

WARFARIN (Coumadin®) DRUG INTERACTIONS WITH HERBAL PRODUCTS/HEALTH FOODS

Dear Patient:

Many health food/herbal remedies can significantly affect your warfarin (Coumadin®) blood thinning medication. Please call the Anticoagulation Clinic office at 707/645-2520 when starting or stopping any of the following items:

- Chamomile
- Echinacea
- Feverfew
- Fish Oils
- Flaxseed Oil
- Garlic tablets/capsules
- Ginger tablets/capsules
- Gingko
- Gingko Biloba
- Ginseng
- Grape Seed Extract
- Green Tea or Green Tea Extract
- Hypericum
- Multiple Vitamins (that contain Vitamin K)
- Nutritional Supplements (such as Ensure, Ensure Plus, New Basics, Carnation Instant Breakfast, Glycerna)
- Saw Palmetto
- St. John's Wort
- Vitamin C (greater than 1000mg daily)
- Vitamin E (greater than 400 IU daily)
- Vitamin K