

Drug-Nutrient Interaction Worksheet

2

Have your doctor or pharmacist fill out this section to identify potential concerns for each drug in the appropriate column

1

List all your drugs in this column

A
Altered Absorption

B
Altered Metabolism
CYP-3A4 (or list other pathway)

C
Side Effect Exacerbation

D
Blood Thinning

E
Interference with Mechanism of Action

3

Consult with us to explore which natural agents may be a concern



Nutritional Solutions

Jeanne M. Wallace, PhD, CNC
Michelle Gerencser, MS
Patrice Surley, MH, NC
(435) 563-0053 • fax: (435) 538-8058
www.nutritional-solutions.net
admin@nutritional-solutions.net

Increased:
Bromelain
Enzymes

Decreased:
Calcium
Fiber
Flaxseed
Magnesium
Triphala
Zinc

3A4:
Andrographis
Artemisia
Baikal
Bloodroot
Bioflavonoids
Caffeine
Cat's Claw
Chamomile
Cranberry
Curcumin
Dan shen
Echinacea
Genistein

Ginkgo biloba
Skullcap
Goldenseal
Soy isoflavones
St. John's wort
Turmeric
Valerian
Licorice
Milk thistle
Oregano
Pomegranate
Pycnogenol
Quercetin
Resveratrol
Limonene
Melatonin
Quercetin

Diarrhea:
Fish oil
Magnesium
Vitamin C

Constipation:
Calcium
Iron

Sun Sensitivity:
Angelica
Dill, fennel,
parsley
Kava
St. John's wort
Yarrow

Depending on Dose:
Cayenne
Curcumin
Feverfew
Fish oil
Garlic
Ginger
Ginkgo
Ginseng
Mushrooms
Resveratrol
Vitamin E

NOTE: This chart presents both known (well documented) and hypothetical interactions. It includes only supplements frequently used by our clients: it is not a complete list of possible interactions. Many interactions are dependent upon dosing and timing. During our consultation, we'll help you identify which concerns are relevant for your situation.

Drug-Nutrient Interactions: Worksheet Instructions

For you...

We're excited to offer you our innovative Drug-Nutrient Interaction worksheet. This 3-part form divides the job of evaluating potential interactions between you, your doctor (or pharmacist) and us. It is your responsibility to list ALL of the drugs (prescription and over-the-counter) that you take, whether you take them daily or infrequently. Next, take this form to your doctor or pharmacist so that he or she can note the potential concerns associated with each drug. For example, does a drug thin the blood? Is it metabolized through the liver via a specific pathway that indicates certain supplements could interact with it?

When you have parts 1 and 2 of this worksheet completed, fax or mail it to us. You are ready to consult with us about which dietary supplements may be worrisome based on their actions and pharmacology. Part 3 of the worksheet lists both well-documented and hypothetical interactions. This is not an exhaustive listing! It includes only those dietary supplements with published scientific evidence supporting their potential role as modulators of the oncometabolic milieu.

Screening for potential interactions needs to be done on a case-by-case basis. This

involves a careful and critical review of the existing literature and a thorough knowledge of the actions and pharmacology of supplements. Most doctors are not trained in dietary supplements, and may be unfamiliar with the vitamins, minerals or herbs you are considering. For this reason, our Drug-Interaction worksheet asks your doctor only for the information he/she specializes in: the actions and pharmacology of the drugs.

There is a lot of erroneous information circulating regarding interactions. For example, a few reports of adverse reactions are actually due to contamination of poor quality supplements. Many interactions are dependent upon the dose taken or timing. Depending on your history and biochemical individuality, you may be at a greater or lesser risk for some types of interactions than other individuals. Our expertise in this area can help you sort through the potential risks and decide a course of action you feel confident about.

During your consultation with us, we'll help you identify which concerns are relevant for your situation. You can indicate which agents in part 3 are important for you to avoid by circling or highlighting them. Please consider giving your doctor a copy of your completed worksheet to be kept with your medical records.

For your doctor or pharmacist...

Our innovative Drug-Nutrient Interaction worksheet lets you quickly and effectively assist your patient to understand potential interactions between his/her medications and any dietary supplements he/she may consider taking. For each drug listed, please note in the appropriate column any interaction concerns for this patient based on pharmacokinetic or pharmacodynamic considerations.

- A. **Altered Absorption.** Check here for concerns about oral medications that may bind or conjugate to mineral or fiber supplements (e.g., antibiotics).
- B. **Altered Metabolism.** Indicate the Cytochrome P-450 pathway involved in metabolism or clearance of the drug (e.g., CYP2C9 for warfarin, CYP2C19 for

proton-pump inhibitors and most anticonvulsants; CYP2D6 for most antidepressants, beta-blockers, opiates and anti-arrhythmics). Note that CYP3A4 detoxifies over 50% of medications. A pharmacology reference guide is available at <http://medicine.iupui.edu/flockhart/table.htm>.

- C. **Side Effect Exacerbation** List expected side effects of the drug which would be worrisome if amplified by dietary supplements (e.g., diarrhea, sun sensitivity).
- D. **Blood Thinning** Check here if the drug inhibits platelet aggregation, causes blood thinning, or is associated with increased hemorrhage risk.
- E. **Interference with Mechanism of Action** Indicate any concerns with potential competition for binding sites or interference with the intended effects of the drugs (e.g., VEGF inhibiting botanicals with Avastin).

SAMPLE List of Drugs (Provided by Patient)	A Altered Absorption	B Altered Metabolism CYP-3A4 (or list other pathway)	C Side Effect Exacerbation	D Blood Thinning	E Interference with Mechanism of Action or Therapeutic Effect
Ambien		3A4			sedation
Bactrim	✓	2C9	photosensitivity		
Coumadin		2C9		✓	need stable dietary vit K intake