

MEDICINE INTERACTION CHART

The below list is a guideline only.

This is not to be provided to patients or customers. If taking prescription medication it is advised to check with your healthcare professional prior to taking any supplementation.

GO HEALTHY PRODUCT	POSSIBLE MEDICINE INTERACTIONS
GO 5-HTP	5-HTP: Tramadol, anti-depressants (<i>paroxetine, citalopram, escitalopram, fluoxetine, fluvoxamine, sertraline, venlafaxine</i>), Parkinson medication (<i>Cardiopa/Levodopa</i>), migraine medication (<i>sumatriptan, eletriptan, zolmitriptan</i>), sleeping tablets (<i>zolpidem</i>), obesity and weight loss medication (<i>sibutramine</i>)
GO Adrenal Support	5-HTP: Tramadol, anti-depressants (<i>paroxetine, citalopram, escitalopram, fluoxetine, fluvoxamine, sertraline, venlafaxine</i>), Parkinson medication (<i>Cardiopa/Levodopa</i>), migraine medication (<i>sumatriptan, eletriptan, zolmitriptan</i>), sleeping tablets (<i>zolpidem</i>), obesity and weight loss medication (<i>sibutramine</i>) Liquorice: anti-hypertensives, digoxin, diuretics Siberian ginseng: anti-platelets, anti-coagulant medications
GO Allergy Support	Garlic: anti-platelets, anti-coagulant medications (<i>warfarin</i>), HIV Protease Inhibitor (<i>Saquinivir</i>) Fenugreek: anti-platelets, anti-coagulant medications Baical skullcap: immune suppressant (<i>cyclosporine</i>)
GO Antibiotic Support	No known medicine interactions
GO Apple Cider Vinegar 1,000mg	Apple cider vinegar: anti-diabetic medication, diuretic drugs and digoxin
GO Apple Cider Vinegar 1,000mg With Capsi-Slim	Apple cider vinegar: anti-diabetic medication, diuretic drugs and digoxin CapsiMax[®]: anti-coagulant, anti-platelet and anti-hypertensive medication
GO Ashwagandha 8,000+	Ashwagandha: possible additive effects with benzodiazepines, CNS depressants, anti-diabetic, thyroid, and antihypertension medications. May decrease effectiveness of immunosuppressants. Siberian ginseng: anti-platelets, anti-coagulant medication
GO B Complex	Biotin: may interfere with some laboratory tests, such as hormone tests and cardiovascular diagnostic tests. Consult laboratory personnel when ordering laboratory tests in patients taking biotin.
GO Beautiful Skin	No known medicine interactions
GO Bilberry	Bilberry: anti-coagulant medication, anti-platelet
GO Calcium 1-A-Day	Calcium: cardiac glycosides, calcium channel blockers Vitamin D3: Digoxin, Thiazide Diuretics, Calcipotriene, Verapamil, Diltiazem Vitamin K2 ActivK[™]: anti-coagulants
GO Capsi-Slim 1-A-Day	CapsiMax[®]: anti-coagulant, anti-platelet and anti-hypertensive medication Green tea: anti-coagulant and anti-platelet medication Iodine: thyroid medication

GO HEALTHY PRODUCT	POSSIBLE MEDICINE INTERACTIONS
GO Celery	Celery: Thyroxine. May reduce the drugs effectiveness. Use with caution with warfarin
GO Chaga Mushroom Antioxidant	Chaga Mushroom: anti-coagulant medication, anti-platelet medication, type 2 diabetic medications: monitor blood sugar levels. Immunosuppressant medications. Black Pepper: anti-coagulant and anti-platelet medication. Anti-diabetic medication needs to be watched, taking both together is an increased risk of hypoglycaemia.
GO Cherry Sleep	Cherry: may alter blood glucose levels. Diabetics should monitor blood glucose levels.
GO Cholesterol Shield	Co-Enzyme Q10: warfarin Plant Phytosterols: anti-coagulant medication
GO Chromium 3,340mcg	Chromium: diabetics will need to monitor blood sugar levels (dose may need to be adjusted)
GO Co-Q10	Co-Enzyme Q10: warfarin (reduces drug's effectiveness. Closely monitor patients, dose may need to be adjusted)
GO Co-Q10 450mg BioActive 1-A-Day	Co-Enzyme Q10: warfarin (reduces drug's effectiveness. Closely monitor patients, dose may need to be adjusted) Black pepper: anti-coagulant and anti-platelet, anti-diabetic medication needs to be watched, taking both together is an increased risk of hypoglycaemia Vitamin D3: Digoxin, Thiazide Diuretics, Calcipotriene, Verapamil, Diltiazem – check with healthcare professional prior to taking
GO Cold-Sor Support	Echinacea: immunosuppressant medications
GO Collagen for Joints	Turmeric: anti-coagulant and anti-platelet medication Vitamin D3: Digoxin, Thiazide Diuretics, Calcipotriene, Verapamil, Diltiazem – check with healthcare professional prior to taking
GO Collagen Powder New Zealand Blackcurrant	No known medicine interactions
GO Collagen Powder Unflavoured	No known medicine interactions
GO Cranberry 60,000+	Cranberry: warfarin
GO Cranberry Plus Rapid Release	Cranberry: warfarin
GO D-Mannose 1,200mg	No known medicine interactions
GO De-Congest	Fenugreek: may alter blood glucose levels. Monitor blood glucose levels, anti-platelet, anti-coagulants. Garlic: anti-coagulant and anti-platelet medication (<i>Saquinivir</i>)
GO Evening Primrose Oil	Evening primrose oil: doses above 2,000mg – avoid if taking anti-coagulant medication. Medication for seizures (may reduce drug's effectiveness). Antipsychotic drug Phenothiazines (reduce drug's effectiveness)

GO HEALTHY PRODUCT	POSSIBLE MEDICINE INTERACTIONS
GO Ester-C + Bioflavonoids	No known medicine interactions
GO Ester-C High Strength + Bioflavonoids	No known medicine interactions
GO Fenugreek 3,000mg	Fenugreek: warfarin
GO Fish Oil	Fish Oil: anti-coagulant medication (<i>warfarin, coumadin</i>). Doses above 2,000mg may magnify the drug's effects
GO Fish Oil 1-A-Day + Vitamin D3 1,000IU	Fish Oil: anti-coagulant medication (<i>warfarin, coumadin</i>). Doses above 2,000mg may magnify the drugs effects Vitamin D3: Digoxin, Thiazide Diuretics, Calcipotriene, Verapamil, Diltiazem – check with healthcare professional prior to taking
GO Flaxseed Oil	Flaxseed oil: anti-coagulant medications (<i>warfarin, coumadin</i>). Doses above 2,000mg may magnify the drug's effects.
GO Flora Repair	No known medicine interactions
GO Ginkgo 9,000+	Ginkgo: anti-coagulant medication (<i>warfarin, aspirin, heparin</i>), anti-platelet medication (<i>ticlopidine</i>), type 2 diabetic medications: monitor blood sugar levels. Anti-convulsant medications Hawthorn: Cardiovascular medications – check with healthcare professional prior to taking Siberian ginseng: Cardiovascular medications – check with healthcare professional prior to taking
GO Glucosamine 1-A-Day	Glucosamine: diabetics may need to monitor blood sugar levels. Warfarin – Glucosamine may increase the risk of bleeding – check with healthcare professional prior to taking. Celery: Thyroxine. May reduce the drug's effectiveness. Use with caution with Warfarin. Vitamin D3: Digoxin, Thiazide Diuretics, Calcipotriene, Verapamil, Diltiazem – check with Healthcare Professional prior to taking.
GO Glucosamine Daily	Glucosamine: diabetics may need to monitor blood sugar levels. Warfarin – Glucosamine may increase the risk of bleeding – check with healthcare professional prior to taking.
GO Grape Seed	Grape seed: warfarin
GO Hair Skin Nails	Biotin: may interfere with some laboratory tests, such as hormone tests and cardiovascular diagnostic tests. Consult laboratory personnel when ordering laboratory tests in patients taking biotin Vitamin E: caution is advised with anti-coagulant medications

GO HEALTHY PRODUCT	POSSIBLE MEDICINE INTERACTIONS
GO Hemp Seed Oil 1,100mg New Zealand Grown	Insufficient reliable information available, until more is known treat the same way as other omega essential fatty acid products, therefore: Hemp seed oil: anti-coagulant medication (<i>warfarin, coumadin</i>). Doses above 2,000mg may magnify the drug's effects
GO Hemp Seed Oil Plus Tart Cherry & 5-HTP	Insufficient reliable information available, until more is known treat the same way as other omega essential fatty acid products, therefore: Hemp seed oil: anti-coagulant medication (<i>warfarin, coumadin</i>). Doses above 2,000mg may magnify the drug's effects 5-HTP: Tramadol, anti-depressants (<i>paroxetine, citalopram, escitalopram, fluoxetine, fluvoxamine, sertraline, venlafaxine</i>), Parkinson medication (<i>Cardiopa/Levodopa</i>), migraine medication (<i>sumatriptan, eletriptan, zolmitriptan</i>), sleeping tablets (<i>zolpidem</i>), obesity and weight loss medication (<i>sibutramine</i>)
GO Hemp Seed Oil Plus Turmeric	Insufficient reliable information available, until more is known treat the same way as other omega essential fatty acid products, therefore: Hemp seed oil: anti-coagulant medication (<i>warfarin, coumadin</i>). Doses above 2,000mg may magnify the drug's effects Turmeric: anti-coagulant and anti-platelet medication Ginger: anti-coagulant and anti-platelet medication
GO Hormone Support	Ginger: anti-coagulant medications
GO Iron for Women	Biotin: may interfere with some laboratory tests, such as hormone tests and cardiovascular diagnostic tests. Consult laboratory personnel when ordering laboratory tests in patients taking biotin.
GO K2 75mcg	Vitamin K2: anti-coagulant medication
GO Kava 4,200mg 1-A-Day	Kava: anti-depressant, anti-anxiety medications (<i>alprazolam (xanax), buspirone</i>), Parkinsons medications (<i>l-dopa</i>)
GO Kids Vir-Defence Immune	Echinacea: By stimulating the immune system, echinacea may negate the effects of immunosuppressant medications
GO Kids Vitamin C 260mg	No known medicine interactions at amounts supplied
GO Kombucha 500mg Plus Probiotic 12B 1-A-Day	No known medicine interactions
GO Krill Oil	Krill: anti-platelet and anti-coagulant medications
GO Lecithin	No known medicine interactions
GO Lion's Mane Mushroom Focus	Lion's Mane Mushroom: immunosuppressant medications, anti-coagulant medications, and anti-diabetic medication. Ginkgo: anti-coagulant medication, anti-platelet medication, type 2 diabetic medications: monitor blood sugar levels. Anti-convulsant medication. Black Pepper: anti-coagulant and anti-platelet medication. Anti-diabetic medication needs to be watched, taking both together is an increased risk of hypoglycaemia.

GO HEALTHY PRODUCT	POSSIBLE MEDICINE INTERACTIONS
GO Liver Detox	<p>Milk Thistle: patients taking warfarin should consult their doctor before taking this product</p> <p>Turmeric: anti-coagulant and anti-platelet medication</p> <p>Grape Seed: warfarin</p>
GO Lysine 1,000mg	No known medicine interactions
GO Magnesium	No known medicine interactions
GO Magnesium Powder	<p>Taurine: anti-hypertensive medications</p> <p>Calcium: cardiac glycosides, calcium channel blockers</p>
GO Magnesium Sleep	<p>5-HTP: Tramadol, anti-depressants (<i>paroxetine, citalopram, escitalopram, fluoxetine, fluvoxamine, sertraline, venlafaxine</i>), Parkinson medication (<i>Cardiopa/Levodopa</i>), migraine medication (<i>sumatriptan, eletriptan, zolmitriptan</i>), sleeping tablets (<i>zolpidem</i>), obesity and weight loss medication (<i>sibutramine</i>)</p> <p>Cherry: may alter blood glucose levels. Diabetics should monitor blood glucose levels.</p>
GO Man Plus	<p>Horny goat weed: anti-coagulants, anti-platelets and anti-hypertensives medication</p> <p>Ginkgo: anti-coagulant medication (<i>warfarin, aspirin, heparin</i>), anti-platelet medication (<i>ticlopidine</i>), type 2 diabetic medications: monitor blood sugar levels. Anti-convulsant medications</p> <p>Panax ginseng: anti-platelets and anti-coagulant medications (<i>warfarin, ticlopidine</i>), Phenelzine</p>
GO Men's Multi Advanced	No known interactions at amounts supplied
GO Meno-Free	<p>Black cohosh: hormone replacement medication</p> <p>Dong quai: anti-coagulant medications</p> <p>Red clover: anti-coagulant medications</p>
GO Milk Thistle 50,000	<p>Milk Thistle: patients taking warfarin should consult their doctor before taking this product</p>
GO Multi Everyday	<p>Biotin: may interfere with some laboratory tests, such as hormone tests and cardiovascular diagnostic tests. Consult laboratory personnel when ordering laboratory tests in patients taking biotin.</p>
GO Mushroom Immune Complex	<p>Reishi Mushroom: anti-coagulant and anti-platelet medication, anti-diabetic medication: monitor blood sugar levels, anti-hypotensive medications.</p> <p>Shiitake Mushroom: immunosuppressant medication</p> <p>Maitake Mushroom: type 2 diabetic medications: monitor blood sugar levels. Anti-hypotensive medication, warfarin.</p> <p>Astragalus: Anti-diabetic medications: monitor blood sugar levels. Cyclophosphamide and immunosuppressant medications.</p> <p>Vitamin D3: Digoxin, Thiazide Diuretics, Calcipotriene, Verapamil, Diltiazem</p>
GO Mussel	No known medicine interactions
GO Mussel Oil 35,000 New Zealand Green Lipped 1-A-Day	No known medicine interactions

GO HEALTHY PRODUCT	POSSIBLE MEDICINE INTERACTIONS
GO Olive Leaf 20,000mg	No known medicine interactions
GO Oyster + Zinc	No known medicine interactions
GO Placenta 20,000mg	No known medicine interactions
GO Probiotic 40 Billion	No known medicine interactions
GO Probiotic 75 Billion	No known medicine interactions
GO Propolis	No known medicine interactions
GO Prostate Protect	No known medicine interactions
GO Reishi Mushroom Relax	Reishi Mushroom: anti-coagulant and anti-platelet medication, anti-diabetic medication: monitor blood sugar levels, anti-hypotensive medications. Black Pepper: anti-coagulant and anti-platelet medication. Anti-diabetic medication needs to be watched, taking both together is an increased risk of hypoglycaemia.
GO Royal Jelly	No known medicine interactions
GO Selenium 150mcg	No known medicine interactions at this dose
GO Shark Cartilage 750mg	No known medicine interactions
GO Sleep Support	5-HTP: Tramadol, anti-depressants (<i>paroxetine, citalopram, escitalopram, fluoxetine, fluvoxamine, sertraline, venlafaxine</i>), Parkinson medication (<i>Cardiopa/Levodopa</i>), migraine medication (<i>sumatriptan, eletriptan, zolmitriptan</i>), sleeping tablets (<i>zolpidem</i>), obesity and weight loss medication (<i>sibutramine</i>)
GO Slim Garcinia Gold	Mangosteen: anti-coagulant medication
GO Slippery Elm 600mg	No known medicine interactions
GO Squalene 1,000mg	No known medicine interactions
GO Stress Remedy	L-Theanine: no known medicine interactions
GO Thyroid Protect	Coleus: anti-coagulant and anti-platelet medication Ginger: anti-coagulant and anti-platelet medication Iodine/kelp: medication for thyroid disorders
GO Turmeric 30,000+ 1-A-Day	Turmeric: anti-coagulant and anti-platelet medication Boswellia: might decrease the effectiveness of immunosuppressant medications Ginger: anti-coagulant and anti-platelet medication Black pepper: anti-coagulant and anti-platelet medication. Anti-diabetic medication needs to be watched, taking both together is an increased risk of hypoglycaemia

GO HEALTHY PRODUCT	POSSIBLE MEDICINE INTERACTIONS
GO Turmeric & Glucosamine 1-A-Day	<p>Turmeric: anti-coagulant and anti-platelet medication</p> <p>Ginger: anti-coagulant and anti-platelet medication</p> <p>Glucosamine: diabetics may need to monitor blood sugar levels. Warfarin – Glucosamine may increase the risk of bleeding</p> <p>Black pepper: anti-coagulant and anti-platelet medication. Anti-diabetic medication needs to be watched, taking both together is an increased risk of hypoglycaemia.</p>
GO Vir-Defence	<p>Garlic: anti-platelet and anti-coagulant medication, Saquinivir (reduces drug's effectiveness with garlic)</p> <p>Echinacea: by stimulating the immune system, echinacea may negate the effects of immunosuppressant medications</p>
GO Vir-Defence Extra + Ester-C®	<p>Echinacea: by stimulating the immune system, echinacea may negate the effects of immunosuppressant medications</p> <p>Black Pepper: anti-coagulant and anti-platelet medication. Anti-diabetic medication needs to be watched, taking both together is an increased risk of hypoglycaemia</p> <p>Thyme: anti-coagulant and anti-platelet medication (warfarin, aspirin)</p>
GO Vir-Defence Rapid Release	<p>Echinacea: by stimulating the immune system, echinacea may negate the effects of immunosuppressant medications</p> <p>Black Pepper: anti-coagulant and anti-platelet medication. Anti-diabetic medication needs to be watched, taking both together is an increased risk of hypoglycaemia.</p> <p>Thyme: anti-coagulant and anti-platelet medication (<i>warfarin, aspirin</i>)</p>
GO Vision Protect	<p>Bilberry: anti-coagulant and anti-platelet medication</p>
GO Vitamin C 500mg Chewables	<p>No known medicine interactions</p>
GO Vitamin C + Manuka Honey Chewables	<p>No known medicine interactions</p>
GO Vitamin D3 1000IU	<p>Vitamin D3: Digoxin, Thiazide Diuretics, Calcipotriene, Verapamil, Diltiazem</p>
GO Vitamin D3 1,000IUs Plus with Vitamin C & Zinc	<p>Vitamin D3: Digoxin, Thiazide Diuretics, Calcipotriene, Verapamil, Diltiazem</p>
GO Vitamin E 500IU + Co-Q10	<p>Vitamin E: anti-coagulant medication (warfarin, aspirin)</p>
GO Woman Plus	<p>Horny goat weed: anti-coagulant, anti-platelet and anti-hypertensive medication</p> <p>Ginkgo: anti-coagulant medication (<i>warfarin, aspirin, heparin</i>), anti-platelet medication (<i>ticlopidine</i>), type 2 diabetic medications: monitor blood sugar levels. Anti-convulsant medications</p> <p>Panax ginseng: anti-platelet and anti-coagulant medications (<i>warfarin, ticlopidine</i>), Phenelzine</p>
GO Women's Multi Advanced	<p>Biotin: may interfere with some laboratory tests, such as hormone tests and cardiovascular diagnostic test. Consult laboratory personnel when ordering lab test in patients taking biotin</p>
GO Zinc Complex	<p>No known medicine interactions</p>