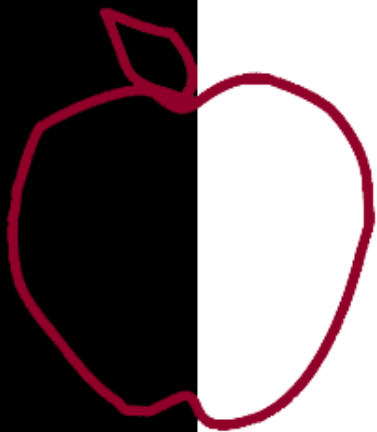




HERB & DRUG INTERACTIONS

Herbs and drugs will interact differently with every individual. The information listed is generalized for the public. If you take any medications on a daily basis or you are pregnant or breastfeeding, consult your doctor or pharmacist before using herbs.



GINSENG

COMMON INDICATIONS

To decrease fatigue, stress, and improve concentration. May provide antioxidant, antiplatelet, hypolipidemic, and/or hypoglycemic effects.

SIDE EFFECTS

Rapid heart rate, high blood pressure. Overdoses might cause tight muscles, sleeplessness, nervousness, and fluid retention.

DRUG INTERACTION

Avoid use if prescribed blood thinners, e.g., Coumadin®, Warfarin®, or if use over-the-counter non-steroid anti-inflammatory drugs, e.g., Aleve or Motrin, aspirin and antiplatelet drugs. Not for patients using MAO inhibitors, steroid therapy, or loop diuretics. Caution should be taken with diabetic agents/insulin due to hypoglycemic effects.

CONTRAINDICATIONS

Avoid use during pregnancy and lactation.

References

O'Hare M, Kiefer D, Farrell, Kemper K. A review of 12 commonly used medicinal herbs. *Arch Fam Med*. Available at: http://www.ama-assn.org/sci-pubs/journals/archive/fami/vol_7/no_6/fsa8005.htm. Accessed February 12, 1999.

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