

FOOD AND DRUG INTERACTIONS

Certain foods and medications have been found to interact and may alter the intended purpose of the drug. The information contained in this pamphlet is a general guide describing the most common food-drug interactions. The pamphlet does not include all drugs and it is not a recommendation that any listed drug be used. Prior to use, read all drug labels and accompanying directions. At all times, follow the advice of your physician or other health care professional for specific instructions on the use of any medications prescribed for you.

The Department of
Pharmacy and Clinical Services
and
The Department of
Nutrition and Food Management

CLASS	TRADE NAME	GENERIC NAME	FOODS THAT MAY INTERACT WITH DRUGS	COMMENTS AND/OR ADVICE
Allergy Medications	Zyrtec	Cetirizine	Avoid alcoholic beverages and cough formulas that contain alcohol	Take without regard to meals
	Atarax	Hydroxyzine		Take with food
	Phenegan	Promethazine	Do not take with apple, orange or grapefruit/grapefruit juice	Take without regard to meals
	Allegra	Fexofenadine		Take without regard to meals
Antacids	Claritin	Loratadine	-----	Take without regard to meals
	Amphojel	Aluminum hydroxide	Take separately from citrus fruit/juice	Take 1 hour after meals
	Mylanta Maalox	Aluminum and magnesium hydroxide		
	Tums	Calcium Carbonate	Separate from iron, zinc and fluoride supplements by 1-2 hours	Take 1 to 3 hours after meals
Antibiotics	Milk of Magnesia	Magnesium hydroxide (MOM)	Separate from iron supplements by at least 2 hours	Take each dose with water or citrus juice to improve taste
	Amoxil	Amoxicillin	-----	Take without regard to meals
	Augmentin	Amoxicillin/Clavulanic acid	-----	Take at the start of a meal to decrease stomach upset
	Dycill	Dicloxacillin	-----	Take on an empty stomach, one hour before or 2 hours after meals
	Veetids	Penicillin V Potassium		Take with food or milk but not with minerals
	Vibramycin Minocin	Doxycycline Minocycline	Avoid St. John's Wort. Separate from calcium, magnesium, iron, zinc, multivitamins and antacids by at least 3 hours	Take with a full glass of water 1 hour before or 2 hours after a meal
	Achromycin-V	Tetracycline		Take with meals
	Ceclor Cefin Vantin	Cefaclor Cefuroxime Cefpodoxime	Take separately from calcium and magnesium supplements and antacids	Take without regard to meals
	Omnicef	Cefdinir	Take 2 hours before or 2 hours after antacids, magnesium and iron supplements	Take without regard to meals
	Keflex Cefzil	Cephalexin Cefprozil	-----	Take without regard to meals
	Cleocin	Clindamycin	-----	Take with food and a full glass of water
	Bactrim	Trimethoprim + Sulfamethoxazole	Avoid St. John's Wort, alcoholic beverages and cough formulas that contain alcohol	Take with food and a full glass of water
	Zithromax	Azithromycin	Do not take with antacids or aluminum or magnesium supplements	Take without regard to meals
	Biaxin	Clarithromycin	Caution with alcohol	Take with food
	E-mycin	Erythromycin	Caution with alcohol and St. John's Wort	-----
	Flagyl	Metronidazole	Avoid alcoholic beverages and cough formulas that contain alcohol from the beginning of therapy up to 3 days after the end of therapy	Take with food to decrease stomach upset
	Cipro	Ciprofloxacin	Do not take with dairy products	Take at least 4 hours before or 8 hours after antacids, magnesium, calcium, iron, or zinc supplements
	Tequin Factive Levaquin Avelox Floxin	Gatifloxacin Gemifloxacin Levofloxacin Moxifloxacin Ofloxacin	Avoid St. John's Wort	Take without regard to meals
	Zyvox	Linezolid		

CLASS	TRADE NAME	GENERIC NAME	FOODS THAT MAY INTERACT WITH DRUGS	COMMENTS AND/OR ADVICE
Antidepressant Medications	Elavil	Amitriptyline	Limit caffeine (Table IV), avoid St. John's Wort. No grapefruit/grapefruit juice with clomipramine	Take with food to decrease stomach upset
	Anafranil Tofranil Pamelor	Clomipramine Imipramine Nortriptyline		Take without regard to meals
	Celexa Lexapro Prozac Luvox Paxil Zoloft	Citalopram Escitalopram Fluoxetine Fluvoxamine Paroxetine Sertraline	Avoid tryptophan supplements and St. John's Wort	Take without regard to meals
	Desyrel	Trazodone	Avoid alcoholic beverages and cough formulas that contain alcohol. Avoid St. John's Wort	Take with food to decrease stomach upset
Antifungal Medications	Nardil Parnate	Phenelzine Tranylcypromine	Precaution with alcohol See Table (V)	Avoid tyramine containing foods (Table I)
	Diffucan Nizoral Sporanox	Fluconazole Ketoconazole Itraconazole	-----	Take with food if stomach upset occurs
	Lamisil	Terbinafine	Caution with alcohol and cough preparations that contain alcohol	-----
	Vfend	Voriconazole	-----	Take 1 hour before or 1 hour after food
Antipsychotic	Abilify	Aripiprazole	Avoid alcoholic beverages and cough formulas that contain alcohol	Take without regard to meals
	Clozaril	Clozapine	Limit caffeine intake to less than 400 mg (Table IV)	Take without regard to meals
	Haldol	Haloperidol	Avoid alcoholic beverages and cough formulas that contain alcohol	Take with food or milk to decrease stomach upset
	Zyprexa	Olanzapine	Take without regard to meals	Take without regard to meals
	Seroquel	Quetiapine	Avoid alcoholic beverages and cough formulas that contain alcohol. Caution with grapefruit/grapefruit juice	Take without regard to meals
	Risperdal	Risperidone	Avoid alcoholic beverages and cough formulas that contain alcohol	Take without regard to meals
	Geodon	Ziprasidone	Avoid alcoholic beverages and cough formulas that contain alcohol. Avoid St. John's Wort	Take with food
	Fuzeon	Enfuvirtide	-----	-----
	Rescriptor Viramune	Delavirdine Nevirapine	Caution with St. John's Wort	Take without regard to meals
Antiretroviral/ Nucleoside Reverse Transcriptase Inhibitors	Sustive	Efavirenz		-----
	Hivid	Zalcitabine	Avoid alcohol and cough formulas that contain alcohol	If possible, take on an empty stomach
	Ziagen Videx Epivir Zerit Retrovir	Abacavir Didanosine Lamivudine Stavudine Zidovudine		Take without regard to meals
	Emtriva	Emtricitabine		-----
	Viread	Tenofovir	-----	-----

CLASS	TRADE NAME	GENERIC NAME	FOODS THAT MAY INTERACT WITH DRUGS	COMMENTS AND/OR ADVICE
Antiretroviral/ Protease Inhibitors	Agenerase	Amprenavir	Avoid St. John's Wort and Vitamin E	Take without regard to food but not with a high fat meal
	Reyataz	Atazanavir	Avoid St. John's Wort	-----
	Lexiva	Fosamprenavir		-----
	Crixivan	Indinavir		Take 1 hour before or 2 hours after a meal with water
	Viracept	Nelfinavir		Take with food
	Norvir	Ritonavir		Take with food
	Invirase	Saquinavir		Take within 2 hours of a high fat and high caloric meal
Antiviral Medications	Zovirax	Acyclovir	-----	Take with food and a full glass of water
	Cytovene	Ganciclovir		
	Valtrex	Valacyclovir		
	Valcyte	Valganciclovir	-----	Take without regard to meals
	Famvir	Famciclovir		
Arthritis Medications	Celebrex	Celecoxib	-----	Take without regard to meals
	Bextra	Valdecoxib	-----	Take without regard to meals
Asthma Medications	Ventolin	Albuterol	Limit caffeine/xanthine (Table IV)	Take with food if stomach upset occurs
	Tornalate	Bitolterol		
	Maxair	Pirbuterol	-----	Do not use the inhaler if allergic to soy or peanut
	Brethair	Terbutaline		
	Atrovent	Ipratropium		
	Singulair	Montelukast	Caution with grapefruit/grapefruit juice	Take in the evening
	Accolate	Zafirlukast	-----	Take 1 hour before or 2 hours after food
	Zyflo	Zileuton	-----	Follow package insert about taking with food
	Theodur	Theophylline	Limit caffeine containing products (Table IV)	Follow package insert about taking with food
Blood Thinners	Coumadin	Warfarin	Avoid foods that are high in vitamin K (Table VIII), alcoholic beverages and cough formulas that contain alcohol and St. John's Wort	-----
Cardiac Medications	Atacand	Candesartan	Avoid natural licorice. Caution with potassium-containing foods and supplements (Table X)	Take without regard to meals
	Avapro	Irbesartan		
	Cozaar	Losartan		
	Micardis	Telmisartan	Avoid grapefruit/grapefruit juice	Take consistently with or without food
	Diovan	Valsartan		
	Cordarone	Amiodarone		
	Lotensin	Benazepril	Avoid natural licorice. Caution with potassium-containing foods and supplements (Table X). Limit the use of alcohol	-----
	Capoten	Captopril		
	Vasotec	Enalapril		
	Monopril	Fosinopril		
	Prinivil	Lisinopril		
	Univasc	Meoxipril		
	Aceon	Perindopril		
	Accupril	Quinapril	Avoid St. John's Wort, natural licorice. Separate from magnesium and antacids by at least 2 hours	-----
	Altace	Ramipril		
	Mavik	Trandolapril	Limit alcohol intake. Avoid natural licorice	Take with food or milk to decrease stomach upset
	Lanoxin	Digoxin		
	Lasix	Furosemide	Limit alcohol intake. Avoid natural licorice	Take with food or milk to decrease stomach upset

CLASS	TRADE NAME	GENERIC NAME	FOODS THAT MAY INTERACT WITH DRUGS	COMMENTS AND/OR ADVICE
Cardiac Medications (cont'd)	Tikosyn	Dofetilide	Caution with grapefruit/grapefruit juice	Take without regard to meals
	Nitrostat	Nitroglycerin	Avoid alcoholic beverages and cough formulas that contain alcohol	Take on an empty stomach, 1 hour before or 2 hours after meals
	Adalat	Nifedipine	Avoid St. John's Wort and natural licorice. Caution with grapefruit/grapefruit juice	Swallow tablet whole, do not crush, chew, or divide
	Adalat CC	Procordia XL	Avoid grapefruit/grapefruit juice. Caution with potassium-containing foods and supplements (Table X)	Take on an empty stomach unless stomach upset, then take with food or milk
	Procordia XL			
	Quinidex	Quinidine	Avoid natural licorice	Do not crush, chew or divide
	Lopressor	Metoprolol	Avoid natural licorice	Take with food
	Inderal	Propranolol	Avoid natural licorice. Avoid alcoholic beverages and cough formulas that contain alcohol	Take consistently with or without food
	Betapace	Sotalol	Avoid potassium containing foods (Table X)	Take with food to decrease stomach upset
Diabetes Medications	Aldactone	Spironolactone	Avoid potassium containing foods (Table X)	Take with food to decrease stomach upset
	Diabinese	Chlorpropamide	Avoid alcoholic beverages and cough formulas that contain alcohol	Take glimepiride, glyburide and Glucotrol XL with the first morning meal. Take Glucotrol 30 minutes before the first meal of the day
	Amaryl	Glimepiride		
	Diabeta/Micronase	Glyburide		
	Glucotrol/XL	Glipizide	-----	Take with food if stomach upset occurs
	Glucophage	Metformin		
	Actos	Pioglitazone		
	Avandia	Rosiglitazone	-----	Take without regard to meals
	Starlix	Nateglinide	-----	Take 15-30 minutes before meals. If meal is skipped, skip a dose
	Prandin	Repaglinide	-----	Take with the first bite of each meal
Hormonal Medications	Precose	Acarbose	-----	Take at the same time each day with food
	Glyset	Miglitol	-----	
	Premarin	Estrogen	-----	
	"The Pill"	Oral Contraceptives	-----	Take without regard to meals
	Provera	Medroxyprogesterone	-----	

Immunosuppressant Medications	Neoral	Cyclosporine	Avoid grapefruit/grapefruit juice (Table VII)	Take with orange juice
	Sandimmune		Avoid potassium supplements (Table X)	Take consistently with or without food
	Prograf	Tacrolimus	Avoid St. John's Wort	Take consistently with or without food
Lipid Lowering Medications	Lipitor	Atrovastatin	Avoid grapefruit/grapefruit juice and St. John's Wort	Take atorvastatin and rosuvastatin any time during the day. Take all others at bedtime
	Lescol	Fluvastatin		
	Mevacor	Lovastatin		
	Pravachol	Pravastatin	-----	Take with meals
	Crestor	Rosuvastatin		
	Zocor	Simvastatin		
	Welchol	Colsevelam	-----	Take without regard to meals
	Zetia	Ezetimibe	-----	Take with food or milk, Swallow whole, not with hot water
	Niacor	Niacin	-----	Take with meals
	Tricor	Fenofibrate	-----	Take 30 minutes before meals
	Lopid	Gemfibrozil	-----	Take 30 minutes before meals

CLASS	TRADE NAME	GENERIC NAME	FOODS THAT MAY INTERACT WITH DRUGS	COMMENTS AND/OR ADVICE
Male Impotence Medications	Viagra Cialis Levitra	Sildenafil Tadalafil Vardenafil	Avoid grapefruit/ grapefruit juice	Avoid concomitant use with nitrate drugs: Imdur, Isordil, Nitro-Bid, Minitran
Migraine Medications	Axert Relpax Amerge Maxalt Imitrex Zomig	Almotriptan Eletriptan Naratriptan Rizatriptan Sumatriptan Zolmitriptan	Avoid St. John's Wort, and alcoholic beverages and cough formulas that contain alcohol. Caution with grapefruit/ grapefruit juice	Swallow tablet whole. Take without regard to meals
Mood Stabilizers	Lithobid	Lithium	Limit caffeine/xanthine (Table IV). Avoid iodine supplements	Take with meals to decrease stomach upset
Nausea and Vomiting Medications	Reglan	Metoclopramide	Avoid alcoholic beverages and cough formulas that contain alcohol	Take 30 minutes before meals
Obesity Medications	Meridia	Sibutramine	Avoid St. John's Wort and tryptophan	Take once a day without regard for meals
	Xenical	Orlistat	-----	Take 1 hour after or with meals containing fat
Osteoporosis Medications	Evista	Raloxifene	-----	Take without regard to meals
	Fosamax Actonel	Alendronate Residronate	-----	Take with water only at least 30 minutes before food. Do not lie down for at least 30 minutes afterwards
Pain Medications	Tylenol	Acetaminophen	Avoid alcohol or limit to less than 2 drinks per day	Take without regard to meals
	Aspirin/Ecotrin Motrin Indocin Feldene Naprosyn	Acetylsalicylic acid Ibuprofen Indomethacin Piroxicam Naproxen	Limit the use of alcohol	Take with food to decrease stomach upset
Parkinson Medications	Symmetrel	Amantadine	-----	Take at least 4 hours before sleep to prevent insomnia
	Sinemet	Levodopa/Carbidopa	Avoid foods high in vitamin B ₆ (Table II)	Take with low protein foods or juice if stomach upset occurs
	Permax Requip	Pergolide Ropiriniol	-----	Take with food if nausea occurs
	Mirapex	Pramipexole	Caution with quinine	Take with food if nausea occurs
	Comtan Tasmar	Entacapone Tolcapone	Separate from iron supplementation by at least 2 hours	Take with levodopa/carbidopa.
Phosphate Binders	PhosLo TUMS	Calcium Acetate Calcium Carbonate	Avoid calcium supplements or antacids. Take iron supplements separately	Take within 30 minutes of meals
	Renagel	Sevelamer	-----	Take with each meal. Swallow whole, do not crush, chew or divide
Prostate Medications	Proscar	Finasteride	-----	Take without regard to meals
	Cardura Hytrin	Doxazosin Terazosin	Avoid natural licorice, alcoholic beverages and cough formulas that contain alcohol	Take first dose at night to prevent lightheadedness
	Flomax	Tamsulosin	Caution with grapefruit/ grapefruit juice	Take 30 minutes after the same meal each day. Swallow whole, do not crush, chew or divide

CLASS	TRADE NAME	GENERIC NAME	FOODS THAT MAY INTERACT WITH DRUGS	COMMENTS AND/OR ADVICE
Sedatives	Xanax Librium Valium Dalmane Ativan Versed Restoril	Alpazolam Chlordiazepoxide Diazepam Flurazepam Lorazepam Midazolam Temazepam	Avoid alcoholic beverages and cough formulas that contain alcohol. Caution with grapefruit/grapefruit juice. Avoid St. John's Wort	Take with food to decrease stomach upset
	Ambien	Zolpidem	Avoid alcoholic beverages and cough formulas that contain alcohol.	Take with food to decrease stomach upset
Seizure Medications	Tegretol	Carbamazepine	Caution with grapefruit/ grapefruit juice. Avoid quinine	Take with food or milk if stomach upset occurs
	Phenobarbital	Phenobarbital	Avoid foods that cause urine to become acidic (Table XI)	-----
	Dilantin	Phenytoin	Separate from calcium, magnesium supplements and antacids by 2 hours	Take consistently with or without food
Steroids	Decadron Cortef Medrol Deltasone Aristocort	Dexamethasone Hydrocortisone Methylprednisolone Prednisone Triamcinolone	Caution with grapefruit/ grapefruit juice. Avoid alcoholic beverages and cough formulas that contain alcohol	Take with food to avoid stomach upset
Thyroid Medications	Synthroid	Levothyroxine	-----	Take on an empty stomach at the same time each day
	Tapazole	Methimazole	-----	Take with meals at the same time each day
	Propyl-Thyracil	Propylthiouracil	-----	Take on an empty stomach at the same time each day
Ulcer Medications	Tagamet Pepcid Aid Zantac	Cimetidine Famotidine Nizatidine Ranitidine	Limit caffeine intake (Table IV). Separate from magnesium supplements and antacids by at least 2 hours	Take at least 1 hour after iron supplements
	Nexium Prevacid Prilosec Protonix Aciphex	Esomeprazole Lansoprazole Omeprazole Pantoprazole Rabeprazole	-----	Take 30-60 minutes before a meal. Swallow whole, do not crush, chew or divide
	Carafate	Sucralfate	Separate from calcium, magnesium and antacids by at least 30 minutes	Take with water on an empty stomach
Vertigo Medications	Antivert	Meclizine	Avoid alcoholic beverages and cough formulas that contain alcohol	-----

References:

Pronsky ZM. Food medication interactions, 13th edition. Birchrunville, PA. 2004
Pronsky ZM. HIV medications and food interactions, 2nd edition. Birchrunville, PA. 2001
Lacy CF, Armstrong LL, Goldman MP, Lance LL. Drug information handbook, 11th edition. Hudson, Ohio. 2003

TABLE I

Foods relatively high in the biologically active amine: **Tyramine** and other pressor agents (dopamine, phenylethylamine, histamine), raise blood pressure when taken with MAO inhibitors such as **NARDIL®**, **PARNATE®** or St. John's Wort. The following is a list of some foods that contain tyramine. **DO NOT EAT:**

Beverages:	Red wines including chianti, sherry, champagne; beer (non-alcoholic also), caffeinated beverages (see Caffeine table) in large amounts.
Cheeses:	Aged cheeses; American; camembert; cheddar; gouda; gruyere; mozzarella; parmesan; provolone; romano; roquefort. Unfermented cheese such as ricotta, cottage, and cream cheese are allowed.
Fruits:	Avocado & figs (particularly if over ripe), banana if eaten in large amounts, raisins
Vegetables:	Fava beans, Italian broad beans; sauerkraut; kim chee; snow peas; fermented pickles and olives; fermented bean curd
Meats & Fish:	Aged meats such as bologna, salami, mortadella, air dried sausage, meat extracts, shrimp paste, smoked or pickled fish
Other:	Brewer's yeast (products made with baker's yeast allowed); all aged and fermented products; soy sauce; cheese filled breads, crackers and desserts; salad dressings containing cheese; Miso soup and soups made with protein extracts; all casseroles made with cheese including pizza, yogurt. Avoid liquid and powdered protein dietary supplements.

Also any spoiled or improperly refrigerated, handled or stored protein rich foods such as meats, dairy and fish or foods aged to improve flavor should be avoided.

U.S. Food and Drug Administration, National Consumers League 1998
www.cfsan.fda.gov/

TABLE II

Foods containing Vitamin B-6 (Pyridoxine): Here are some foods that are significant sources of Vitamin B-6 in milligrams along with typical serving size:

Baked potato	1 whole	0.62	Pork Chop	broiled	3 oz.	0.35
Banana	1 whole	0.45	Salmon	broiled	3 oz.	0.18
Beef liver	fried	3 oz.	0.87	Sirloin steak	3 oz.	0.38
Cauliflower	cooked	1 cup	0.15	Soybeans	cooked	1 cup
Chicken breast	roasted	1/2 breast	0.51	Spinach	cooked	1 cup
Dry yeast	1 pkg	0.1		Sweet potato	baked with peel	1
Fortified Cereals check label for serving size/B6				Tuna	baked	3 oz.
Ground Beef lean	broiled	3 oz.	0.32	Turnip greens	cooked	1 cup
Lentils	cooked from dry	1 cup	0.35	Turkey		3 oz.
Malted milk	natural flavor	1 cup	0.86	Turkey giblet		1/2 cup
Molasses	blackstrap	2 TBS	0.28	Walnut Black, English		1 cup
Navy beans	cooked	1 cup	0.29			0.69

USDA National Nutrient Data Base for Standard Reference, Release 16-1

TABLE III

Foods that often cause the urine to become basic (urinary alkalinizers):

Almonds	Chestnuts	Fruits (except cranberries,
Cream	Milk	plums, and prunes)
Buttermilk	Coconut	

TABLE IV

Foods that contain Caffeine: The following table lists foods and beverages with the average caffeine content in milligrams. The range for each category is also listed. Please note the serving sizes. When purchasing beverages from coffee shops, fast food places, etc. the servings may be 12 oz., 16 oz. or even larger.

Beverage/Food	Average	Range	Beverage/Food	Average	Range
Cocoa Beverage 5 oz. cup	4		Milk Chocolate Candy 1 oz.	6	1-15
Chocolate Milk 8 oz. cup	5		Dark Chocolate 1 oz.	20	5-35
Soft Drinks (12 oz. can)			Coffee 5 oz. cup		
Dr. Pepper		40	Brewed Drip	130	110-150
Colas and Cherry Cola:			Instant	74	40-108
Regular		30-46	Tea 5 oz. cup		
Diet		2-58	Brewed, US brands	40	20-90
Jolt		72	Brewed, imported	60	25-110
Mountain Dew		52			
Mello Yello		52			

Whitney, Cataldo and Ross; *Understanding Nutrition*, Wadsworth Group, 2002

TABLE V

Precautions with alcohol:

Antibiotics	Isocarboxazid (Marplan®)	Phenytoin (Dilantin®)
Anticonvulsants	Isoniazid (INH®)	Primidone (Mysoline®)
Antidepressants	Isosorbide Dinitrate (Isordil®)	Procainamide (Procan®)
Antidiabetic medications	Ketoconazole (Nizoral®)	Procarbazine (Matulane®)
Antihypertensives	Lithium (Lithobid®)	Quinidine
Aspirin	Metoclopramide (Reglan®)	Sedatives
Cardiac Drugs	Metronidazole (Flagyl®)	Sleeping medications
Cetirizine (Zyrtec®)	Mood Elevators	Tocainide (Tonocard®)
Cimetidine (Tagamet®)	Nitroglycerin	Tranquilizers
Digoxin (Lanoxin®)	Nucleoside reverse transcriptase inhibitors	Tranylcypromine (Parnate®)
Diphenoxylate/Atropine (Lomotil®)	Pain medications	Warfarin (Coumadin®)
Flecainide (Tambocor®)	Phenelzine (Nardil®)	
Hydroxyzine (Atarax®)		

TABLE VI

Grapefruit/Grapefruit Juice **SHOULD BE AVOIDED** with the following drugs:

Amiodarone (Cordarone®)	Etoposide (Vepesid®)	Simvastatin (Zocor®)
Atorvastatin (Lipitor®)	Indinavir (Crixivan®)	Sirolimus (Rapamune®)
Budesonide (Entocort®)	Lovastatin (Mevacor®)	Tadalafil (Cialis®)
Buspirone (Buspar®)	Mifepristone (Mifeprex®)	Vardenafil (Levitra®)
Cilostazole (Pletal®)	Cisapride (Propulsid®)	Ziprasidone (Geodon®)
Colchicine	Pimozide (Orap®)	
Eletriptan (Relpax®)	Sildenafil (Viagra®)	

TABLE VII

Grapefruit/Grapefruit Juice **MAY INTERACT** with the following drugs (please consult your physician for further instructions):

Albendazole (Albenza®)	Imatinib (Gleevec®)	Quetiapine (Seroquel®)
Carbamazepine (Tegretol®)	Itraconazole (Sporanox®)	Quinidine (Quinidex®)
Clomipramine (Anafranil®)	Losartan (Cozaar®)	Saquinavir (Invirase®)
Cyclosporine (Neoral®)	Methadone (Dolophine®)	Sertraline (Zoloft®)
Dextromethorphan	Methylprednisolone (Medrol®)	Sumatriptan (Imitrex®)
Diazepam (Valium®)	Midazolam (Versed®)	Tacrolimus (Prograf®)
Dofetilide (Tikosyn®)	Montelukast (Singulair®)	Tamoxifen (Nolvadex®)
Erythromycin (E-mycin®)	Nicardipine (Cardene®)	Tamsulosin (Flomax®)
Felodipine (Plendil®)	Nifedipine (Procardia®)	Triazolam (Halcion®)
Fexofenadine (Allegra®)	Nimodipine (Nimotop®)	
Gefitinib (Iressa®)	Nisoldipine (Sular®)	

TABLE VIII

Vitamin K: Vitamin K is found in green leafy vegetables, the cabbage family, and liver. Some Calcium supplements also contain vitamin K. Check the label for exact amounts. The following table lists some sources and amount of **micrograms** per serving. Serving size is listed next to the food item. Sources of vitamin K do not need to be excluded but the intake should be **consistent** each day.

Asparagus	cooked	1 cup	144	Margarine		1 TBS	14
Bean sprouts (mung)		1 cup	28	Mayonnaise		7 TBS	29
Broccoli	cooked, chopped	1 cup	220	Peas		1 cup	41
Brussels sprouts	cooked	1 cup	299	Soybeans	cooked, boiled	1 cup	33
Cabbage raw shredded		1 cup	42	Spinach	raw, chopped	1 cup	149
Canola Oil		7 TBS	193	Tomato red, raw	2.5" diameter		10
Cauliflower	cooked	1/2 cup	96	Turnip greens	cooked	1/2 cup	265
Lettuce	green leaf	1 cup	97	Vegetables	mixed, frozen	1 cup	29

USDA National Nutrient database for Standard Reference, Release 16-1

TABLE IX

St. John's Wort should be avoided with the following drugs:

Antidepressants	Lipid-lowering agents	Protease Inhibitors
Antimigraine agents	MAO Inhibitors	Tetracyclines
Exemestane (Aromastin®)	Sibutramine (Meridia®)	Tryptophan
Fluoroquinolones	Non-nucleoside reverse transcriptase inhibitors	Warfarin (Coumadin®)
Irinotecan (Camptosar®)	Oral Contraceptives	
Levodopa (Sinemet®)		

Avoid tryamine containing foods (refer to Table I) when taking St. John's Wort.

TABLE X

Foods that are high in Potassium: Sources include fruits, vegetables, meats, dairy products and whole grains. The following table lists a few sources with the amounts of potassium in **milligrams** in a typical serving.

Food		Serving Size	mg Amt	Food		Serving Size	mg Amt
Artichokes	cooked, boiled	1 med.	424	Nuts		1 oz	180+
Asparagus	frozen, cooked	1 cup	309	Okra	frozen, cooked	1 cup	430
Baking chocolate	unsweetened	square	235	Orange juice	frozen	1 cup	473
Banana	raw	1	422	Orange	raw	1	325
Beans (pinto, black, baked, etc.)		1 cup	400+	Papaya		1 cup	359
Beet greens	cooked, boiled	1 cup	1300	Plantains	cooked	1 cup	716
Beets	canned	1 cup	251	Potatoes	baked	1	609
Broccoli	cooked	1 cup	457	Prune juice		1 cup	706
Brussels sprouts	cooked	1 cup	494	Pasta sauce, tomato		1 cup	737
Canned carrot juice		1 cup	689	Spinach	cooked	1 cup	838
Cauliflower	raw	1 cup	303	Winter squash	cooked	1 cup	895
Collards, frozen	cooked	1 cup	426	Summer squash	cooked	1 cup	345
Dates		5	272	Strawberries	raw	1 cup	253
Grapefruit juice		1 cup	400	Tomatoes, red ripe	canned	1 cup	451
Kale	frozen, cooked	1 cup	417	Turnip greens	cooked, boiled	1 cup	292
Mango		1	322	Vegetables	mixed canned	1 cup	474
Melon (cantaloupe, honeydew)		1 cup	375+	Wine		3.5 oz	115
Milk	nonfat	1 cup	382	Yogurt, plain, skim		8 oz	578
Molasses blackstrap		1 tsp	498				

USDA National Nutrient database for Standard Reference, Release 16-1

TABLE XI

Foods that often cause the urine to become acidic (urinary acidifiers)

Meat, fish, fowl	Whole wheat bread	Cranberries
Cheese	Rice	Plums
Bacon	Corn	Prunes
Nuts	Lentils	Cookies

Whitney, Cataldo and Ross: Understanding Nutrition, Wadsworth Group, 2002