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# The Essential Herb-Drug-Vitamin Interaction Guide: The Safe Way to Use Medications and Supplements Together

*George T. Grossberg M.D., Barry Fox*

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**IF YOU DON'T KNOW THE POSSIBLE SIDE EFFECTS OF MIXING HERBS, DRUGS, AND VITAMINS, YOU'RE PUTTING YOURSELF AT RISK.**

Did you know that . . .

Using echinacea to ward off a cold while you're taking Tylenol can severely damage your liver?
Mixing kava kava and alcohol can be toxic?
If you're diabetic and you take Panax ginseng, you can dangerously lower your blood sugar levels?
Drinking green tea can lead to false-positive results for some forms of cancer?
Taking St. John's wort while you're on birth control, prescription antidepressants, or certain heart medications can be deadly?

These are just a few of the warnings you need to know. If you're one of the 60 million herb, vitamin, and supplement users in America, you need to know how to use herbs and supplements safely and effectively. *The Essential Herb-Drug-Vitamin Interaction Guide* profiles 300 supplements and gives vital information regarding potentially dangerous interactions, possible side effects, and typical dosages.

Written by a leading authority in the field and a veteran health writer, *The Essential Herb-Drug-Vitamin Interaction Guide* is organized alphabetically by herb, with an index of medications at the end of the book so you can instantly locate the information you need, Comprehensive, thoroughly researched, and easy to use, this is one health guide you can't afford to be without.

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