How can Drugs and Supplements interact

) is to know where the risks are. Are you at risk? If you take both dietary supplements and medicines, then there is a risk of drug-supplement interaction. However the very young, and the very old, run a greater risk for physiological reasons. Particularly heavy use of medication, and regular supplementation, also increases the risk. Therefore the need for precaution is especially important for elderly people, pregnant women and those who may become pregnant, nursing mothers, and people with chronic health problems. Dietary supplements can interact with both prescription medicines and over-the-counter drugs such as aspirin and cold remedies. Many drug-supplement interactions reported in the medical literature have involved herbal supplements, such as licorice, and St. John's Wort. However, the problem of drug-supplement interactions is not limited to herbs. Vitamin E, folic acid, calcium, and zinc, are also known to interact with certain types of drugs. How can drugs and supplements interact?

About the Author

Rx Vitamins for Pets is a division of Rx Vitamins, Inc., a leader in the. Rx Vitamins for Pets offers a complete line of scientifically.

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