

Top 10 Common Herbs That Can Interact with Medications

St. John's Wort

Used for: Depression, anxiety

Risks: Interacts with antidepressants, birth control, HIV meds, and blood thinners. May cause serotonin syndrome.

Ginkgo Biloba

Used for: Memory, cognitive function

Risks: Increases bleeding risk with aspirin, warfarin, and NSAIDs. Lowers seizure threshold.

Ginseng

Used for: Energy, stamina, libido

Risks: May affect blood sugar and blood pressure. Risky with MAO inhibitors.

Garlic (Supplement Form)

Used for: Heart health, cholesterol

Risks: Enhances blood thinning. Can lower blood pressure.

Kava

Used for: Stress, insomnia

Risks: Liver toxicity. Enhances sedation when used with alcohol or sleep meds.

Licorice Root

Used for: Ulcers, digestion

Risks: Causes sodium retention and potassium loss. May lead to hypertension and edema.

Echinacea

Used for: Cold and flu prevention

Risks: Affects liver enzyme activity. May worsen autoimmune conditions.

Goldenseal

Used for: Digestive and respiratory issues

Risks: Slows drug metabolism. May raise blood pressure and should be avoided during pregnancy.

Turmeric/Curcumin

Used for: Joint pain, inflammation

Risks: Enhances blood-thinning meds. Lowers blood sugar.

Valerian Root

Used for: Sleep aid, anxiety

Risks: Amplifies sedative effects. Can impair motor skills and cognition.