

Drug-Nutrient Interaction Worksheet

Name: _____ Date: _____

| <div style="border: 1px solid black; border-radius: 50%; width: 40px; height: 40px; display: flex; align-items: center; justify-content: center; margin: 0 auto; font-size: 24px; font-weight: bold; line-height: 1;">1</div> <p style="text-align: center; margin-top: 10px;">List all prescription and over-the-counter medications in this column</p> | <div style="border: 1px solid black; border-radius: 50%; width: 40px; height: 40px; display: flex; align-items: center; justify-content: center; margin: 0 auto; font-size: 24px; font-weight: bold; line-height: 1;">2</div> <p style="text-align: center; margin-top: 5px;">During your consultation, we will explore together which natural agents may be a concern for you.</p> | | | | |
|---|--|---|---|--|--|
| | A Altered Absorption | B Metabolic Interactions | C Side Effect Exacerbation | D Blood Thinning | E Interference with Mechanism of Action |
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| <h2 style="color: green; margin: 0;">Nutritional Solutions</h2> <p style="margin: 5px 0;">Jeanne M. Wallace, PhD, CNC Michelle Gerencser, MS</p> <p style="margin: 5px 0;">(435) 563-0053 fax: (435) 538-8058</p> <p style="margin: 5px 0;">www.nutritional-solutions.net admin@nutritional-solutions.net</p> <p style="font-size: small; margin: 5px 0;">© 2011-2016 Nutritional Solutions</p> | <p><u>Increased:</u> Bromelain Enzymes</p> <p><u>Decreased:</u> Calcium Fiber Flaxseed Magnesium Triphala Zinc</p> | <p><u>3A4:</u> Andrographis Artemisia Baikal Bloodroot Bioflavonoids Caffeine Cat's Claw Chamomile Cranberry Curcumin Dan shen Echinacea Genistein Ginkgo biloba Goldenseal Grapefruit Green tea Hops Licorice Oregano</p> <p><u>Pomegranate</u> Pycnogenol Quercetin Resveratrol Rhodiola Schizandra Skullcap Soy isoflavones St. John's wort Turmeric Valerian</p> <p><u>2D6:</u> Curcumin Yohimbe</p> <p><u>2C9:</u> Limonene Melatonin Milk Thistle Quercetin</p> | <p><u>Diarrhea:</u> Fish oil Magnesium Vitamin C</p> <p><u>Constipation:</u> Calcium Iron</p> <p><u>Sun Sensitivity:</u> Angelica Dill, fennel, parsley Kava St. John's wort Yarrow</p> | <p><u>Depending on Dose:</u> Cayenne Curcumin Feverfew Fish oil Garlic Ginger Ginkgo Ginseng Mushrooms Resveratrol Vitamin E</p> | |

NOTE: This worksheet presents both known (well documented) and hypothetical interactions. It is not a complete list of possible interactions, including only supplements frequently used by our clients. Many interactions are dependent upon dosing and timing. During our consultation, we'll help you identify concerns relevant for your situation. Find out which nutrients your medicines deplete online [HERE](#).