

Irish Sea Moss Contraindications/Medication Interactions

Bladderwrack

Pregnancy and breast-feeding

Bladderwrack is POSSIBLY UNSAFE to use when pregnant or breast-feeding.

Bleeding disorders

Bladderwrack might slow blood clotting. In theory, Bladderwrack might increase the risk of bruising or bleeding in people with bleeding disorders.

Diabetes

Bladderwrack may affect blood sugar levels. If you have diabetes and take medications to lower your blood sugar, monitor your blood sugar carefully.

Iodine allergy

Bladderwrack contains significant amounts of iodine, which could cause an allergic reaction in sensitive people.

Surgery

Bladderwrack might slow blood clotting. There is a concern that it might cause extra bleeding during and after surgery. Stop taking Bladderwrack at least 2 weeks before surgery.

Thyroid problems known as hyperthyroidism (too much thyroid hormone), or hypothyroidism (too little thyroid hormone)

Bladderwrack contains significant amounts of iodine, which might make hyperthyroidism and hypothyroidism worse.

Interactions

Moderate Interaction

Medications that slow blood clotting (Anticoagulant / Antiplatelet drugs) interacts with BLADDERWRACK

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

Some medications that slow blood clotting include aspirin, clopidogrel (Plavix), diclofenac (Voltaren, Cataflam, others), ibuprofen (Advil, Motrin, others), naproxen (Anaprox, Naprosyn, others), dalteparin (Fragmin), enoxaparin (Lovenox), heparin, warfarin (Coumadin), and others.



Medications for an overactive thyroid (Antithyroid drugs) interacts with **BLADDERWRACK**

Bladderwrack can contain significant amounts of iodine. Iodine can affect the thyroid. Taking iodine along with medications for an overactive thyroid might decrease the thyroid too much. Do not take bladderwrack if you are taking medications for an overactive thyroid.

Some of these medications include methenamine mandelate (Methimazole), methimazole (Tapazole), potassium iodide (Thyro-Block), and others.

Burdock

Special Precautions and Warnings

Bleeding disorders

Burdock might slow blood clotting. Taking burdock might increase the risk of bleeding in people with bleeding disorders.

Allergy to ragweed and related plants

Burdock may cause an allergic reaction in people who are sensitive to the Asteraceae/Compositae family. Members of this family include ragweed, chrysanthemums, marigolds, daisies, and many others. If you have allergies, be sure to check with your healthcare provider before taking burdock.

Diabetes

Some evidence suggests that taking burdock might lower blood sugar levels. Taking burdock might lower blood sugar levels too much in people with diabetes who are already taking medications to lower blood sugar.

Surgery

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

Interactions

Moderate Interaction

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

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

Some medications that slow blood clotting include aspirin, clopidogrel (Plavix), diclofenac (Voltaren, Cataflam, others), ibuprofen (Advil, Motrin, others), naproxen (Anaprox, Naprosyn, others), dalteparin (Fragmin), enoxaparin (Lovenox), heparin, warfarin (Coumadin), and others.

