



Medication Management

Thinking of Herbals?

Be Cautious Before Taking

Herbal products and supplements are made from plants to prevent and treat diseases and ailments or to promote health and healing.

Some of the more popular herbals are:

- Echinacea
- Ginseng
- Ginkgo Biloba
- Kava
- Saw Palmetto
- St. John's Wart



Herbal products can also affect the way the body processes drugs. Even though they may be advertised as “natural”, talk to your doctor before taking herbal products if you have any of the following health problems:

- ◆ Blood clotting problems
- ◆ Cancer
- ◆ Diabetes
- ◆ An enlarged prostate gland.

Always read the herbal product instructions before using.

The best medicine is to educate yourself and to ask your health professional about the medications and supplements you are taking.



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