

[Home](#)

2. Guarana

Guarana

Generic name: guarana [*GWAR-ah-na*]**Drug class:** [Herbal products](#)[Medically reviewed](#) by Drugs.com on Jul 24, 2024. Written by [Cerner Multum](#).[Uses](#) [Side effects](#) [Warnings](#) [Before taking](#) [What to avoid](#) [Interactions](#)

What is guarana?

Guarana is a plant and it is also known as Brazilian Cocoa, Cacao Brésilien, Guarana Seed Extract, Guaranine, Paullinia cupana, Paullinia sorbilis, Zoom. and other names.

Some uses **not proven with research** have included treatment of anxiety, improvement of mental performance, [weight loss](#), malaria, diarrhea, fever, headaches, heart problems, enhancement of athletic performance, [chronic fatigue syndrome](#), joint pain, [fluid retention](#) and others.

It is not certain whether guarana is effective in treating any medical condition. Medicinal use of this product has not been approved by the FDA. Guarana should not be used in place of medication prescribed for you by your doctor.

Guarana is often sold as an herbal supplement. There are no regulated manufacturing standards in place for many herbal compounds and some marketed supplements have been found to be contaminated with toxic metals or other drugs. Herbal/health supplements should be purchased from a reliable source to minimize the risk of contamination.

Guarana may also be used for purposes not listed in this product guide.

Guarana side effects

Get emergency medical help if you have **signs of an allergic reaction**: hives; difficulty breathing; swelling of your face, lips, tongue, or throat.

Although not all side effects are known, guarana is thought to be likely safe for most people when taken in amounts commonly found in foods. Products containing guarana are possibly safe when taken by mouth and for a short period of time.

Stop using guarana and call your healthcare provider at once if you have:

- an unusual bleeding or any bleeding that will not stop.

Common side effects of guarana may include:

- stomach irritation, nausea, vomiting;

- insomnia;
- nervousness;
- increased heart rate and blood pressure.

This is not a complete list of side effects and others may occur. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

Related/similar drugs

FEATURED

Mounjaro

Mounjaro (tirzepatide) is FDA-approved to manage type 2 diabetes in adults. It lowers blood sugar ...

Reviews & ratings

8.5 / 10

[1,278 Reviews](#)

[View more](#)

Creatine

Creatine is a quickly available source of energy for muscle contractions and is used to enhance ...

Reviews & ratings

[6 Reviews](#)

[View more](#)

Warnings

Follow all directions on the product label and package. Tell each of your healthcare providers about all your medical conditions, allergies, and all medicines you use.

Before taking this medicine

Before using guarana, talk to your healthcare provider. You may not be able to use guarana if you have certain medical conditions.

Ask a doctor, pharmacist, or other healthcare provider if it is safe for you to use this product if you have:

- anxiety disorders;
- bleeding or blood-clotting disorders;

- [heart disease](#);
- diabetes;
- [high blood pressure](#);
- glaucoma;
- [irritable bowel syndrome](#);
- [osteoporosis](#); or
- diarrhea.

Guarana is considered **possibly safe** to use during pregnancy in small amounts.

Caffeine in guarana passes into breast milk and can affect a nursing baby. **Do not use excessive guarana if you are breast-feeding a baby.**

Guarana is possibly safe in children in low amounts (caffeine levels found in foods).

How should I take guarana?

When considering the use of herbal supplements, seek the advice of your doctor. You may also consider consulting a practitioner who is trained in the use of herbal/health supplements.

If you choose to use guarana, use it as directed on the package or as directed by your doctor, pharmacist, or other healthcare provider. Do not use more of this product than is recommended on the label.

Do not use different formulations of guarana (such as tablets, extracts, and others) at the same time, unless specifically directed to do so by a health care professional. Using different formulations together increases the risk of an overdose.

Call your doctor if the condition you are treating with guarana does not improve, or if it gets worse while using this product.

If you need a cardiac stress test you should stop taking guarana at least 24 hours before your test.

Store at room temperature away from moisture and heat.

What happens if I miss a dose?

Skip the missed dose if it is almost time for your next scheduled dose. **Do not** use extra guarana to make up the missed dose.

What happens if I overdose?

Seek emergency medical attention or call the Poison Help line at 1-800-222-1222. Using guarana in very high amounts by mouth or injected can cause headache, anxiety, nervousness, agitation, pain when urinating, stomach cramps, irregular heartbeats, and it can be dangerous and even fatal.

What should I avoid while taking guarana?

Follow your healthcare provider's instructions about any restrictions on food, beverages, or activity.

Avoid using guarana together with other herbal/health supplements that can also affect blood-clotting. This includes angelica (dong quai), capsicum, clove, danshen, garlic, ginger, ginkgo, green tea, [horse chestnut](#), panax ginseng, poplar, red clover, [saw palmetto](#), turmeric, and willow.

Drinking alcohol with this product can cause side effects including jitteriness, headache and [fast heartbeat](#).

Avoid using stimulant drugs such as cocaine or amphetamines when using this product.

What other drugs will affect guarana?

Other drugs may interact with guarana, including prescription and over-the-counter medicines, vitamins, and [herbal products](#). Tell each of your health care providers about all medicines you use now and any medicine you start or stop using.

Do not take guarana without medical advice if you are using any of the following medications:

- adenosine (Adenocard);
- stimulant drugs (amphetamines, ephedrine, nicotine, others);
- asthma medications;
- medications for depression or mental disorders;
- medications that slow blood-clotting: ardeparin (Normiflo), aspirin, [clopidogrel](#) (Plavix), diclofenac (Voltaren, Cataflam, others), [dipyridamole](#) ([Persantine](#)), ibuprofen (Advil, Motrin, others), naproxen (Anaprox, Naprosyn, others), dalteparin (Fragmin), enoxaparin (Lovenox), heparin, [ticlopidine](#) (Ticlid), warfarin (Coumadin), and others;
- any medications to treat cancer;
- estrogens and [birth control pills](#);
- any [antibiotics](#) or medication for [fungal infections](#);
- medication for seizures;
- any medications for heart disease.

This list is not complete. Other drugs may interact with guarana, including prescription and over-the-counter medicines, vitamins, and herbal products. Not all possible interactions are listed in this product guide.

 [Guarana drug interactions](#) (more detail)

Does guarana interact with my other drugs?

Enter medications to view a detailed interaction report using our [Drug Interaction Checker](#).

+

Add

More about guarana

- [Check interactions](#)
- [Compare alternatives](#)
- [Reviews \(5\)](#)
- [Drug class: herbal products](#)
- [En español](#)

Professional resources

- [Guarana product monographs](#)

Related treatment guides

- [Herbal Supplementation](#)
- [Weight Loss \(Obesity/Overweight\)](#)

Further information

- Consult with a licensed healthcare professional before using any herbal/health supplement. Whether you are treated by a medical doctor or a practitioner trained in the use of natural medicines/supplements, make sure all your healthcare providers know about all of your medical conditions and treatments.

Remember, keep this and all other medicines out of the reach of children, never share your medicines with others, and use this medication only for the indication prescribed.

Always consult your healthcare provider to ensure the information displayed on this page applies to your personal circumstances.

[Medical Disclaimer](#)

Copyright 1996-2025 Cerner Multum, Inc. Version: 5.01.

Guide to Weight Loss Drugs

Find out everything you need to know about weight loss drugs in our prescription [weight loss drug guide](#).

DRUG STATUS

Availability



Unknown

User Reviews & Ratings

[5 Reviews](#)

Drugs.com Mobile App

Access drug & treatment information, identify pills, check interactions and set up personal medication records.



About

[About Drugs.com](#)

[Advertising policy](#)

[Attribution & citations](#)

Terms & privacy

[Terms of use](#)

[Editorial policy](#)

[Privacy policy](#)

Support

[Help center](#)

[Sitemap](#)

[Contact us](#)



[Subscribe to our newsletter](#) for the latest medication news, new drug approvals and FDA alerts.

Drugs.com provides accurate and independent information on more than 24,000 prescription drugs, over-the-counter medicines and natural products. This material is provided for educational purposes only and is not intended for medical advice, diagnosis or treatment. Data sources include Micromedex (updated 7 Apr 2025), Cerner Multum™ (updated 13 Apr 2025), ASHP (updated 10 Apr 2025) and others.



Ad Choices
ADVERTISEMENT



Copyright © 2000-2025 Drugs.com. All rights reserved.