



## Common Over-The-Counter Natural Medications

\*\*A key reminder is that any OTC product can interact with your prescription medications and it's important to notify your pharmacist or doctor that you are using certain products.\*\*

### **Vitamins and Minerals**

Name	Use	Common Dose	Risks
Vitamin D3 ( <i>Cholecalciferol</i> )	Bone health	800-1000 units daily	Interacts with some heart rate controlling medications like diltiazem and verapamil.
Calcium	Bone health	600mg, twice daily	Best taken with acidic juice or vitamin C for acidity. Must be taken in divided doses. Can bind and inactivate certain antibiotics if not separated by 1-2 hours.
Melatonin	Insomnia	8mg nightly	Careful for additive sedation if taking with other sleep medications.
Zinc	Immune system support, diarrhea	10mg daily	Can bind and inactivate some antibiotics if not separated by 1-2 hours.

Name	Use	Common Dose	Risks
Magnesium	Cramps, constipation	320-420mg daily	Will decrease carbidopa/levodopa dose if taken together. Can cause diarrhea if a large amount is taken in a short time. Can also interact with certain heart medications that control heart rate.
Vitamin C ( <i>Ascorbic Acid</i> )	Immune system support	90mg daily	Can decrease the effectiveness of certain blood thinners.
Fish Oil* (Omega-3's)	High triglycerides	6 grams, daily	"Fishy burp" can be minimized if taken before meals.
Vitamin B-1* ( <i>Thiamine</i> )	Deficiency, memory support (Korsakoff's)	Supplement dose = 1.2 - 50mg daily	Need to supplement for patients undergoing dialysis and liver cirrhosis.
Vitamin B-3* ( <i>Niacin</i> )	High cholesterol	Supplement dose = 16mg daily	Flushing is a common side effect that can be reduced if taken with meals or if taken after aspirin.
Vitamin B-6 ( <i>Pyridoxine</i> )	Nausea, motion sickness	1.6mg daily	Can lower the amount absorbed of anti-seizure medications.
Vitamin B-7 ( <i>Biotin</i> )	Hair and nail strength	30-2,500 mcg daily	
Vitamin B-9* ( <i>Folic Acid</i> )	Methotrexate toxicity	Supplement dose = 400 mcg daily	Best taken on an empty stomach. Interacts with anti-seizure and some cancer/rheumatoid medications.
Vitamin B-12* ( <i>Cyanocobalamin</i> )	Anemia, canker sore relief	Supplement dose = 2.4 mcg daily	Can be taken orally or injectable (Rx-only).

## **Herbals**

<b>Name</b>	<b>Use</b>	<b>Common Dose</b>	<b>Risks</b>
Ginseng** (Panax)	Immune system support, fatigue	3-9 grams daily	Can increase risk of irregular heartbeat if you already have that condition.
Ginkgo Biloba	Memory support	60-240mg daily	Possibly interacts with blood thinners, mood medicine, antiarrhythmics, antidiabetics
Garlic	Diabetes, hypertension, high cholesterol, metabolic syndrome	2.4 grams daily	Possibly interacts with blood thinners, mood medicine, antiarrhythmics, antidiabetics
Apple Cider Vinegar	Diabetes	No specified dose but make sure it's about 4-8% acidity	Can be irritating to skin if used topically but there is no true established dosing of this product.
Saw Palmetto	Enlarged prostate	320-960mg daily	Increases bleeding risk and could reduce effects of estrogen treatments.
Black Cohosh	Menopausal symptoms	40-128mg daily	Interacts with statins, increases possible liver toxicity
Turmeric (Curcumin)	Arthritis pain, joint and muscle pain	1.5 grams daily	Similarly damaging to kidneys as ibuprofen can be.
Licorice Root	Eczema, skin inflammation	100-990mg in divided doses daily	Could lower effectiveness of blood thinners, interacts with oral steroids

Name	Use	Common Dose	Risks
St. John's Wort	Depression	200-1,800mg daily	Interacts with mood medications and lowers effectiveness of blood thinners
Ashwagandha	Anxiety, stress, insomnia	Maximum of 1 gram daily	Interacts with antidiabetics and mood medications
Cannabidiol* (CBD)	Anxiety, stress, pain, insomnia	Supplement dose = 200-600mg daily	Theoretically could interact with anti-seizure medicine
Valerian	Insomnia, stress, anxiety	300-600mg daily	
Elderberry	Immune system support	500-1200mg daily	

Questions? Contact us at Elkhorn Pharmacy!



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