (prescription and/or over the counter) are taken together with certain foods or herbal substances, unwanted side effects may occur.

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If you have any questions, please contact:

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Long Island Jewish Medical Center

270 -05 76 th Avenue, New Hyde Park, NY 11040

The Long Island Campus for the Albert Einstein College of Medicine



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General rules for Patients:

Antacids - Take after meals to increase the duration of effect.

Antibacterials - Better absorption if taken on an empty stomach one hour before meals or two hours after meals. However, they can be taken with food to reduce stomach upset.

Antihistamines - Alcohol increases the sedative effects of these drugs.

Grapefruit Juice - Avoid grapefruit juice while taking medications unless authorized by your prescriber or pharmacist.

Herbal medications - Please check with your prescriber or pharmacist prior to initiating any herbal supplement, as some may interact with the prescription medications you may be taking.

North Shore - Long Island Jewish Health System

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This pamphlet was developed by the Department of Pharmacy Services in conjunction with Food and Nutrition Services - participants of the Patient Education Committee; Approved by the System Medication Use Committee.



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2001-2002 Potentially Clinically Significant Drug-Food Interactions

DRUG	FOOD/NUTRIENT	INTERACTION	RECOMMENDATIONS/PRECAUTIONS
Alendronate (Fosamax®)	Food or beverages (other than water)	If you take alendronate with food or with any drink other than water, your body will not absorb all of the alendronate and the drug will not work as well.	Take Alendronate at least thirty minutes before eating/drinking the first food, beverage, or medication of the day. Take with plain water only. Don't lie down for at least 30 minutes after taking alendronate, so that the medicine has a chance to go to your stomach and is less likely to hurt your esophagus (swallowing tube).
Allopurinol (Zyloprim®)	1) Avoid low protein diet 2) Lack of fluids is not good	1) Eating a low protein diet while on this medication will result in higher blood levels of this medication. 2) You should drink plenty of fluids while taking this medication.	1) Do not drastically reduce dietary protein intake while on allopurinol therapy. 2) It is advised to drink greater than 10 to 12 (8 ounce) glasses of fluid per day ** (Note: Please check with physician prior to ingesting large fluid quantities as this may be contraindicated in certain medical conditions).
Amprenavir (Agenerase®)	Avoid high fat meals	Decreased effectiveness of the drug amprenavir.	Meals high in fat content should be avoided in patients receiving amprenavir. Amprenavir may be taken with or without meals with normal fat content.
Antacids <ul style="list-style-type: none"> ● Aluminum/Magnesium hydroxide/Simethicone (Maalox plus®) ● Aluminum carbonate basic (Basaljel®) ● Aluminum hydroxide (Amphojel®) 	Avoid high protein meals	High protein meals may lead to a decrease in the neutralizing capacity of the antacid	Avoid high protein meals while taking these agents. Maintain normal diet
Atovaquone (Mepron®)	Avoid taking on an empty stomach	Taking this drug on an empty stomach may result in lower than desired atovaquone blood levels and therefore the drug may not work as well as it can.	Take atovaquone with meals, preferably with fatty foods (i.e. milk, cheese, yogurt)
<u>Calcium channel blockers</u> Felodipine (Altace®) Nifedipine (Procardia®) Amlodipine (Norvasc®)	Avoid grapefruit juice (not available on hospital menu)	By drinking grapefruit juice with this medication you may have higher than desired blood levels of the medications which you are taking.	Avoid grapefruit juice during therapy with a calcium channel blocker, unless otherwise directed by your doctor. These higher levels may actually be harmful and cause adverse effects.

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Carbamazepine (Tegretol®)	Avoid grapefruit juice (not available on hospital menu)	By drinking grapefruit juice with this medication you may have higher than desired blood levels of the medications which you are taking. These higher levels may actually be harmful and cause adverse effects.	Avoid grapefruit juice during therapy with this agent, unless otherwise directed by your doctor.
<u>Cephalosporins</u> <ul style="list-style-type: none"> ● Cefotetan (Cefotan®) ● Cefoperazone (Cefobid®) ● Cefamandole (Mandol®) ● Cefmetazole (Zefazone®) ● Moxalactam 	Avoid alcoholic beverages	When ingesting alcohol with these medications you can develop a very severe reaction called a “disulfiram reaction” (see Disulfiram statement below). This adverse effect is characterized by flushing, vomiting, very fast breathing , and very fast heart rate)	Avoid: all beverages and over the counter products containing alcohol (i.e. cough and cold products containing alcohol)
Cisapride (Propulsid®)	Avoid grapefruit juice (not available on hospital menu)	By drinking grapefruit juice with this medication you may have higher than desired blood levels of the medications which you are taking. These higher levels have been shown to potentially cause serious heart rhythm problems.	Avoid grapefruit juice during therapy with this agent, unless otherwise directed by your doctor.
Cyclosporine	Avoid grapefruit juice (not available on hospital menu)	By drinking grapefruit juice with this medication you may have higher than desired blood levels of the medications which you are taking. These higher levels may actually be harmful and cause adverse effects.	Avoid grapefruit juice during therapy with this agent, unless otherwise directed by your doctor. For patients who regularly consume grapefruit juice (as per discussions with their healthcare provider), cyclosporine blood levels should be closely monitored to make sure your blood levels are in the normal range. Grapefruit juice should definitely be avoided in patients with kidney problems.
Didanosine (Videx®)	Take on an empty stomach	If you take didanosine with food you will not reach the blood level necessary for the drug to work.	Take didanosine at least 30 minutes before a meal or two hours after a meal.
Disulfiram (Antabuse®)	Avoid alcoholic beverages	When ingesting alcohol with this medication you can develop a very severe reaction called a “disulfiram reaction”. This adverse effect is characterized by flushing, vomiting, increased breathing and heart rate.	Avoid: all beverages and over the counter products containing alcohol (i.e. cough and cold products containing alcohol)

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Doxycycline (Vibramycin®)	Avoid dairy products and food and drugs high in calcium, magnesium, or iron	Taking this medication with dairy products and food and drugs high in calcium, magnesium, or iron may result in lower than desired doxycycline blood levels and therefore the drug may not work as well as it can.	Take doxycycline at least 2 hours before or after eating/drinking dairy products, antacids, or iron containing preparations.
Efavirenz (Sustiva®)	Avoid high fat meals	If you take efavirenz around the time you eat a high fat meal you may develop higher than desired efavirenz blood levels and potentially adverse effects.	Efavirenz may be taken with meals containing normal amounts of fat content, but high-fat meals should be avoided.
Etidronate (Didronel®)	Avoid Dairy products	If dairy products are given together with etidronate, there may be a decrease in the amount of drug which is absorbed from the body.	Do not take dairy foods for at least two hours before or after taking your dose of etidronate.
<u>Iron</u> Ferrous sulfate Ferrous gluconate	1) Consume foods high in Vitamin C 2) Do not take dairy products together with your iron.	1) You may enhance the amount of iron your body absorbs by eating/drinking foods/drinks high in vitamin C 2) When taken with food, the amount of iron your body absorbs may be reduced.	1) Good sources of vitamin C include: oranges, orange juice, broccoli, green peppers, strawberries, tomatoes, kiwi, potatoes 2) Iron and iron-containing products should not be administered together with dairy products. Space appropriately.
<u>Fluoroquinolones</u> ● Ciprofloxacin (Cipro®) ● Levofloxacin (Levaquin®) ● Gatifloxacin (Tequin®) ● Sparfloxacin (Zagam®)	Avoid calcium-rich foods, mineral supplements, and caffeine	You may decrease the amount of drug your body absorbs if taken together with calcium and other minerals, which bind to form insoluble complexes. Avoid coffee and colas	Take medication on an empty stomach or at least one to two hours before or after a meal.
Furazolidone (Furoxone®)	1) Avoid tyramine containing foods (see recommendations column)	1) If you take this drug with any tyramine containing food you may experience an adverse reaction resulting in flushing, chills, increased blood pressure, increased heart rate, abnormal heartbeats, restlessness, and insomnia.	1) Avoid tyramine containing foods such as aged cheeses, aged meats, smoked or pickled fish, yeast, red wine, beer (alcoholic and non-alcoholic), figs, avocados, bananas, caffeine, chocolate and the herbal product ginseng

DRUG	FOOD/NUTRIENT	INTERACTION	RECOMMENDATIONS/PRECAUTIONS
Furazolidone (Furoxone®) (continued)	2) Avoid alcoholic beverages	2) When ingesting alcohol with this medication you can develop a very severe reaction called a "disulfiram reaction" (see Disulfiram statement above). This adverse effect is characterized by flushing, vomiting, increased breathing rate, and very fast heart rate	2) Avoid: all beverages and over the counter products containing alcohol
<u>MG-COA reductase inhibitors</u> <ul style="list-style-type: none"> ● Atorvastatin (Lipitor®) ● Lovastatin (Mevacor®) ● Simvastatin (Zocor®) 	Avoid grapefruit juice (not available on hospital menu)	By drinking grapefruit juice with this medication you may have higher than desired blood levels of the medications which you are taking. These higher levels may actually be harmful and cause serious adverse effects.	Avoid grapefruit juice during therapy with this agent, unless otherwise directed by your doctor. Orange juice may be substituted.
Indinavir (Crixivan®)	Do not take with food	If you take this drug with food you will significantly decrease the amount of drug that your body will absorb and therefore the drug may not work as well as it can.	Take this drug at least one hour before or two hours after a meal with water or liquids such as tea, coffee, juice, or skim milk
Isoniazid (Nydravid®)	1) Avoid tyramine containing foods (see list if tyramine containing foods in the recommendations column) 2) Avoid alcoholic beverages	1) If you take this drug with any tyramine containing food you may experience an adverse reaction resulting in flushing, chills, increase in blood pressure, increased heart rate, abnormal heartbeats, restlessness, and insomnia. 2) When ingesting alcohol with this medication you can develop a very severe reaction called a "disulfiram reaction" (see Disulfiram statement above). This adverse effect is characterized by flushing, vomiting, increased breathing rate, and very fast heart rate.	1) Avoid tyramine containing foods such as aged cheeses, aged meats, smoked or pickled fish, yeast, red wine, beer (alcoholic and non-alcoholic), figs, avocados, bananas, caffeine, chocolate and the herbal product ginseng 2) Avoid: all beverages and over the counter products containing alcohol

DRUG	FOOD/NUTRIENT	INTERACTION	RECOMMENDATION
Isoniazid (Nydravid®) (continued)	3) Do not take with food	3) If you take this drug with food you will significantly decrease the amount of drug that your body will absorb and therefore the drug may not work as well as it can.	3) Take this drug at least one hour before or two hours after a meal with water or liquids such as tea, coffee, juice, or skim milk
Itraconazole (Sporanox®)	1) Dosage Forms <u>Capsule:</u> Take with food <u>Oral Solution:</u> Take on an empty stomach 2) Grapefruit juice (not available on hospital menu)	1) It is important to note that the capsule form should be taken with food, whereas the solution must be taken on an empty stomach. 2) By drinking grapefruit juice with this medication you may have higher than desired blood levels of the medications which you are taking. These higher levels may actually be harmful and cause adverse effects.	1) <u>Capsules</u> - It is recommended that itraconazole capsules be taken with meals to assure optimal blood levels are achieved. <u>Oral Solution</u> - However, itraconazole oral solution should be administered on an empty stomach in order to absorb the drug for its desired effect. 2) Avoid grapefruit juice during therapy with this agent, unless otherwise directed by your doctor.
Ketoconazole (Nizoral®)	Avoid alcoholic beverages	When ingesting alcohol with this medication you can develop a very severe reaction called a "disulfiram reaction" (see Disulfiram statement above). This adverse effect is characterized by flushing, vomiting, increased breathing rate, and very fast heart rate.	Avoid: all beverages and over the counter products containing alcohol
Levodopa (Larodopa®)	1) Avoid protein-rich diets 2) Pyridoxine (Vitamin B6)	1) High protein meals may lead to a decreased response (decreased drug effect) to levodopa 2) If one ingests more than or equal to 5mg/day of Vitamin B6 while taking levodopa, the vitamin may actually reverse levodopa's drug effectiveness	1) It is best to be consistent on a daily basis as to when one administers levodopa with relationship to meals 2) Limit foods containing Vitamin B6: avocado, bacon, beans, beef, liver, dry skim milk, pork, peas, sweet potato, tuna, & certain health foods (Note: Please speak to your healthcare provider before drastically changing your diet)

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Linezolid (Zyvox®)	Avoid tyramine containing foods	If you take this drug with any tyramine containing food you may experience an adverse reaction resulting in flushing, chills, increased blood pressure and increased heart rate, abnormal heartbeats, restlessness, and insomnia.	Avoid tyramine containing foods such as aged cheeses, sour cream, yogurt, liver (beef or chicken), bologna, pepperoni, salami, summer sausage, caviar, game meats, aged meats, smoked or pickled fish, yeast, red wine, beer (alcoholic and non-alcoholic), ale, sherry, red wine, figs, raisins, soy sauce, lima beans, broad beans, tofu avocados, bananas, and the herbal product ginseng Limit: caffeine, chocolate
Lithium (Eskalith®/Lithotabs®)	Avoid a low sodium diet	On a daily basis, it's important to take in the amount of sodium which your body needs. If your sodium level is low, taking lithium can actually lower this level even further, thus risking the potential for serious adverse effects.	Maintain normal diet. Do not restrict the use of salt (Please check with your healthcare provider!) Maintain adequate fluid intake - at least 3 quarts of fluid daily (Please check with physician prior to ingesting large fluid quantities as this may be contraindicated in certain conditions). Use alcohol with caution.
<u>MAO Inhibitors</u> <ul style="list-style-type: none"> ● Phenelzine (Nardil®) ● Tranylcypromine (Parnate®) ● Selegiline (Eldepryl®) ● Isocaboxazid (Marplan®) ● Pargyline (Eutonyl®) ● Procarbazine (Matulane®) ● St. John's Wort* 	Avoid tyramine containing foods	If you take this drug with any tyramine containing food you may experience an adverse reaction resulting in flushing, chills, increase in blood pressure, increased heart rate, abnormal heartbeats, restlessness, and insomnia.	Avoid tyramine containing foods such as aged cheeses, sour cream, yogurt, liver (beef or chicken), bologna, pepperoni, salami, summer sausage, caviar, game meats, aged meats, smoked or pickled fish, yeast, red wine, beer (alcoholic and non-alcoholic), ale, sherry, red wine, figs, raisins, soy sauce, lima beans, broad beans, tofu avocados, bananas, and the herbal product ginseng Limit: caffeine, chocolate
Metronidazole (Flagyl®)	Avoid alcoholic beverages	When ingesting alcohol with this medication you can develop a very severe reaction called a "disulfiram reaction" (see Disulfiram statement above). This adverse effect is characterized by flushing, vomiting, rapid breathing rate, and very fast heart rate.	Avoid: all beverages and over the counter products containing alcohol

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<u>Oral diabetic agents</u> Chlorpropramide (Diabinese®) Glimepiride (Amaryl®) Glipizide (Glucotrol®) Glyburide(Diabeta®,Micronase®)	Avoid alcoholic beverages	When ingesting alcohol with this medication you can develop a very severe reaction called a “disulfiram reaction” (see Disulfiram above). This adverse effect is characterized by flushing, vomiting, increased breathing rate, and very fast heart rate.	Avoid: all beverages and over the counter products containing alcohol.
<u>Oral diabetic agents</u> Acarbose (Precose®)	Take with the first bite of food.	See Recommendations Column	If you forget to take the dose with your first bite of food and remember while you are still eating or right after you finished your meal, take the dose immediately. Otherwise, wait to take your dose with your next main meal
<u>Oral diabetic agents</u> Repaglinide (Prandin®)	Take this medicine before you eat	See Recommendations Column	Take this medicine before you eat a meal. You may take the medicine right before you eat, 15 minutes before a meal or up to 30 minutes before your meal. Should you forget to take this drug before eating, skip that dose, and then take your next dose as planned, before your next meal. Do not make up for lost doses.
Phenytoin (Dilantin®) Suspension	<u>Enteral formulas</u> (i.e. Ensure®, Enrich®, Jevity®, Osmolite®, Sustacal®, Resource Plus®) <u>Infant formulas</u> (Enfamil®, Nutramigen®, Pregestimil®, Similac®)	If phenytoin suspension is taken within hours of either enteral feeds or infant formulas, it may not become absorbed and therefore may not reach desired blood levels for the drug to be able to work.	If the patient can receive intermittent feedings, it is crucial that phenytoin doses be administered at least two hours following a feeding and that the next feeding be delayed until at least two hours after the phenytoin dose is administered. Patients who must receive continuous enteral feedings should probably receive phenytoin intravenously (If this is the case, please check with your healthcare provider).
<u>Potassium depleting diuretics</u> Furosemide (Lasix®) Hydrochlorothiazide (Hydrodiuril®)	Consume foods high in potassium	Due to the fact that these medications may allow your body to lose more potassium than normal it may be wise to add some potassium-rich foods to your diet.	Remember; maintain consistent consumption & have potassium levels checked regularly by your healthcare provider. Good sources of potassium: oranges, orange juice, tomatoes, cantaloupe, bananas, dried fruits, potatoes, spinach
Tacrolimus (Prograf®) Sirolimus (Rapamune®)	Grapefruit juice (not available on hospital menu)	By drinking grapefruit juice with this medication you may have higher than desired blood levels of the medications which you are taking. These higher levels may actually be harmful and cause adverse effects.	Avoid grapefruit juice, since it may cause an increase in tacrolimus and sirolimus blood concentrations. It is recommended that sirolimus be given consistently with or without meals.

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Tetracycline (Sumycin®)	Avoid dairy products and food and drugs high in calcium, magnesium, or iron	Taking this medication with dairy products and food and drugs high in calcium, magnesium, or iron may result in lower than desired doxycycline blood levels and therefore the drug may not work as well as it can.	Take doxycycline at least 2 hours before or after eating/drinking dairy products, antacids, or iron containing preparations.
Theophylline (Theo-Dur®, Slo-Bid®)	Avoid large intake of caffeine-containing beverages	If you take this drug and consume large amounts of caffeine-containing beverages you may experience some adverse effects which include nervousness and insomnia.	Avoid: Coffee, teas, colas, chocolate, and other caffeine-containing products.
<u>Thyroid preparations</u> <ul style="list-style-type: none"> ● Levothyroxine (Synthroid®, Levothroid®) ● Liothyronine (Cytomel®) ● Liotrix (Euthroid®, Thyrolar®) ● Thyroid desiccated (Armour thyroid®, Thyroid USP®) ● Thyroglobulin (Proloid®) 	1) Avoid using soybean/enteral formulas (see list above) when taking levothyroxine. 2) Limit intake of goitrogenic foods which can aggravate your condition	1) Taking these two agents together can lead to a decrease in the effectiveness of levothyroxine. 2) Speak to your healthcare provider regarding eating these foods which may potentially aggravate your condition if consumed in great quantities.	1) Space the administration of soybean formulas and thyroid medications as much as possible. 2) Maintain normal diet. Limit your intake of asparagus, cabbage, peas, turnip greens, broccoli, spinach, brussels sprouts, lettuce, soybeans, soybean flour (infant formula), walnuts, and dietary fiber which may decrease absorption of levothyroxine from the GI tract. If you are consuming these foods, please speak to your healthcare provider regarding monitoring of your thyroid levels.
Saquinavir (Fortovase®/Invirase®)	Avoid low fat meals	If you only eat low fat meals while taking this drug, you may decrease the amount of drug which your body will absorb and therefore you may have reduced antiviral activity	Take within 2 hours after a meal
Warfarin (Coumadin®)	Vitamin K rich foods:	If you eat these foods while taking this medication you may alter the blood thinning response you will have to the drug warfarin.	Maintain consistent diet (Do not significantly vary the amount of these vegetables in your normal daily diet!). Limit foods high in vitamin K (i.e. Dark green leafy vegetables, spinach, kale, broccoli, lettuce, turnips cabbage, green tea, brussels sprouts, soybean & vegetable oil, beef liver, raw cauliflower). Please speak to your healthcare provider for more information.

* signifies herbal non FDA approved medications

Potentially Clinically Significant Herb-Drug/Food Interactions

Please consult with your prescriber/pharmacist prior to initiating any herbal therapy!

HERB	DO NOT TAKE/USE CAUTION WITH:	INTERACTION/COMMENTS
Black Cohosh	Blood pressure medications Hormonal medications (e.g. birth control pills, estrogen)	Black cohosh decreases blood pressure and therefore may potentiate blood pressure medications. It may also interfere with hormonal medications.
Cayenne	Use caution with antiplatelet agents (ask your healthcare provider to see if you are taking one of many available) and Warfarin (Coumadin®)	Cayenne (therapeutic doses) reduces platelet aggregation and increases fibrinolytic activity, therefore it is urgent to monitor bleeding times and PT/INR in patients on antiplatelet agents and warfarin
Echinacea	Corticosteroids (e.g. Dexamethasone, Prednisone.) Immunosuppressive agents (e.g. Cyclosporine)	It has been postulated that immune stimulants such as Echinacea could potentially offset the effects of drugs which suppress the immune system
Ephedra	Caffeine Decongestants (Pseudoephedrine or Phenylpropanolamine) Weight loss agents (containing Phenylpropanolamine)	Taking Ephedra with other stimulants can increase the risk of hypertension, arrhythmias, nervousness, heart attack, or stroke
Evening primrose oil	Drugs which lower the seizure threshold (e.g. phenothiazines, tricyclic antidepressants) Use caution with antiplatelet agents and Warfarin (Coumadin®)	May worsen temporal lobe epilepsy or schizophrenia if used with drugs that lower the seizure threshold. Evening primrose oil reduces platelet aggregation and increases fibrinolytic activity, therefore monitor bleeding times and PT/INR in patients on antiplatelet agents and warfarin
Feverfew	Use caution with antiplatelet agents and Warfarin (Coumadin®)	Feverfew reduces platelet aggregation and increases fibrinolytic activity, therefore monitor bleeding times and INR in patients on antiplatelet agents and warfarin
Garlic	Use caution with antiplatelet agents and Warfarin (Coumadin®) Use caution with Blood pressure medications	Garlic (therapeutic doses) reduces platelet aggregation and increases fibrinolytic activity, therefore monitor bleeding times and PT/INR in patients on antiplatelet agents and warfarin Garlic decreases blood pressure and therefore may potentiate blood pressure medications
Ginger	Use caution with antiplatelet agents and Warfarin Use caution with calcium channel blockers (high blood pressure medication)	Ginger (therapeutic doses) reduces platelet aggregation and increases fibrinolytic activity, therefore monitor bleeding times and PT/INR in patients on antiplatelet agents and warfarin Ginger may increase calcium uptake by heart muscle and therefore may alter calcium channel blocker effect
Ginkgo biloba	Use caution with antiplatelet agents, Warfarin, and Vitamin E. Aspirin + Ginkgo → increased inhibition of platelet aggregation.*	Ginkgo acts as blood thinner and therefore the use of this agent with other blood thinning agents could increase the risk for stroke or excessive bleeding. Monitor PT/INR values.

HERB	DO NOT TAKE/USE CAUTION WITH:	INTERACTION/ COMMENTS
Ginseng	Use caution with antiplatelet agents and Warfarin (Coumadin®) Phenelzine (Nardil®)* Digoxin (Lanoxin®)	Ginseng may interact with Warfarin by decreasing the efficacy of Warfarin or reversing the drug's effects. Monitor PT/INR values. Combined use may lead to ↑ psychoactive stimulation; avoid coadministration. May interfere with Digoxin activity or monitoring
Grapeseed extract	Use caution with antiplatelet agents and Warfarin (Coumadin®)	Ginger reduces platelet aggregation and increases fibrinolytic activity, therefore monitor bleeding times and PT/INR in patients on antiplatelet agents and warfarin
Kava Kava	Alcohol, Antianxiety agents (Xanax®)*, Anti-Parkinson's medications (Sinemet®*, Mirapex®) Hypnotics (Ambien®, Restoril®) Muscle relaxants Sedatives (Xanax®, Ativan®, Valium®)	Kava Kava can potentiate the effects of agents that depress the central nervous system, causing over-sedation and coma. It may also induce tremors, abnormal movements, or muscle spasms that may decrease the effectiveness of anti-Parkinson's medications or may potentiate the extrapyramidal movements seen with antipsychotic medications.
Licorice	High Blood Pressure medications	Natural licorice (<u>not candy licorice</u>) can raise blood pressure, counteracting the effects of High blood pressure medications
Soy	Thyroid medications	Therapeutic doses may interfere with the absorption of supplemental thyroid hormones – therefore stagger doses at least two hours apart.
St. John's Wort	Avoid tyramine containing foods such as aged cheeses, sour cream, yogurt, liver (beef or chicken), bologna, pepperoni, salami, summer sausage, caviar, game meats, aged meats, smoked or pickled fish, yeast, red wine, beer (alcoholic and non-alcoholic), ale, sherry, red wine, figs, raisins, soy sauce, lima beans, broad beans, tofu avocados, bananas, and the herbal product ginseng Limit: caffeine, chocolate Prescription antidepressants (i.e. Monoamine Oxidase Inhibitors, Selective Serotonin Reuptake Inhibitors, and other antidepressant medications) Use caution with Cyclosporine (Sandimmune®, Neoral®), Digoxin (Lanoxin®)* Theophylline, & Amitriptyline (Elavil®), Indinavir (Crixivan®)* Use caution with Warfarin (Coumadin®) Use caution with oral contraceptives	Interaction causes symptoms associated with a histamine release reaction resulting in flushing, chills, hypertension, tachycardia, palpitations, restlessness, and insomnia There is some concern that prescription antidepressants taken together with St. John's wort could interact with each other and lead to adverse side effects including serotonin syndrome. Concomitant administration may lead to decreased serum concentrations of these agents. Monitor serum drug concentrations for efficacy/toxicity. Avoid combination of Indinavir and St. John's Wort. Concomitant administration may lead to lowering of the INR Reports of breakthrough bleeding have been identified with concomitant administration
Valerian	Alcohol Sedatives/Hypnotics	Valerian may potentiate the effects of sedatives, especially benzodiazepines (e.g. Valium®, Xanax®)

* Signifies Drug-Herb Interactions based on spontaneous case reports