

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 Bee Pollen	No known medicine interactions
GO Bilberry	Bilberry: anti-coagulant medication, anti-platelet
GO Breathe Clear	Echinacea: by stimulating the immune system, echinacea may negate the effects of immunosuppressant medications Baical skullcap: immune suppressants (<i>cyclosporine</i>) Vitamin E: anti-coagulants (<i>warfarin, aspirin</i>)

GO HEALTHY PRODUCT	POSSIBLE MEDICINE INTERACTIONS
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 Celery	Celery: Thyroxine. May reduce the drugs effectiveness. Use with caution with warfarin
GO Cellular Support NAD+	No known medicine interactions
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 Colostrum Milk 550mg	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 HEALTHY PRODUCT	POSSIBLE MEDICINE INTERACTIONS
GO De-Congest	<p>Fenugreek: may alter blood glucose levels. Monitor blood glucose levels, anti-platelet, anti-coagulants.</p> <p>Garlic: anti-coagulant and anti-platelet medication (<i>Saquinivir</i>)</p>
GO Evening Primrose Oil	<p>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)</p>
GO Extra-C™ 1,200mg+	No known medicine interactions
GO Fenugreek 3,000mg	Fenugreek: warfarin
GO Fish Oil	<p>Fish Oil: anti-coagulant medication (<i>warfarin, coumadin</i>). Doses above 2,000mg may magnify the drug’s effects</p>
GO Fish Oil 1-A-Day + Vitamin D3 1,000IU	<p>Fish Oil: anti-coagulant medication (<i>warfarin, coumadin</i>). Doses above 2,000mg may magnify the drugs effects</p> <p>Vitamin D3: Digoxin, Thiazide Diuretics, Calcipotriene, Verapamil, Diltiazem – check with healthcare professional prior to taking</p>
GO Flaxseed Oil	<p>Flaxseed oil: anti-coagulant medications (<i>warfarin, coumadin</i>). Doses above 2,000mg may magnify the drug’s effects.</p>
GO Flora Repair	No known medicine interactions
GO Ginkgo 9,000+	<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>Hawthorn: Cardiovascular medications – check with healthcare professional prior to taking</p> <p>Siberian ginseng: Cardiovascular medications – check with healthcare professional prior to taking</p>
GO Glucosamine 1-A-Day	<p>Glucosamine: diabetics may need to monitor blood sugar levels. Warfarin – Glucosamine may increase the risk of bleeding – check with healthcare professional prior to taking.</p> <p>Celery: Thyroxine. May reduce the drug’s effectiveness. Use with caution with Warfarin.</p> <p>Vitamin D3: Digoxin, Thiazide Diuretics, Calcipotriene, Verapamil, Diltiazem – check with Healthcare Professional prior to taking.</p>
GO Glucosamine Daily	<p>Glucosamine: diabetics may need to monitor blood sugar levels. Warfarin – Glucosamine may increase the risk of bleeding – check with healthcare professional prior to taking.</p>
GO Grape Seed	Grape seed: warfarin
GO Hair Skin Nails	<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> <p>Vitamin E: caution is advised with anti-coagulant medications</p>

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 Immune Protect	No known medicine interactions
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 Calm & Sleep Support Magnesium Plus	No known medicine interactions at amounts supplied
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 Liver Detox	Milk Thistle: patients taking warfarin should consult their doctor before taking this product Turmeric: anti-coagulant and anti-platelet medication Grape Seed: warfarin

GO HEALTHY PRODUCT	POSSIBLE MEDICINE INTERACTIONS
GO Lysine 1,000mg	No known medicine interactions
GO Magnesium	No known medicine interactions
GO Magnesium Powder	Taurine: anti-hypertensive medications Calcium: cardiac glycosides, calcium channel blockers
GO Magnesium Sleep	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>) Cherry: may alter blood glucose levels. Diabetics should monitor blood glucose levels.
GO Man Plus	Horny goat weed: anti-coagulants, anti-platelets and anti-hypertensives medication 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 Panax ginseng: anti-platelets and anti-coagulant medications (<i>warfarin, ticlopidine</i>), Phenzelzine
GO Men's Multi Advanced	No known interactions at amounts supplied
GO Meno-Free	Black cohosh: hormone replacement medication Dong quai: anti-coagulant medications Red clover: anti-coagulant medications
GO Milk Thistle 50,000	Milk Thistle: patients taking warfarin should consult their doctor before taking this product
GO Multi Everyday	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 Multi Teen Everyday	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 Mussel	No known medicine interactions
GO Mussel Oil 35,000 New Zealand Green Lipped 1-A-Day	No known medicine interactions
GO Olive Leaf 20,000mg	No known medicine interactions
GO Oyster + Zinc	No known medicine interactions
GO Period Support Rapid Release	Ginger: anti-coagulant medications
GO Placenta 20,000mg	No known medicine interactions

GO HEALTHY PRODUCT	POSSIBLE MEDICINE INTERACTIONS
GO Pregnancy and Breastfeeding Advance	Biotin: may interfere with some laboratory tests, such as hormone tests and cardiovascular diagnostic tests. Consult laboratory personnel when ordering laboratory test in patients taking biotin.
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 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 & Well-Being	St Johns Wort: affects the way many prescription medications work. Prescription medicines include: anti-depressants, OCP (use alternative contraception), anti-anxiety, barbiturates, anti-convulsants, cyclosporine, digoxin, HIV non-nucleoside transcriptase inhibitors, HIV protease inhibitors, methadone, puva therapy, tacrolimus, theophylline, warfarin Siberian ginseng: cardiovascular medications – check with healthcare professional prior to taking
GO Stress Remedy	L-Theanine: no known medicine interactions
GO Sugar Block	White mulberry/gymnema/chromium: diabetics will need to monitor blood sugar levels (dose may need to be adjusted)
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 18,500+ 1-A-Day	Turmeric: anti-coagulant and anti-platelet medication Ginger: anti-coagulant and anti-platelet medication

GO HEALTHY PRODUCT	POSSIBLE MEDICINE INTERACTIONS
GO Turmeric 30,000+ 1-A-Day	<p>Turmeric: anti-coagulant and anti-platelet medication</p> <p>Boswellia: might decrease the effectiveness of immunosuppressant medications</p> <p>Ginger: anti-coagulant and anti-platelet medication</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 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 Turmeric For Joints 1-A-Day	<p>Turmeric: anti-coagulant and anti-platelet medication</p> <p>Ginger: anti-coagulant and anti-platelet medication</p> <p>Boswellia: might decrease the effectiveness of immunosuppressant medications</p> <p>Devils claw: warfarin</p> <p>White willow: anti-coagulant and anti-platelet medication</p> <p>Celery: thyroxine, may reduce the effectiveness</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 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 500mg + Echinacea Vegetarian Capsules	<p>Echinacea: by stimulating the immune system, echinacea may negate the effects of immunosuppressant medications</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 HEALTHY PRODUCT	POSSIBLE MEDICINE INTERACTIONS
GO Vitamin E 500IU + Co-Q10	Vitamin E: anti-coagulant medication (warfarin, aspirin)
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	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
GO Zinc Complex	No known medicine interactions