

Popular Herbs	AVOID with cancer medicines* listed	May interact with cancer medicines
Garlic	AVOID: Decarbazine	CAUTION: Other chemotherapy drugs
Ginkgo	AVOID: Alkylating Agents; Antitumor Antibiotics; Platinum Analogues	CAUTION: Camptothecins, Taxanes, Cyclophosphamide, EGFR-TK inhibitors, Epipodophyllotoxins, & Vinca Alkaloids; research is not certain
Echinacea	AVOID: Camptothecins; Taxanes; Cyclophosphamide; EGFR-TK inhibitors; Epipodophyllotoxins; Vinca Alkaloids	None reported yet
Soy Supplements**	AVOID: Tamoxifen; Women with estrogen positive breast cancer or endometrial cancer	None reported yet
Ginseng	AVOID: Women with estrogen positive breast cancer or endometrial cancer	CAUTION: Camptothecins, Taxanes, Cyclophosphamide, EGFR-TK inhibitors, Epipodophyllotoxins, & Vinca Alkaloids; research is not certain
St. John's Wort	AVOID: ALL chemotherapy; interacts with many medicines	AVOID: ALL chemotherapy
Valerian	None reported yet.	CAUTION: Tamoxifen, Cyclophosphamide & Teniposide; research is not certain
Kava	AVOID: Liver disease, or with cancer drugs that may be toxic to the liver	CAUTION: Camptothecins, Taxanes, Cyclophosphamide, EGFR-TK inhibitors, Epipodophyllotoxins, & Vinca Alkaloids; research is not certain
Grape Seed	None reported yet.	CAUTION: Camptothecins, Taxanes, Cyclophosphamide, EGFR-TK inhibitors, Epipodophyllotoxins, Vinca Alkaloids, Alkylating Agents, Anti-tumor Antibiotics & Platinum Analogues; research is not certain

ALSO: Some multivitamins may also include these items. The ones I am currently aware of are:

*Walgreens Woman's Way 50 Plus
One A Day ACTIVE*

*Walgreens Ultra Choice (all varieties)
Centrum Performance*

**Refers to soy supplements, not whole soy foods.

NOTE: This is only a partial listing of herbs

Megan Waltz-Hill, MS, RD, Clinical Nutritionist