

Common Supplements

<u>Supplement</u>	<u>Interactions</u>	<u>Pre-op Cessation</u>	<u>Post-Op Resumption</u>
ASUs	Unknown	1 wk	1 wk
Black cohosh	Tamoxifen, anti-cancer agents	1 wk	2wk
Boswellia	Mild nausea, diarrhea	1 wk	2 wk
Bromelain	Warfarin, phenytoin, tetracycline	2 wk	After AC therapy
Cat's claw	Antihypertensives, anticoagulants, others	2 wk	After AC therapy
Chondroitin	Blood thinners	2 wk	After AC therapy
Cranberry	Potentially warfarin	2 wk	2 wk
Echinacea	Immunosuppressives	2 wk	2 wk
Feverfew	Warfarin, aspirin, blood thinners	1 wk	After AC therapy
Flavocoxid	Antiplatelet drugs, statins	2 wk	After AC therapy
Garlic	Anticoagulants, platelets, cyclosporine	1 wk	After AC therapy
Ginger	Warfarin, aspirin	2 wk	After AC therapy
Gingko	Aspirin, anti-inflammatories, others	36 h	After AC therapy
Ginseng	Warfarin, MAOIs	1 wk	After AC therapy
Glucosamine	Warfarin, hypoglycemia	2 wk	After AC therapy
Milk thistle	Halothane, clopidogrel, warfarin	2 wk	After AC therapy
SAM-e	Serotonin syndrome	1 wk	2 wk
Saw palmetto	Anticoagulants	2 wk	After AC therapy
Soy	Tamoxifen	None	None
St. John's wort	Antifungals, statins, Ca ²⁺ channel blockers immunosuppressives, warfarin	1 wk	After AC therapy
Thunder god vine	Unknown	1 wk	2 wk
Turmeric	Cytochrome P450 enzymes, warfarin	2 wk	After AC therapy
Valerian	Anesthetic agents	1 wk	2 wk

ASUs = avocado/soybean unsaponifiables, AC = anticoagulant, MAOI = monoamine oxidase inhibitor,
SAM-e = S-adenosylmethionine