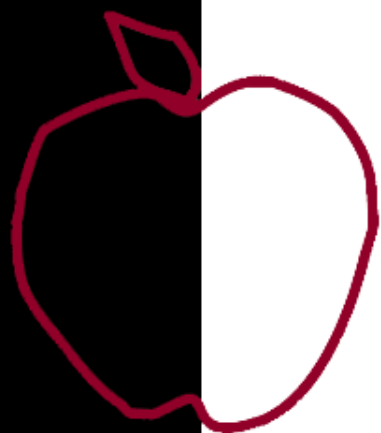




HERB & DRUG INTERACTIONS

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.



LICORICE

COMMON INDICATIONS

Soothing stomach irritations. Cough remedy and expectorant.

SIDE EFFECTS

Large amounts may lead to potassium loss, sodium retention, fluid retention, high blood pressure, and cardiac complaints.

DRUG INTERACTION

Avoid use with thiazide drugs (Diuril, Hyrodiuril). Increases potassium loss, which can increase the sensitivity to drugs containing digitalis, such as the heart medicine, Lanoxin®. May interfere with antiarrhythmic agents, e.g., procainamide and quinidine.

CONTRINDICATIONS

Avoid use with high blood pressure, heart disease, diabetes, or during pregnancy or lactation women.

References

PDR for Herbal Medicines 2nd ed. Montvale, NJ: Thomson Medical Economics Co; 2000.

Mathai K. Integrative medicine and herbal therapy. In: Mahan K, Escott-Stumps S, eds. *Krause's Food, Nutrition, and Diet Therapy*. Philadelphia, Pa: WB Saunders Co; 2000.

Environmental Nutrition. Ginseng, cardiac drugs don't mix: herbal interactions you should know. *Environ Nutr*. 1999;22:1,4-5.