

Male T-Balance Contraindication/Medication Interactions

Tribulus Terrestris

Special Precautions & Warnings:

Pregnancy and breast-feeding:

Taking tribulus during pregnancy is POSSIBLY UNSAFE. Animal research suggests that tribulus might harm fetal development. Not enough is known about the safety of using tribulus during breast-feeding. It's best not to use tribulus if you are pregnant or nursing.

Diabetes:

Tribulus might decrease blood sugar levels. Dose of diabetes medications might need to be adjusted by your healthcare provider.

Surgery:

Tribulus might affect blood sugar levels and blood pressure. This might interfere with blood sugar and blood pressure control during and after surgery. Stop using tribulus at least 2 weeks before a scheduled surgery.

Interactions:

Moderate Interaction:

Be cautious with this combination

Lithium interacts with TRIBULUS

Tribulus might have an effect like a water pill or "diuretic." Taking tribulus 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 for diabetes (Antidiabetes drugs) interacts with TRIBULUS

Tribulus might decrease blood sugar. Diabetes medications are also used to lower blood sugar. Taking tribulus along with diabetes medications might cause your blood sugar to go too low. Monitor your blood sugar closely.

The dose of your diabetes medication might need to be changed. Some medications used for diabetes include glimepiride (Amaryl), glyburide (DiaBeta, Glynase PresTab, Micronase), insulin, pioglitazone (Actos), rosiglitazone (Avandia), chlorpropamide (Diabinese), glipizide (Glucotrol), tolbutamide (Orinase), and others.

Boron Citrate

Special Precautions & Warnings:

Pregnancy and breast-feeding:

Boron is **LIKELY SAFE** for pregnant and breast-feeding women age 19-50 when used in doses less than 20 mg per day. Pregnant and breast-feeding women age 14 to 18 should not take more than 17 mg per day. Taking boron by mouth in high doses is **POSSIBLY UNSAFE** while pregnant and breast feeding. Higher amounts may be harmful and should not be used by pregnant women because it has been linked to birth defects. Intravaginal boric acid has been associated with a 2.7- to 2.8-fold increased risk of birth defects when used during the first 4 months of pregnancy.

Hormone-sensitive condition such as breast cancer, uterine cancer, ovarian cancer, endometriosis, or uterine fibroids

Boron might act like estrogen. If you have any condition that might be made worse by exposure to estrogen, avoid supplemental boron or high amounts of boron from foods.

Kidney disease or problems with kidney function:

Do not take boron supplements if you have kidney problems. The kidneys have to work hard to flush out boron.

Interactions

Moderate Interaction

Be cautious with this combination

Estrogens interacts with BORON

Boron might increase estrogen levels in the body. Taking boron along with estrogens might cause too much estrogen in the body.

Interactions

Side Effects & Safety

Children:

L-arginine is **POSSIBLY SAFE** when used by mouth in premature infants in appropriate doses. However, L-arginine is **POSSIBLY UNSAFE** when used in high doses. Doses that are too high can cause serious side effects including death in children.

Allergies or asthma:

L-arginine can cause an allergic response or make swelling in the airways worse. If you are prone to allergies or asthma and decide to take L-arginine, use it with caution.

Cirrhosis:

L-arginine should be used with caution in people with cirrhosis.

Guanidinoacetate methyltransferase deficiency:

People with this inherited condition are unable to convert arginine and other similar chemicals into creatine. To prevent complications associated with this condition, these people should not take arginine.

Herpes:

There is a concern that L-arginine might make herpes worse. There is some evidence that L-arginine is needed for the herpes virus to multiply.

Low blood pressure:

L-arginine might lower blood pressure. This could be a problem if you already have low blood pressure.

Recent heart attack:

There is a concern that L-arginine might increase the risk of death after a heart attack, especially in older people. If you have had a heart attack recently, don't take L-arginine.

Kidney disease:

L-arginine has caused high potassium levels when used by people with kidney disease. In some cases, this has resulted in a potentially life-threatening irregular heartbeat.

Surgery:

L-arginine might affect blood pressure. There is a concern that it might interfere with blood pressure control during and after surgery. Stop taking L-arginine at least 2 weeks before a scheduled surgery.

Siberian Ginseng

Special Precautions & Warnings:

Bleeding disorders:

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

Diabetes:

Siberian ginseng might increase or decrease blood sugar. In theory, Siberian ginseng might affect blood sugar control in people with diabetes. Monitor your blood sugar carefully if you take Siberian ginseng and have diabetes.

Hormone-sensitive conditions such as breast cancer, uterine cancer, ovarian cancer, endometriosis, or uterine fibroids:

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

Heart conditions:

Siberian ginseng can cause a pounding heart, irregular heartbeat, and high blood pressure. People who have heart disorders (e.g., "hardening of the arteries," rheumatic heart disease, or history of heart attack) should use Siberian ginseng only under a healthcare provider's supervision.

High blood pressure:

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

Mental conditions such as mania or schizophrenia:

Siberian ginseng might make these conditions worse. Use with caution.

Interactions:

Moderate Interaction

Be cautious with this combination

Alcohol interacts with GINSENG, SIBERIAN:

Alcohol can cause sleepiness and drowsiness. Siberian ginseng might also cause sleepiness and drowsiness. Taking large amounts of Siberian ginseng along with alcohol might cause too much sleepiness.

Digoxin (Lanoxin) interacts with GINSENG, SIBERIAN

Digoxin (Lanoxin) helps the heart beat more strongly. One person had too much digoxin in their system while taking a natural product that might have had Siberian ginseng in it. But it is unclear if Siberian ginseng or other herbs in the supplement were the cause.

Lithium interacts with GINSENG, SIBERIAN

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 (Cytochrome P450 1A2 (CYP1A2) substrates) interacts with GINSENG, SIBERIAN

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.

Some of these medications that are changed by the liver include clozapine (Clozaril), cyclobenzaprine (Flexeril), fluvoxamine (Luvox), haloperidol (Haldol), imipramine (Tofranil), mexiletine (Mexitil), olanzapine (Zyprexa), pentazocine (Talwin), propranolol (Inderal), tacrine (Cognex), theophylline, zileuton (Zyflo), zolmitriptan (Zomig), and others.

Medications changed by the liver (Cytochrome P450 2C9 (CYP2C9) substrates) interacts with GINSENG, SIBERIAN

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 broken down by the liver can 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. Some medications that are changed by the liver include amitriptyline (Elavil), diazepam (Valium), zileuton (Zyflo), celecoxib (Celebrex), diclofenac (Voltaren), fluvastatin (Lescol), glipizide (Glucotrol), ibuprofen (Advil, Motrin), irbesartan (Avapro), losartan (Cozaar), phenytoin (Dilantin), piroxicam (Feldene), tamoxifen (Nolvadex), tolbutamide (Tolinase), torsemide (Demadex), warfarin (Coumadin), and others.

Horny Goat

Special Precautions & Warnings:

Pregnancy and breast-feeding:

Horny goat weed is POSSIBLY UNSAFE when taken by mouth during pregnancy. There is a concern that it might harm the developing fetus. Avoid using it. Not enough is known about the safety of using horny goat weed during breast-feeding. Stay on the safe side and avoid using.

Bleeding disorders:

Horny goat weed might slow blood clotting. This might increase the risk of bleeding. In theory, taking horny goat weed might make bleeding disorders worse.

Hormone sensitive cancers and conditions:

Horny goat weed acts like estrogen and can increase estrogen levels in some women. Horny goat weed might make estrogen-sensitive conditions, such as breast and uterine cancer, worse.

Low blood pressure:

Horny goat weed might lower blood pressure. In people who already have low blood pressure, using horny goat weed might drop blood pressure too low and increase the risk of fainting.

Surgery:

Horny goat weed might slow blood clotting. This might increase the risk of bleeding during surgery. Stop taking horny goat weed at least 2 weeks before surgery.

Medications for high blood pressure (Antihypertensive drugs) interacts with HORNY GOAT WEED

Horny goat weed seems to decrease blood pressure. Taking horny goat weed along with medications for high blood pressure might cause your blood pressure to go too low.

Medications that slow blood clotting (Anticoagulant / Antiplatelet drugs) interacts with HORNY GOAT WEED

Horny goat weed might slow blood clotting. Taking horny goat weed along with medications that also slow clotting might increase the chances of bruising and bleeding.

