

NUTRACEUTICAL THERAPY

<u>NUTRIENT</u>	<u>INDICATIONS</u>	<u>ACTIONS</u>	<u>SIDE EFFECTS</u>	<u>INTERACTIONS</u>
<u>astragalus</u> astragalus membranaceus milk vetch root 2-4ml tincture/d	HTN BPH Allergic rhinitis	stimulate phagocytosis, interferon	- unclear	chemotherapy
<u>chondroitin</u> 1200mg/day	osteoarthritis	inhibits breakdown of cartilage	gastrointestinal	- unclear
<u>coenzyme Q 10</u> ubiquinone 30-150mg/day	hypertension cardiomyopathy heart failure exercise tolerance in CAD	antioxidant	stomach upset diarrhea rash thrombocytopenia	Coumadin
<u>dong quai</u> angelica sinensis 3015gm tea	ischemic stroke menopause HTN, anemia "heart+lungs"	alters estradiol binding numerous others	bleeding photosensitivity	hemostasis dx Coumadin
<u>echinacea</u> purple cornflower 900mg/day	alleviate URI symptoms	immuno- stimulant enhance phagocytosis	stomach upset headache dizziness tiredness	- unclear caution in auto- immune disorder
<u>garlic</u> allium sativum 600-900mg/day	hypercholesteremia hypertension atherosclerosis	antioxidant antiplatelet fibrinolytic, antibacterial	bleeding	aspirin, NSAIDs Coumadin
<u>gingko</u> gingko biloba 120-240mg/day	dementia peripheral occlusion cough, asthma HTN, hyperlipidemia CAD, tinnitus, vertigo	increase acetylcholine inhibit PAF	stomach upset headache anxiety bleeding rash	aspirin. NSAIDs Coumadin
<u>ginseng</u> panax ginseng (asian) quinquefolius (american) eleutherococcus senticosus (siberian) 200mg/day	improved physical + mental perform enhanced immunity nausea, diarrhea respiratory sx HTN, DM, male impotence	"extensive" replenishes "Qi"	insomnia hypertension nervousness breast pain bleeding diarrhea rash hypoglycemia	Coumadin phenelzine

NUTRACEUTICAL THERAPY (con't)

NUTRIENT	INDICATIONS	ACTIONS	SIDE EFFECTS	INTERACTIONS
<u>glucosamine</u> 1500mg/day	osteoarthritis joint pain	element of cartilage	N+V, diarrhea	- none
<u>goldenseal</u> hydrastis canadensis	mouth ulcers UTI,	antibacterial amoebicidal	- unclear	- unclear
<u>grapeseed</u> proanthocyanidins 50mg/day	atherosclerosis hepatoprotective macular degen.	antioxidant	nausea vomiting	- unclear
<u>huperzine A</u> huperzia serrata 50-200mcg bid	colds, fever, inflammation, pain dementia myasthenia gravis	acetylcholin- esterase inhibitor	G.I (N,V,diarrhea) sick sinus syn bradycardia	acetylcholine anticholinergics
<u>kava kava</u> piper methysticum 300mg/day for	anxiety *no more than 3 mo	enhance GABA, NE reuptake	skin reactions stomach upset	Parkinsons schizophrenia alcohol
<u>ma huang</u> ephedra 12.5-25mg	asthma, HA decongestant edema, arthritis weight loss	alpha + beta adrenergic stimulation	anxiety, HA insomnia, HTN urinary retention myocarditis	HTN,angina,CVA digoxin
<u>saw palmetto</u> serenoa repens 320mg/day	BPH	inhibits DHT binding, antagonism	stomach upset	- none
<u>st. john's wort</u> hypericum perforatum 500-900mg/day	depression	inhibits NE, serotonin, dopamine	stomach upset headache confusion mania	Coumadin cyclosporin indinivir Estradiol
<u>stinging nettle</u> urtica dioica 4-6g/day	BPH allergic rhinitis	decrease aromatase, testosterone increase cytokines	- unclear	- unclear