

Safety Tips

- Do not take herbal supplements without the approval of your doctor
- Consult your pharmacist before taking any supplements
- Do not take larger than recommended doses of herbals
- Do not try to self-medicate conditions, as there may be a serious underlying cause
- Report any side effects to your doctor as soon as possible
- Look for USP certified products



Thank you for your time and attention!

Vitamins, Minerals, and Herbal Supplements

These products can have benefits, however, like prescriptions they can cause unwanted side effects and drug interactions.



**D'Youville College
School of Pharmacy**

**Information Presented by
2014/15 PharmD Candidates**

Vitamins, Minerals, and Herbal Supplements



Essential Vitamins and Minerals as We Age

Calcium:

- Crucial component of keeping bones and teeth strong

Iron:

- Promotes healthy blood, regular circulation, and quick wound healing

Vitamin D:

- Help maintain kidney function, aids the body in absorbing calcium that is vital to strong bones and teeth

Vitamin A:

- Keeps skin healthy and possibly prevents blindness

Vitamin C:

- Helps the skin to absorb iron, and helps keep the immune system healthy and functioning

Vitamin K:

- Important for maintaining proper blood clotting

Herbal Supplements

Saw palmetto

- Helps with symptoms of mild to moderate benign prostate hyperplasia

St. John's Wort

- Commonly used for depression

Melatonin

- Helps regulate sleep cycles

Fish Oil

- Cholesterol lowering supplement

Gingko

- May improve memory

Risks of Using Herbal Supplements

Large doses of herbals can be dangerous. Many supplements have drug-like effects on the body.

Taking multiple medications increases the risk of having undesirable side effects. Liver and kidney function starts to decline as we grow older, so side effects may last longer.

Dizziness and drowsiness are two side effects that are sometimes increased in elderly patients, which can contribute to a higher risk for experiencing a fall.

Talk to your doctor or pharmacist before starting any new treatment with herbal supplements.

Common Drug Interactions

St. John's Wort and gingko interact with antidepressants and anticoagulants.

Fish oil, melatonin, and saw palmetto may increase the risk of bleeding if you are on antiplatelet or anticoagulant therapies.

St. John's Wort may reduce the effectiveness of heart disease and anti-seizure medications.

Possible Risk of Increased Bleeding

- St. John's Wort
- Gingko
- Vitamin E

Interactions with Prescription and OTC Pain Relievers

- Feverfew
- Gingko
- St. John's Wort
- Ginseng