

# Herbal products may compromise prescription drugs and cause serious side effects

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An analysis of published studies and reports indicates that a number of herbal products may affect the properties of prescription drugs, leading

to alterations in the drugs' effectiveness as well as potentially dangerous side effects.

*The British Journal of Clinical Pharmacology* analysis included 49 case reports and two observational studies with 15 cases of [adverse drug reactions](#). The majority of patients were diagnosed with cardiovascular diseases, cancer, and kidney transplants and were receiving mostly warfarin, alkylating agents, and cyclosporine, respectively.

Investigators noted that patients taking warfarin and/or statins for the treatment of cardiovascular complications reported significant interactions after taking [herbal products](#) including sage, flaxseed, St. John's wort, cranberry, goji juice, green tea, and chamomilla.

**More information:** Charles Awortwe et al, Critical Evaluation of Causality Assessment of Herb-Drug Interactions in Patients, *British Journal of Clinical Pharmacology* (2018). [DOI: 10.1111/bcp.13490](https://doi.org/10.1111/bcp.13490)

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