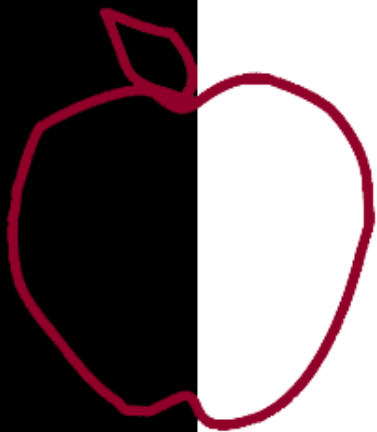




HERB & DRUG INTERACTIONS

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.



KAVA

COMMON INDICATIONS

To reduce anxiety, relieve sleeplessness and nervousness.

SIDE EFFECTS

Possible dry, patchy skin and temporary yellow discoloration of skin, hair, and nails.

DRUG INTERACTION

Avoid this herb with the use of alcohol or other mood altering drugs. Patients with Parkinson's Disease taking levodopa should avoid Kava.

CONTRAINDICATIONS

Avoid use during pregnancy and lactation; depression

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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