

DO NOT MIX NATURAL PRODUCTS WITH MEDICINES

HEALTHY POPULATION

The take of medicines such as anti-inflammatories, antibiotics, anxiolytics, and antidepressants along with natural products should be done with caution. This mixture can decrease the effect of some or increase the effect of others.

PROMOTER



OBSERVATÓRIO
DE INTERAÇÕES
PLANTA-
MEDICAMENTO



FFUC FACULDADE DE FARMÁCIA
UNIVERSIDADE DE COIMBRA



FINANÇING



SUPPORT



HEALTHY POPULATION

Acute diseases are characterized by the sporadic consumption of medicines.

The simultaneous intake of natural products can compromise the effectiveness of the treatment.

Consult your doctor or pharmacist or call the helpline

239 488 505/484

or visit the website

www.oipm.uc.pt

ANALGESICS AND ANTI-INFLAMMATORIES

Garlic, Turmeric, Liquorice, Garden Angelica, Chamomile, Marian Thistle, Devil's Claw, Lavender, Mangosteen, Noni, Saw Palmetto and Red Clover – can increase drug toxicity, increasing the risk of bleeding and the appearance of bruises.

Note: The fact that a plant (food or drug/herbal medicine) is not found in those mentioned here does not mean that its combined use with medicines is safe.

Juices and “teas” are concentrated extracts of chemical compounds whose effect on the body can be very intense, depending on the plant from which they are made and the taken amount.

ANTIBIOTICS

Turmeric, Liquorice, Rosemary, Garlic, Pineapple, Dandelion, Coneflower, Fennel, Noni, Grapefruit – may chance therapeutic efficacy and safety.

CONTRACEPTIVE PILLS

Black Alder, Vitex, Cascara Sagrada, Chlorella, Dandelion, St. John's Wort, Alexandrian Senna, Red Clover – can reduce the oral contraceptives effectiveness.

The continued use, in infusions, of these and other medicinal plants should be avoided.

DIURETIC PLANTS AND LAXATIVES

Products used for losing weight purposes contain plant extracts with diuretic and/or laxative action.

Plants with diuretic action can lead to increased drug elimination.

Examples: Celery, Globe Artichoke, Birch, Boldo, Horsetail, Dandelion, Needle and Bearberry.

Fibers, consumed in high amounts, and plants with laxative action, as they cause changes in intestinal transit, should not be consumed together with medicines, which may reduce its absorption and, consequently, its therapeutic effectiveness.

Examples: Aloe, Black Alder, Boldo, Cascara Sagrada, Rhubarb and Alexandrian Senna.