

Herb | RX interaction list

Please consult this list before consuming any herbal supplements.

- Mixing herbs with prescriptions (and other herbs) can cause potentially dangerous side effects.
- Do your research & talk to your healthcare provider before starting a herbal regime.
- Using tinctures, oxymels, & teas are done at your own risk.

Ashwagandha: Antidiabetes drugs, High blood pressure meds., Immunosuppressants, Sedative medications (Benzodiazepines, CNS depressants), Thyroid hormones.

Cacao: Stimulants, Caffeine, Meds. given for Cardiac Stress Test, Estrogen, Asthma meds.

Catnip: Sedatives, Benzos, Opiates, California Poppy, St. Johns Wort, Valerian

Cassia Cinnamon: Anti-diabetic drugs, Liver medications.

Chamomile: Alcohol, Pain killers, Blood thinners, Sedatives, Drugs to treat insomnia, Tricyclic antidepressants, Birth control, Cholesterol medication, some anti-fungals.

Cleavers: Diuretics, Blood thinners

Cloves: Anticoagulant, Antiplatelet drugs

Dandelion leaf: Lithium, Diuretics, Antibiotics, Blood pressure meds, Sedatives, Blood thinners

Dandelion Root: Antibiotics, Medications broken down by the Liver, Waterpills, Lithium, Diabetes medications.

Echinacea: Antiviral medications for HIV or AIDS, Medications for cancer, Medications that lower your chance of fighting infection, Medications to prevent organ transplant rejection like cyclosporine, Nimodipine, Steroid medications like prednisone or cortisone, Warfarin

Elderberry: medicine to prevent organ transplant rejection; medicine to treat multiple sclerosis; medicine to treat psoriasis, rheumatoid arthritis, or other autoimmune disorders; medicine to treat ulcerative colitis or Crohn's disease; or steroid medicine.

Goldenrod: Diuretics

Ginger Root: Blood thinners, Diabetic medications, Pain killers

Honeybush: no known precautions.

Hibiscus: Chloroquine (Aralen) , anti-Diabetes medications, High blood pressure medications, Zocor, Voltaren, Tylenol, *medications broken down by the liver.

Lavender: Sedatives, Blood Pressure medications, CNC depressants, Benzodiazepines.

Lemon Balm : Sedatives, Thyroid medications, HIV medications.

Mullein: *People with kidney or liver disease should avoid.* Anticoagulants, Antidiabetic drugs, relaxants, Lithium

Orange Peel: allergy medication.

Peppermint: Cyclosporine (Neoral, Sandimmune), Medication broken down / changed by the liver

Plantain Leaf: Warfarin, lithium, carbamazepine

Red Clover: Blood thinners/ clotters, estrogen meds., Tamoxifen, Methotrexate, Medications broken down by the liver.

Red Raspberry: Insulin (blood sugar medications), medications that slow blood clotting.

Red Rooibos: ACE inhibitors/ Blood Pressure meds., Valium, Prilosec, Warfarin, Ibuprofen, Prozac (and other medications broken down by the liver).

Rosehips: Antacids, Estrogen, Blood clotters, Alkylating agents (cancer), Anti-tumor drugs, Aspirin.

Rose Petals: Blood thinners, antidepressants

Sage: Antidiabetic medications, Seizure medications, CNS depressants, Drying medication, Estrogen, Sedatives, medications that are changes/ broken down by the liver, Cholinergic drugs.

Skullcap: Sedatives, drugs for diabetes.

Spearmint: Sedatives. Kidney Disorders & liver disease (and medications for them).

Stinging Nettle: Blood thinners, High Blood Pressure meds., Water pills, Diabetic meds., NSAIDs.

Sweet (True) Cinnamon (ceylon) : Anti-diabetic drugs, Liver medications.

Thyme: "Drying" medications, Estrogen pills, Alzheimer's medications, Anticoagulant, Cholinergic, Naproxen, Ketoprofen