

DRUG	INTERACTION	BLACKMORES PRODUCT
<b>Aluminium-containing antacids</b>	<b>Vitamin C</b> increases aluminium absorption	Blackmores Bio C® tablets and powder
<b>Antibiotics</b>	<b>Acidophilus</b> and bifidobacterium restore gut flora and reduce diarrhoea secondary to antibiotic therapy	Blackmores Acidophilus Bifidus
Tetracyclines & quinolones	<b>Calcium, iron, magnesium and zinc</b> may decrease absorption and blood levels unless doses are separated by at least 2 hours	All products containing these minerals
Cotrimoxazole & sulphasalazine	May decrease the efficacy of folic acid supplements	All products containing folic acid
<b>Anticholesterolaemics</b>	See 'Statins'	
<b>Anticonvulsants</b>	<b>Folic acid</b> may decrease the efficacy of phenytoin	All products containing folic acid
	<b>Phenytoin, phenobarbital and primidone</b> may decrease the efficacy of folic acid supplements	
	<b>Vitamin B<sub>6</sub></b> may decrease blood levels of phenytoin and phenobarbitone	All products containing B <sub>6</sub>
<b>Antidepressants</b>		
SSRIs (selective serotonin reuptake inhibitors)	<b>St John's wort</b> may cause serotonergic syndrome with SSRIs	Blackmores Hyperiforte® Blackmores 45+
Tricyclics	<b>St John's wort</b> may decrease blood levels of tricyclic antidepressants	
<b>Antihypertensives / cardiac medications</b>		
General	<b>Hawthorn</b> may cause an additive effect with antihypertensives	Blackmores Ginkgo Plus
ACE Inhibitors	<b>Potassium</b> may increase the risk of hyperkalaemia	Blackmores Celloid® minerals Blackmores Envital® Blackmores Student Formula Blackmores Executive B Stress
Beta blockers	<b>Policosanol</b> may slightly increase the hypotensive effect of β-blockers. Only systolic BP is affected, not diastolic BP or heart rate. Not usually clinically significant	Blackmores Policosanol™ 5mg & 10mg
Calcium channel blockers	<b>Calcium</b> may decrease the hypotensive efficacy of verapamil	Blackmores Total Calcium Blackmores Bio Calcium Blackmores Phytolife® Plus
Digoxin	<b>St. John's wort</b> may decrease blood levels of digoxin	Blackmores Hyperiforte® Blackmores 45+
Methyl dopa	<b>Iron</b> may decrease absorption and blood levels unless doses are separated by at least 2 hours	All products containing iron
<b>Antiviral agents</b>	<b>St. John's wort</b> may decrease blood levels of protease inhibitors or reverse transcriptase inhibitors	Blackmores Hyperiforte® Blackmores 45+
	<b>Garlic</b> may decrease blood levels of protease inhibitors	All products containing garlic
<b>Antipsychotics</b>	<b>Iodine</b> at high doses may increase the hypothyroid activity of lithium carbonate	
<b>Antirheumatoids</b> Penicillamine	<b>Iron</b> may decrease absorption and efficacy of penicillamine unless doses are separated by at least 2 hours	All products containing iron
<b>Biphosphonates</b>	<b>Calcium</b> may decrease absorption of alendronate and clodronate unless doses are separated by at least 30 minutes	All products containing calcium
<b>Cancer medications</b>	<b>Methotrexate</b> may decrease the efficacy of folic acid supplements	All products containing folic acid
	<b>St. John's wort</b> may decrease blood levels of irinotecan	Blackmores Hyperiforte® Blackmores 45+
<b>Corticosteroids</b>	<b>Lyprinol™</b> is a potent anti-inflammatory that can be used with asthma medication	Blackmores Lyprinol®
	May decrease absorption of calcium <b>Calcium supplementation recommended</b>	Blackmores Total Calcium Blackmores Bio Calcium

DRUG	INTERACTION	BLACKMORES PRODUCT
<b>Diabetic medication</b>	See 'Hypoglycaemics'	
<b>Diuretics</b>		
Loop and thiazide (potassium-depleting) diuretics	<b>Liquorice</b> at high doses may cause electrolyte disturbances, especially hypokalaemia	
Potassium-sparing diuretics	<b>Potassium</b> increases the risk of hyperkalaemia	Blackmores Celloid® minerals Blackmores Envital® Blackmores Student Formula Blackmores Executive B Stress
<b>Hypoglycaemics-oral and insulin</b>	<b>CoQ10</b> may lower blood glucose levels	Blackmores CoQ10 50mg
	<b>Fenugreek</b> may lower blood glucose levels	Blackmores Horseradish, Garlix® + C
	<b>Panax ginseng</b> may lower blood glucose levels	Blackmores Korean Ginseng 500mg
<b>Immunomodifiers</b>	<b>St. John's wort</b> may decrease the efficacy of cyclosporin	Blackmores Hyperiforte® Blackmores 45+
<b>NSAIDs (nonsteroidal anti-inflammatory drugs)</b>	<b>Glucosamine</b> reduces joint inflammation, increases joint mobility, provides temporary relief of the pain of osteoarthritis, and can be used with arthritis medications	Blackmores Glucosamine 500mg Blackmores Glucosamine 1000mg
	<b>Slippery elm</b> soothes, heals, and reduces inflammation of mucous membranes	Blackmores Acid-Eze® powder Blackmores Slippery Elm chewable tablets
	<b>Policosanol</b> may have additive effects with aspirin on platelet aggregation, but no significant effect on coagulation times	Blackmores Policosanol™ 5mg & 10mg
	<b>Vitamin E</b> may increase the risk of bleeding with aspirin	Blackmores Vitamin E capsules - 500IU & 1000IU
<b>Oral contraceptives</b>	<b>St. John's wort</b> may decrease the efficacy of oral contraceptives	Blackmores Hyperiforte® Blackmores 45+
<b>Paracetamol</b>	<b>Milk thistle</b> protects and stimulates the regeneration of normal liver cells	Blackmores Milk Thistle
<b>Parkinson's medications</b>	<b>Iron</b> may decrease the absorption and efficacy of levodopa and carbidopa unless doses are separated by at least 2 hours	All products containing iron
<b>Penicillamine</b>	<b>Iron</b> may decrease absorption and efficacy unless doses are separated by at least 2 hours	All products containing iron
<b>Statins</b>	<b>CoQ10</b> capsules assist in maintaining normal CoQ10 levels (that may be depleted by statin medications) and reduce LDL cholesterol oxidation	Blackmores CoQ10 50mg
	<b>Globe artichoke</b> may assist in lowering plasma cholesterol levels, and can be used with cholesterol-lowering programmes and medications	Blackmores LiverCare Complex
	<b>St. John's wort</b> may decrease blood levels of simvastatin	Blackmores Hyperiforte® Blackmores 45+
<b>Thyroid hormone</b>	<b>Iron</b> may decrease absorption and efficacy unless doses are separated by at least 2 hours	All products containing iron
	<b>Kelp and iodine</b> supplements may precipitate hyper- or hypothyroidism with increased risk in thyroid disease, and with the administration of thyroid hormone	Blackmores Kelp 1200mg
	<b>Soy</b> protein may decrease absorption and efficacy unless doses are separated by at least 2 hours	Blackmores Phytolife® products
<b>Warfarin</b>	<b>Garlic</b> may increase the risk of bleeding with warfarin	Blackmores Garlix® Blackmores Garlic Oil Blackmores Echinacea + Garlix®
	<b>Ginkgo biloba</b> at doses over 100mg extract daily may increase the risk of bleeding with warfarin	Blackmores Ginkgoforte® Blackmores Ginkgo Brahmi
	<b>St. John's wort</b> may decrease the efficacy of warfarin	Blackmores Hyperiforte® Blackmores 45+
	<b>Soy</b> protein may decrease the anticoagulant effect of warfarin	Blackmores Phytolife® products
	<b>Vitamin E</b> at doses over 400IU daily may increase the risk of bleeding with warfarin	Blackmores Vitamin E capsules - 500IU & 1000IU

NUTRIENT	INTERACTION	BLACKMORES PRODUCT
Acidophilus	<b>Antibiotics</b> Acidophilus restores gut flora and reduces diarrhoea secondary to antibiotic therapy	Blackmores Acidophilus Bifidus
Calcium	<b>Biphosphonates, tetracycline or quinolone antibiotics, thyroid hormones</b> Calcium may decrease absorption and efficacy of these medications unless doses are separated by at least 2 hours	Blackmores Total Calcium Blackmores Bio Calcium Blackmores Phytolife®Plus
	<b>Calcium channel blockers</b> Calcium may decrease hypotensive efficacy of verapamil	Blackmores Total Calcium Blackmores Bio Calcium
	<b>Corticosteroids</b> may decrease the absorption of calcium Calcium supplementation recommended	
CoQ10	<b>Hypoglycaemic drugs and insulin for treatment of diabetes</b> CoQ10 may decrease blood glucose levels	Blackmores CoQ10 50mg
	<b>Statins - cholesterol lowering drugs</b> CoQ10 capsules assist in maintaining normal CoQ10 levels (that may be depleted by statin medications) and reduce LDL cholesterol oxidation	
Folic acid	<b>Anticonvulsant medication</b> Folic acid may decrease the efficacy of phenytoin	All products containing folic acid
	<b>Co-trimoxazole, sulphasalazine, phenytoin, phenobarbital, primidone and methotrexate</b> May decrease the efficacy of folic acid supplements	
Glucosamine	<b>NSAIDs for arthritis</b> Glucosamine reduces joint inflammation, increases joint mobility, provides temporary relief of the pain of osteoarthritis, and can be used with arthritis medications	Blackmores Glucosamine 500mg Blackmores Glucosamine 1000mg
Iodine	<b>Lithium carbonate</b> Iodine at high doses may increase the hypothyroid activity of lithium carbonate	
Iron	<b>Biphosphonates, tetracycline or quinolone antibiotics, thyroid hormone, methyldopa, carbidopa or levodopa or penicillamine</b> Iron may decrease absorption and efficacy of these medications unless doses are separated by at least 2 hours	All products containing iron
Lyprinol	<b>Asthma medication</b> Lyprinol is a potent anti-inflammatory that can be used with asthma medication	Blackmores Lyprinol®
Magnesium	<b>Tetracycline or quinolone antibiotics</b> Magnesium may decrease absorption and blood levels of these medications unless doses are separated by at least 2 hours	All products containing magnesium
Policosanol	<b>Beta blockers</b> May slightly increase the hypotensive effect of β-blockers Only systolic BP is affected, not diastolic BP or heart rate Not usually clinically significant	Blackmores Policosanol™5mg & 10mg
Potassium	<b>Potassium sparing diuretics</b> Increases the risk of hyperkalaemia	Blackmores Celloid®minerals Blackmores Envital® Blackmores Student formula
	<b>ACE inhibitors</b> Increases the risk of hyperkalaemia	
Vitamin B <sub>6</sub>	<b>Anticonvulsant medication</b> B <sub>6</sub> may decrease blood levels of phenytoin and phenobarbitone	Blackmores B <sub>6</sub> 250mg Blackmores Disc Support Blackmores PMT
	<b>Parkinson's medication</b> Levodopa plus benserazide and levodopa plus carbidopa are not affected by B <sub>6</sub>	
Vitamin C	<b>Aluminium-containing medications</b> Vitamin C increases aluminium absorption	Blackmores Bio C® tablets & powder

NUTRIENT	INTERACTION	BLACKMORES PRODUCT
Vitamin D <sub>3</sub>	<b>Thiazide diuretics</b> Vitamin D <sub>3</sub> may cause hypercalcaemia if taken with calcium supplements and/or thiazide diuretics * note Cod liver oil contains 85IU vitamin D per 1g	Blackmores Total Calcium
Vitamin E	<b>Warfarin</b> Vitamin E at doses over 400IU daily may increase the risk of bleeding with warfarin	Blackmores Vitamin E capsules - 500IU & 1000IU
	<b>Aspirin</b> Vitamin E may increase the risk of bleeding with aspirin	
Vitamin K	<b>Warfarin &amp; other anticoagulants</b> Vitamin K decreases the activity of warfarin and other coumarin (oral) anticoagulants. Avoid changes in vitamin K intake whilst taking these medications	
Zinc	<b>Tetracycline or quinolone antibiotics</b> Zinc may decrease the absorption and blood levels of these medications unless doses are separated by at least 2 hours	All products containing zinc

HERB	INTERACTION	BLACKMORES PRODUCT
<b>Fenugreek</b> <i>Trigonella foenum-graecum</i>	<b>Hypoglycaemic therapy</b> Fenugreek may lower blood glucose levels	Blackmores Horseradish, Garlix®+C
<b>Garlic</b> <i>Allium sativum</i>	<b>Warfarin</b> Garlic may increase the risk of bleeding with warfarin	Blackmores Garlix® Blackmores Garlic Oil Blackmores Echinacea +Garlix®
	<b>Protease inhibitors</b> Garlic may decrease blood levels of protease inhibitors	All products containing garlic
<b>Ginkgo</b> <i>Ginkgo biloba</i>	<b>Warfarin</b> Ginkgo at doses over 100mg extract daily may increase the risk of bleeding with warfarin	Blackmores Ginkgoforte® Blackmores Ginkgo Brahmi
<b>Globe artichoke</b> <i>Cynara scolymus</i>	<b>Cholesterol-lowering programs</b> Globe artichoke may assist in lowering plasma cholesterol levels, and can be used with cholesterol-lowering programmes and medications	Blackmores LiverCare Complex
<b>Hawthorn</b> <i>Crataegus monogyna</i>	<b>Antihypertensive medication</b> Potential additive hypotensive effect	Blackmores Ginkgo Plus
<i>Hypericum perforatum</i>	See St. John's wort	
<b>Kelp</b> <i>Fucus vesiculosus</i>	<b>Thyroid hormone</b> Kelp and iodine supplements may precipitate hyper- or hypothyroidism with increased risk in thyroid disease, and with the administration of thyroid hormone	Blackmores Kelp 1200mg
<b>Korean ginseng</b> <i>Panax ginseng</i>	<b>Oral hypoglycaemics and insulin for treatment of diabetes</b> Panax ginseng may lower blood glucose	Blackmores Korean Ginseng 500mg
<b>Liquorice</b> <i>Glycyrrhiza glabra</i>	<b>Diuretics</b> Liquorice at high doses may cause electrolyte disturbances, especially hypokalaemia, with increased risk with loop and thiazide (potassium-depleting) diuretics	
<b>Milk thistle / St Mary's thistle</b> <i>Silybum marianum</i>	<b>Paracetamol, and other hepatotoxic medications</b> Milk thistle protects and stimulates the regeneration of normal liver cells	Blackmores Milk Thistle

HERB	INTERACTION	BLACKMORES PRODUCT
<b>St. John's wort</b> <i>Hypericum perforatum</i>	<b>Cyclosporin, oral contraceptives, warfarin, protease inhibitors, reverse transcriptase inhibitors, simvastatin or irinotecan</b>  St John's wort has been noted to increase the action of the hepatic P450 enzyme system, which may decrease the efficacy of these medications	Blackmores Hyperiforte® Blackmores 45+
	<b>Prescription antidepressants - tricyclics &amp; SSRIs</b> - St John's wort may cause serotonergic syndrome with SSRIs - St John's wort may decrease the blood levels of tricyclics	
	<b>Digoxin</b> St John's wort may decrease the blood levels of this medication	
<b>St Mary's thistle</b>	See Milk thistle	
<b>Slippery elm</b> <i>Ulmus fulva</i>	<b>NSAIDs, medications that cause gastric irritation</b> Slippery elm soothes, heals, and reduces inflammation of mucous membranes	Blackmores Acid-Eze® Powder Blackmores Slippery elm chewable tablets
<b>Soy bean</b> <i>Glycine max</i>	<b>Thyroid hormone</b> Soy protein may decrease absorption and efficacy of this medication unless doses are separated by at least 2 hours	Blackmores Phytolife® products
	<b>Warfarin</b> Soy protein may decrease the anticoagulant effect of this medication	

**Key:**  
 Interactions with potential risk (black)  
 Interactions with potential benefit (teal)

**No interactions of note were found with the following nutrients and herbs when taken at recommended doses:**

**Vitamins** – A, B1, B2, B5, B12, biotin, choline, inositol, beta-carotene

**Minerals** – chromium, copper, fluoride, manganese, phosphorus, selenium, silica

**Herbs** – acerola, agar, agrimony, andrographis, aniseed, bilberry, black cohosh, black haw, brahmi (*Bacopa monnieri*), buchu, buckthorn, cape aloes, cardamon, cascara, cayenne, cinnamon, chaste tree, cleavers, cranberry, damiana, dandelion root, devil's claw, dong quai, echinacea (*E. purpurea* & *E. angustifolia*), eucalyptus oil, euphorbia, eyebright, feverfew, fennel, gentian, ginger, gotu kola, grapeseed, hops, white horehound, horsechestnut, horseradish, Irish moss, juniper, marigold (*Calendula officinalis*), marigold (*Tagetes erecta*), marshmallow, meadowsweet, nettle, oats, parsley, passionflower, peppermint, psyllium, raspberry, rosehips, saw palmetto, senna, siberian ginseng, thyme, turmeric, uva-ursi, valerian, withania

**Other** – bioflavonoids, bromelain, evening primrose oil, fish oil, hesperidin, lecithin, lutein, lysine, papain, rutin, zeaxanthin

**NOTE:** Blackmores has made every effort to ensure that the information given in this chart is accurate and up-to-date, however Blackmores cannot be held responsible for any future changes that may occur in this constantly expanding area of study.

Do not change or discontinue medication without your doctor's advice.

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# Complementary Medicine Interaction Chart