

Supplement	Affected Medications (s)	Affect of Interaction
St. John's Wort	SSRI Antidepressants Oxycodone Warfarin Contraception pills	Decreased effectiveness of antidepressants and risk of serotonin syndrome Decreased effectiveness of birth control
Goldsenseal (marketed for common cold)	Metformin	Reduced effectiveness of Metformin by about 25%
Vitamin D	Blood pressure medications (verapamil, diuretics, diltiazem)	Reduced effectiveness Increased risk of hypercalcemia
Omega-3 Fatty Acids (taken for heart health and anti-inflammatory effects)	Blood thinners	Increased bleeding time Discontinue 1-2 weeks prior to surgery
Turmeric	OTC pain medications (aspirin, ibuprofen, acetaminophen)	Decreases effectiveness of these meds
Iron	Antibiotics (Tetracycline, minocycline, ciprofloxacin)	Decreases effectiveness of these antibiotics
Vitamin E and Vitamin K	Blood thinners	Vitamin E can increase bleeding time Vitamin K – avoid while taking Warfarin