

# Immunity Booster Warnings and Contraindications

## Thorow Wax (*bupleurum falcatum* leaf)

### Moderate Interaction:

Be cautious with this combination

Medications that decrease the immune system (Immunosuppressants) interacts with BUPLEURUM

Bupleurum might increase the immune system. By increasing the immune system, bupleurum might decrease the effectiveness of medications that are used to decrease the immune system.

## Green Chireta (*Andrographis paniculata* aerial)

### Special Precautions & Warnings:

#### Auto-immune diseases:

Andrographis might cause the immune system to become more active, and this could increase the symptoms of auto-immune diseases. If you have one of these conditions, it's best to avoid using Andrographis.

#### Bleeding conditions:

Andrographis might slow blood clotting. This might increase the risk of bleeding or bruising in people with bleeding disorders.



## Interactions

### **Moderate Interaction - Be Cautious with this combination:**

#### **Medications for high blood pressure (Antihypertensive drugs) interacts with ANDROGRAPHIS**

Andrographis seems to decrease blood pressure. Taking Andrographis along with medications for high blood pressure might cause your blood pressure to go too low.

#### **Medications that decrease the immune system (Immunosuppressants) interacts with ANDROGRAPHIS**

Andrographis increases the immune system. By increasing the immune system, Andrographis might decrease the effectiveness of medications that decrease the immune system.

#### **Medications that slow blood clotting (Anticoagulant / Antiplatelet drugs) interacts with ANDROGRAPHIS**

Andrographis might slow blood clotting. Taking Andrographis along with medications that also slow clotting might increase the chances of bruising and bleeding.

## Eleuthero (Eleutherococcus senticosus root)

### **Special Precautions & Warnings:**

#### **Bleeding disorders:**

Eleuthero contains chemicals that might slow blood clotting. In theory, eleuthero might increase the risk of bleeding and bruising in people with bleeding disorders.

#### **Heart conditions:**

Eleuthero can cause a pounding heart, irregular heartbeat, and high blood pressure. People who have heart should use eleuthero only under a healthcare provider's supervision.

#### **Diabetes:**

Eleuthero might increase or decrease blood sugar. Monitor your blood sugar carefully if you take eleuthero and have diabetes.

#### **Hormone-sensitive conditions:**

Eleuthero might act like estrogen. If you have any condition that might be made worse by exposure to estrogen, don't use eleuthero.

#### **High blood pressure:**

Eleuthero should not be used by people with blood pressure over 180/90. Eleuthero might make high blood pressure worse.

#### **Mental conditions such as mania or schizophrenia:**

Eleuthero might make these conditions worse. Use with caution.

## Moderate Interaction - Be cautious with this combination:

### **Alcohol interacts with ELEUTHERO**

Eleuthero contains chemicals that might slow blood clotting. In theory, eleuthero might increase the risk of bleeding and bruising in people with bleeding disorders.

### **Lithium interacts with ELEUTHERO**

Siberian ginseng might have an effect like a water pill or "diuretic." Taking Siberian ginseng might decrease how well the body gets rid of lithium. This could increase how much lithium is in the body and result in serious side effects. Talk with your healthcare provider before using this product if you are taking lithium. Your lithium dose might need to be changed.

### **Medications changed by the liver interacts with ELEUTHERO**

Some medications are changed and broken down by the liver. Siberian ginseng might decrease how quickly the liver breaks down some medications. Taking Siberian ginseng along with some medications that are changed by the liver might increase the effects and side effects of some medications. Before taking Siberian ginseng talk to your healthcare provider if you take any medications that are changed by the liver.

### **Medications for diabetes (Antidiabetics drugs) interacts with ELEUTHERO**

Siberian ginseng might affect blood sugar, either lowering or increasing blood sugar levels. Diabetes medications are also used to lower blood sugar. Taking Siberian ginseng along with diabetes medications might cause your blood sugar to go too low or cause your diabetes medication to be less effective. Monitor your blood sugar closely. The dose of your diabetes medication might need to be changed.

### **Medications that slow blood clotting (Anticoagulant / Antiplatelet drugs) interacts with ELEUTHERO**

Siberian ginseng might slow blood clotting. Taking Siberian ginseng along with medications that also slow clotting might increase the chances of bruising and bleeding.

### **Sedative medications (CNS depressants) interacts with ELEUTHERO**

Siberian ginseng might cause sleepiness and drowsiness. Taking Siberian ginseng along with sedative medications might cause too much sleepiness.



## Indigo Woad (*Isatis indigotica* root)

### Special Precautions & Warnings:

#### Aspirin allergy

Isanti's contains chemicals that are similar the chemicals in aspirin. There is a concern that isatis might trigger an asthma attack or an allergic reaction in people who are allergic to aspirin.

## Vitamin D

### ADVERSE REACTIONS / DRUG INTERACTIONS:

#### Calcium channel blockers:

Vitamin D when supplemented with calcium may antagonize the effects of calcium channel blockers, patient should be monitored for reduced effectiveness of drug.

#### Corticosteroids:

Use is associated with accelerated development of osteoporosis; vitamin D may increase the risks of hyper calciuria and hypercalcemia. Corticosteroid patients using supplemental vitamin D should be closely monitored.

Hypercalcemia

Calcitonin

Vitamin D may antagonize calcitonin Sarcoidosis and hyperparathyroidism Supplement under medical supervision.

Renal osteodystrophy with hyperphosphataemia Risk of metastatic calcification Thiazide diuretics vitamin D may increase risk of hypercalcaemia.

## Vitamin E

### Special Precautions & Warnings:

#### Bleeding disorders:

Vitamin E might make bleeding disorders worse. If you have a bleeding disorder, avoid taking vitamin E supplements.

#### Surgery:

Vitamin E might increase the risk of bleeding during and after surgery. Stop using vitamin E at least 2 weeks before a scheduled surgery.

## Selenium

### Special Precautions & Warnings:

#### Auto-immune diseases:

Andrographis might cause the immune system to become more active, and this could increase the symptoms of auto-immune diseases. If you have one of these conditions, it's best to avoid using andrographis.

### **Under-active thyroid (hypothyroidism):**

Taking selenium can worsen hypothyroidism especially in people with iodine deficiency. In this case, you should take iodine along with selenium. Check with your healthcare provider.

### **Fertility problems in men:**

Selenium might decrease the ability of sperm to move, which could reduce fertility. If you are trying to father a child, don't take selenium supplements.

### **Surgery:**

Selenium might increase the risk of bleeding during and after surgery. Stop taking selenium at least 2 weeks before a scheduled surgery.

## **Moderate Interaction - Be cautious with this combination:**

### **Medications that slow blood clotting (Anticoagulant / Antiplatelet drugs) interacts with SELENIUM**

Selenium might slow blood clotting. Taking selenium along with medications that also slow clotting might increase the chances of bruising and bleeding.

### **Sedative medications (Barbiturates) interacts with SELENIUM**

The body breaks down medications to get rid of them. Selenium might slow how fast the body breaks down sedative medications. Taking selenium with these medications might increase the effects and side effects of these medications.

### **Warfarin (Coumadin) interacts with SELENIUM**

Selenium might thin the blood. Selenium might also increase the effects of warfarin in the body. Taking selenium along with warfarin might increase the chances of bruising and bleeding.

