

Dietary Supplements

What exactly are dietary supplements?

Dietary supplements cover a wide variety of products including herbal products, liquid meal shakes, holistic, natural and all botanical products. These are often available without a prescription; the internet being their primary marketing avenue.

Millions of websites dedicate their dietary supplement offerings to improving the health of its users – if you take dietary supplements while taking warfarin, you increase your risk of an adverse event.¹

What are alternative medicine dangers?

Non-prescription dietary supplements, including vitamins may interact with warfarin. An interaction may include increasing or decreasing your INR test result, changing the way warfarin works. These products also do not contain a warning label for drug interactions.

Manufacturing Standards

Furthering the risk of dietary supplements is the fact that the manufacturer of the product, not the U.S. Food & Drug Administration, is responsible for the quality of their products and product

claims.¹ The government grants the product the statement: Generally Regarded As Safe (GRAS) if it is not harmful “under the intended conditions of use” and requires all dietary supplements to state that this product is not intended to diagnose, treat, or cure any disease.²

In addition, although all ingredients are listed on the label, there are no rules that limit a serving size or the amount of a nutrient in any form of dietary supplements. Always review the ingredients listed for potential interactions with warfarin.

Some natural products risk INR stability¹

Since some supplements may interact with prescription and over-the-counter medicines, taking a combination of supplements or using these products together with medications could produce adverse effects.

Examples of herbal medicines that may interact with warfarin include ginkgo biloba, St. John's Wort, dandelion, celery, licorice, mistletoe, parsley, ginseng, and omega-3 fatty acids.

For more information on dietary considerations, visit **www.PTINR.com** or call **1-877-262-4669**



WellLife: A guide for living on warfarin is brought to you by Alere™ Home Monitoring

1. Bristol-Myers Squibb Company. Medication Guide for Coumadin Tablets and Coumadin for Injection (Package Insert). Princeton, NJ. 2009.
2. Gaynor Ph.D, Paulette. "How U.S. FDA's GRAS Notification Program Works". <http://www.fda.gov/default.htm>, Reprinted January 2006.