



Drug / Nutrient Interaction Chart

Common Interactions																									
Drugs / Medications	Vitamin A	Vitamin D	Vitamin E	Vitamin K	Calcium	Copper	Iron	Potassium	Sodium	5-HTP	Coenzyme Q10	Essential Fatty Acids	Antacids	Alfalfa	Caffeine	Cranberry Juice	Grapefruit	Licorice	Pepper	Soy/Soy Isoflavones	Kava	Red Clover	Red Yeast Rice	Senna	St. John's Wort
Cholesterol-lowering																									
Statins	X																							X	
Pain																									
NSAIDS								X	X																
Stomach																									
Proton Pump Inhibitors													X												
Anti-depressants																									
SSRIs										X															X
Tricyclics																						X			X
Synthetic Thyroid																									
Levothyroxmesodium							X													X					
Blood Thinners																									
Warfarin			X	X							X	X		X		X									X
Antibiotics																									
Tetracycline								X					X												
Quinolones								X					X												
Penicillins								X					X												
Macrolides								X					X												
Estrogens																									
HRT															X		X			X		X			X
Oral Contraceptives						X	X														X				X
Cardiovascular																									
Ace Inhibitors								X																	
Beta-Blockers								X					X						X						
Calicum-Channel Blockers		X			X												X								X
Digoxin																		X						X	X