

# Safety Information

## BROMELAIN:

### Drug interactions

Amoxicillin, Erythromycin, Penicillamine, Penicillin, Warfarin

**Possible side effects:** May improve digestion, decrease scar tissue formation.

## GINGER:

### Herb/drug interactions:

Consult your doctor if taking antacids, antireflux medications, proton pump inhibitors, beta blockers, digoxin, or other heart medications. May increase effects of antibiotics, especially aminoglycosides.

**Possible side effects:** May increase bleeding risk. May kill intestinal parasites, reverse arthritis, remove atherosclerotic plaque from blood vessels, decrease menstrual cramps, stop diarrhea, improve mood, reduce nausea, kill fungal, viral and bacterial infections, protect cells, decrease coughing, improve digestion, lower blood pressure, reduce intestinal gas, improve energy levels, assist in healing cataracts, heart disease, migraines, strokes, chronic fatigue, dizziness, erectile dysfunction.

## GREEN TEA:

May enhance fertility

**OMEGA 3S:** Up to 3 g/day generally recognized as safe. Patients on warfarin or other blood thinners should limit to less than 5 g/day. Not recommended for infants or young children. May lower blood pressure in hypotensive individuals.

**Possible side effects:** May depress immune system. May prevent or improve cardiovascular disease, coronary heart disease, atherosclerosis, heart attack, stroke, diabetes, prostate cancer, depression, menopausal symptoms, pre-menstrual syndrome, inflammatory bowel disease, rheumatoid arthritis, Raynaud's disease, chronic obstructive pulmonary disease. May lower triglyceride levels. May improve blood circulation to sexual organs.

## RED ROOT

Avoid in pregnancy. Avoid if taking blood coagulants or anti-coagulants

**Possible side effects:** May decrease inflammation. May increase production of lymphocytes.

## TURMERIC

Avoid large doses in pregnancy

**Possible side effects:** May improve adrenal function. May increase liver function. May decrease infections.

<b>Herb/Supp.</b>	Dr. Smith's Anti – inflammatory extract (turmeric, red root, green tea, ginger)	Omega 3 fatty acids (fish oil)	Bromelain	Ice
<b>Dose &amp; Duration</b>	½ – 1 tsp 2-4 times per day	2-7 g/ d <b>DHA/EPA</b>	1.5 - 3g/d	Applied 20 minutes every hour
<b>Special Instructions</b>	May be mixed with juice for taste	Broken into smaller doses with meals	Broken into smaller doses between meals	
<b>Indications</b>	Inhibits COX 2 enzymes. Lymphatic, Swelling, analgesic	Inhibits leukotrienes and prostaglandin	Inflammation, fibrinolytic	Analgesic, reduces inflammation & Swelling
<b>Diet</b>	Gentle Phase of Cleanse	Eliminate processed foods, chemicals.	Eliminate Sugar, Dairy, Flour, Stress	Increase organic, wild, free range whole food, Esp.: wild fish, veggies

\* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.