

GUIDE TO FOOD AND DRUG INCOMPATIBILITY

DRUG / HERB	AVOID / MODERATE
ACE Inhibitors	Potassium-containing salt substitutes
Ampicillin	Carbonated beverages, acidic juices
Aspirin	Feverfew, ginkgo, green tea
Barbiturates	Valerian
Calcium-channel blockers	Grapefruit juice
Cloxacillin	Carbonated beverages, acidic juices
Cyclosporine	Grapefruit juice, potassium-containing salt substitutes
Digoxin	High-fiber foods and meals
Enteric-coated Pills	Excess milk, hot beverages, alcohol
Fluoroquinolones	High in calcium, iron, or zinc (dairy / red meat)
Hemorrhoid Medications	Saw palmetto
Indomethacin	Potassium-containing salt substitute
Isoniazid	High-carb foods
Levodopa	Excess protein
Lithium	Significant increase/decrease in sodium intake
MAO Inhibitors	Foods containing tyramine
Methyldopa	Excess protein
NSAIDS	Asian ginseng, ginkgo
Penicillin G	Carbonated beverages, acidic juices
Phenytoin	Excess protein
Potassium-sparing diuretics	Potassium-containing salt substitutes
Statin Drugs	Grapefruit and grapefruit juice
Tetracycline	Iron-rich food or supplements, calcium
Theophylline	Excess protein
Warfarin (Coumadin)	Vitamin K-rich foods and supplements, Asian ginseng, feverfew, garlic, ginger, ginkgo, St. John's wort, green tea
Zidovudine	Excess fat