

Anticoagulation Clinic Newsletter

June 2008

Your Warfarin (Coumadin®) Therapy: and Herbal Interactions

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Concerns with Herbal Supplements

Herbal product manufacturers may claim that their product is "natural". However, this does not mean that they are safe to take when you are on warfarin. Using certain herbal products can interact with warfarin and interfere with the way warfarin is removed from your body. This may cause a rise in your INR and increase your risk of bleeding. Other herbal supplements may interact with your warfarin and lower your INR which may increase your risk of forming a harmful clot.

Tell your Healthcare Providers about all Herbal and Vitamin Products you are taking

- Help us identify any underlying interactions and prevent them from occurring.
- Contact the anticoagulation clinic when you stop or start any new vitamin or herbal supplement.

Avoid Multi-ingredient Medications

- Herbal products are not regulated by the FDA so there are no standards in formulation.
- One study found that 25% of herbal supplements either did not include an ingredient listed on the label or failed to list other ingredients or contaminants included in the product.

Buy Products or Brands that are Reliable

- The Unites States Pharmacopeia (USP) sets the sall prescription and over-the-counter medication..... US.
- Look for products displaying this brand guarantee that:
 - o What is on the label is what is in the bottle.
 - The supplement does not contain harmful contaminants and has been made under good manufacturing practices.

Examples of Common Dietary and Herbal Products that May Interact with Warfarin (this list is not all-inclusive)

Boldo-fengugreek Fish Oil Quillinggao Danshen Dong Quai Ginseng