

Drug-Herb-Vitamin Interactions

| Medications | Action |
|-------------|-------------------------------|
| Enalapril | corticosteroid, glucocorticod |
| Furosemide | loop diuretic |
| K-Dur | potassium salts |

Drug-Herb-Vitamin Interactions

Triamcinolone, Aristocort, Atolone, Azmacort, Kenacort, Nasacort

Negative interactions:

Licorice may raise levels of corticosteroids and increase their side effects.

Mixed interactions:

Chromium may help control corticosteroid-induced diabetes.

Positive interactions:

Calcium and Vitamin D may help reduce the side effect of osteoporosis associated with corticosteroids.

DHEA may help protect against some of the side effects of corticosteroid use.

Aloe and licorice topically may boost the effects of hydrocortisone against acute inflammation.

Furosemide, Lasix

Negative interactions:

Licorice - glycyrrhizic acid promotes potassium loss in urine, switch to DGL

St John's Wort - may cause sensitivity to sunlight, adding to side effect of loop diuretics

Dong Quai - may cause sensitivity to sunlight, adding to side effect of loop diuretics

Positive interactions:

Magnesium - loop diuretics can deplete magnesium

Potassium - loop diuretics can deplete potassium

Vitamin B1 - furosemide may deplete vitamin B1

Potassium Salts, K-Dur, K-Norm, K-Tab, Klotrix

Digoxin, Lanoxin

Negative interactions:

Hawthorn - has similar effects on the heart

Horsetail - one animal study showed that Horsetail can deplete potassium

Licorice - glycyrrhizic acid promotes potassium loss which increases digoxin toxicity

Siberian Ginseng - may interfere with digoxin readings causing false high levels

St John's Wort - decreases levels of digoxin