



Supplement Interaction Warning Guide

A conversation guide for cardiovascular medications, kidney health, and procedures.

Supplements can change medication effects, side effects, laboratory results, bleeding risk, blood pressure, electrolyte balance, and procedural safety. This guide highlights situations that deserve review by a clinician or pharmacist. It is not an interaction database and cannot determine whether a particular combination is safe for you.

Do not start, stop, or change a prescribed cardiovascular medicine because of this guide.
For severe bleeding, fainting, chest pain, stroke symptoms, severe breathing difficulty, or another medical emergency, seek emergency care.

A SAFER REVIEW PROCESS

- 1

Inventory everything
List prescriptions, OTC drugs, vitamins, minerals, herbs, powders, gummies, drinks, and topical products.
- 2

Use the exact label
Brand, chemical form, dose per serving, serving count, and proprietary blends can change the risk assessment.
- 3

Use one pharmacy when possible
A pharmacist can screen the complete list and flag duplicate ingredients or medication conflicts.
- 4

Recheck at transition points
Review the list after a medication change, kidney-function change, new diagnosis, hospitalization, or planned procedure.

SIX REASONS TO PAUSE AND ASK

Situation	Main concern to review	Best next step
Anticoagulants / antiplatelets	Bleeding or reduced medication effect	Pharmacist / prescribing clinician review
Blood-pressure medicines	Additive low pressure or opposing effects	Review products and home readings
Prescription nitrates	Excess vasodilation, dizziness, fainting	Ask before nitric-oxide or BP products
Diuretics	Potassium, sodium, magnesium, fluid changes	Check medicine type and labs
Kidney disease	Accumulation, contaminants, electrolyte risk	Kidney clinician / pharmacist review
Surgery or procedure	Bleeding, anesthesia, BP, sedation	Tell the procedural team early

Medication Categories

These risks depend on the exact drug, supplement, dose, health conditions, and monitoring plan.

1. Anticoagulants and antiplatelet medicines

Why it matters: Some supplements may increase bleeding, while others can reduce the intended effect of a medicine. Warfarin is especially sensitive to changes in vitamin K intake.

- Tell the reviewer about warfarin, apixaban, rivaroxaban, dabigatran, edoxaban, heparin, aspirin, clopidogrel, and related medicines.
- Flag vitamin K products, high-dose omega-3 use, combination herb blends, and any product marketed for circulation or clotting.
- Report unusual bruising, prolonged bleeding, black or bloody stool, blood in urine, or a fall / head injury promptly according to your care plan.

Ask: Does this product change bleeding risk, INR monitoring, or the effect of my medicine?

2. Blood-pressure medicines

Why it matters: A supplement that lowers pressure may add to a medication effect; another ingredient may raise pressure or interfere with control.

- Bring home readings and note dizziness, weakness, faintness, headaches, palpitations, or recent medication changes.
- Flag concentrated beetroot / nitrate products and products marketed to lower pressure, increase nitric oxide, boost energy, or stimulate metabolism.
- Do not stop a prescribed medicine because a home reading is normal or because a supplement claims to replace it.

Ask: What readings or symptoms should trigger a call, and when should I measure relative to my medicines?

3. Prescription nitrates

Why it matters: Nitroglycerin and isosorbide products relax blood vessels. Other vasodilating products can add to low blood pressure, dizziness, or fainting.

- Tell the reviewer about every nitrate form, including tablets, sprays, patches, ointments, and long-acting products.
- Flag beetroot / dietary nitrate concentrates and other products promoted for nitric oxide, circulation, pumps, or blood-pressure lowering.
- Medication interactions outside the supplement category can be critical too; the prescriber or pharmacist needs the full list.

Ask: Could this product add to vasodilation or conflict with my nitrate safety instructions?

Health and Procedure Context

Kidney function, electrolytes, fluid balance, and procedures can change what is safe.

4. Diuretics

Why it matters: Different diuretics can lower or raise potassium and can affect sodium, magnesium, kidney function, fluid balance, and blood pressure.

- Know the exact diuretic name; risks differ among loop, thiazide, and potassium-sparing medicines.
- Flag electrolyte powders, potassium, magnesium, salt substitutes, licorice, and products marketed as natural water pills.
- Muscle weakness, severe cramps, confusion, fainting, or rhythm symptoms need medical assessment rather than an improvised electrolyte dose.

Ask: Do my medicine and recent laboratory results make this mineral or electrolyte product unsafe?

5. Kidney disease or reduced kidney function

Why it matters: Reduced clearance can allow ingredients or electrolytes to accumulate. Some products contain kidney-toxic ingredients or contaminants, and labels may not reveal the full risk.

- Ask before potassium, magnesium, creatine, high-dose vitamins, concentrated herbs, detox products, or proprietary blends.
- Creatine can affect interpretation of creatinine-based kidney tests; tell the clinician if you use it.
- Dialysis, transplant medicines, changing kidney function, and potassium restrictions require individualized review.

Ask: Is this safe for my current kidney function, potassium level, and complete medication list?

6. Surgery, dental procedures, and anesthesia

Why it matters: Supplements may affect bleeding, blood pressure, heart rate, sedation, anesthesia, glucose, or other medicines used around a procedure.

- Tell the surgeon, anesthesiology team, dentist, and procedural clinician about all products well before the date.
- Bring bottles or label photos. Include occasional products, teas, powders, sleep aids, and workout products.
- Follow the procedural team's stop / continue instructions. There is no single safe stop date for every product and procedure.

Ask: Which products should I stop, when, and when may I restart them?



Interaction Review Worksheet

Complete this page and bring the product labels to a clinician or pharmacist.

COMPLETE PRODUCT INVENTORY				
Medicine / supplement / product	Exact dose and form	How often / when	Why I use it	Reviewer notes

QUESTIONS FOR A PHARMACIST OR CLINICIAN

- ☐ Could any item increase bleeding, lower or raise blood pressure, or change heart rhythm?
- ☐ Could kidney or liver function change how this product is cleared?
- ☐ Are any ingredients duplicated across products?
- ☐ Could this interfere with laboratory tests, surgery, or anesthesia?
- ☐ What symptoms, readings, or test results should prompt me to stop and call?

Important: An online interaction checker can miss product-specific ingredients, dose effects, health conditions, and procedure risks. Use it as a prompt for professional review, not as clearance.

AUTHORITATIVE STARTING POINTS

FDA: [fda.gov/consumers/consumer-updates/fda-101-dietary-supplements](https://www.fda.gov/consumers/consumer-updates/fda-101-dietary-supplements) | NCCIH: nccih.nih.gov/health/know-science/how-medications-and-supplements-can-interact | AHA: heart.org/en/health-topics/high-blood-pressure/changes-you-can-make-to-manage-high-blood-pressure/managing-high-blood-pressure-medications | NKF: [kidney.org/kidney-topics/herbal-supplements-and-kidney-disease](https://www.kidney.org/kidney-topics/herbal-supplements-and-kidney-disease) | NIH ODS Vitamin K: ods.od.nih.gov/factsheets/VitaminK-HealthProfessional/ | NIH ODS Magnesium: ods.od.nih.gov/factsheets/Magnesium-HealthProfessional/