

Herb/Drug Interactions		
Herb	Drug Interactions	Side Effects
Ginkgo Biloba	Acetaminophen/ASA/Caffeine combination products Warfarin/Coumadin Thiazide diuretics (HCTZ) Clopidogrel/Plavix Dipyridamole/Persantine Ticlopidine/Ticlid	Raise blood pressure Bleeding problems Hyphemia Hemorrhagic stroke
Ginseng	Warfarin/Coumadin Phenelzine/Nardil Digoxin/Lanoxin	Increase bleeding HA, tremor & mania Boost blood digoxin levels Tachycardia & HTN
Feverfew, Garlic, Devil's claw, Dong quai, Papaya, & Ginger	Warfarin/Coumadin	May reduce platelets needed for blood to clot
Ephedra/Ma Huang	Decongestants such as: Actifed, Dristan, Sinutab, Sudafed Stimulants such as caffeine	Sedation Heart attack Seizure, death
Kava	Sedatives Sleeping pills Antipsychotics: Valium & Librium Alcohol Alprazolam/Xanax Parkinson's dz medications Anesthetics used during general anesthesia	GI & liver problems Allergic skin reaction Yellow discoloration of skin, hair, and nails Deep sedation & coma Disoriented
Echinacea	Anabolic Steroids Amiodarone/Cordarone Methotrexate/Rheumatrex Ketoconazole/Nizoral Cyclosporine/Sandimmune	Diarrhea Heartburn GI upset Liver problems Skin rash
St. John's Wort	Photosensitizers/Tetracyclines Digoxin Cyclosporine Oral Contraceptives SSRIs Warfarin/Coumadin Theophylline Anesthetic agents and narcotic drugs (May intensify or prolong the effects)	Burn faster when exposed to the sun Dry mouth Fatigue GI problems Serotonin syndrome: fever, sweating, dizziness Heart transplant rejection
Capsaicin/Chili pepper	ACE Inhibitor	Increase risk of dry cough Boost serum theophylline
Licorice	Corticosteroids BCP Laxitives	HTN Swelling of the legs Hypokalemia
Valerain	EtOH Sedatives Tranquilizers Antidepressents	
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