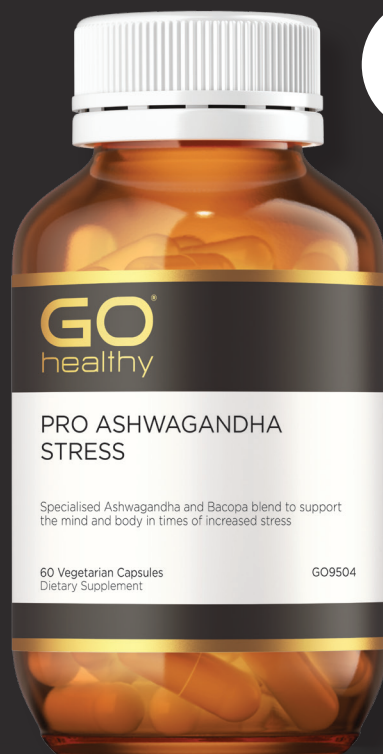


**GO**  
healthy

**PRO SERIES**



**MEDICINE INTERACTIONS**

## 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
<b>PRO Activated B Complex</b>	<b>Biotin:</b> 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.
<b>PRO Adrenal Support</b>	<b>Ashwagandha:</b> possible additive effects with benzodiazepines, CNS depressants, anti-diabetic, thyroid, and antihypertension medications. May decrease effectiveness of immunosuppressants. <b>Siberian ginseng:</b> anti-platelets, anti-coagulant medication
<b>PRO Advanced Multi</b>	<b>Biotin:</b> 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
<b>PRO Ashwagandha Sleep</b>	<b>Ashwagandha:</b> possible additive effects with benzodiazepines, anti-diabetic, thyroid, and anti-hypertension medications. May decrease effectiveness of immunosuppressants. <b>Passionflower, Valerian:</b> may have an additive effect with CNS depressants (benzodiazepines, barbiturates)
<b>PRO Ashwagandha Stress</b>	<b>Ashwagandha:</b> possible additive effects with benzodiazepines, CNS depressants, anti-diabetic, thyroid, and antihypertension medications. May decrease effectiveness of immunosuppressants. <b>Siberian ginseng:</b> anti-platelets, anti-coagulant medication
<b>PRO Calcium Forte</b>	<b>Calcium:</b> cardiac glycosides, calcium channel blockers <b>Vitamin D:</b> digoxin, thiazide diuretics, calcipotriene, verapamil, diltiazem <b>Vitamin K:</b> Warfarin
<b>PRO Curcumin Active</b>	<b>Curcumin:</b> anti-coagulant and anti-platelet medication
<b>PRO EPA/DHA Advanced</b>	<b>Fish Oil:</b> anti-coagulant medication (warfarin, coumadin). Doses above 2,000mg may magnify the drug's effects. <b>Vitamin D3:</b> digoxin, thiazide diuretics, calcipotriene, verapamil, diltiazem
<b>PRO Flora SB</b>	<b>No known medicine interactions</b>
<b>PRO Immune Support</b>	<b>Echinacea:</b> by stimulating the immune system, echinacea may negate the effects of immunosuppressant medications. <b>Pelargonium:</b> may decrease effectiveness of immunosuppressants. <b>Reishi:</b> may have an additive effect with anti-diabetic, anti-hypertensive medications. <b>Quercetin:</b> warfarin

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GO Healthy Product	Possible Medicine Interactions
PRO Iron Forte	<b>Iron:</b> can interfere with the absorption of many medications, the recommendation is to take iron at least 2 hours after medication. Not to be taken if diagnosed with hemochromatosis
PRO Liposomal Vitamin C	Please consult your healthcare professional prior to taking if on medication
PRO Magnesium Muscle	<b>Calcium:</b> cardiac glycosides, calcium channel blockers. <b>Vitamin D3:</b> digoxin, thiazide diuretics, calcipotriene, verapamil, diltiazem
PRO Magnesium Sleep	<b>California Poppy, Passionflower:</b> may have an additive effect with CNS depressants (benzodiazepines, barbiturates)
PRO Saffron Mood	<b>Saffron:</b> may have an additive effect with anti-hypertensive, anti-diabetic medications. <b>St John's Wort:</b> affects the way many prescription medications work. Prescription medicines include: anti-depressants, OCP (use alternative contraception), anti-anxiety, barbiturates, anti-convulsant, cyclosporine, digoxin, HIV non-nucleoside transcriptase inhibitors, HIV protease inhibitors, methadone, puva therapy, tacrolimus, theophylline, warfarin. <b>Iodine:</b> medication for thyroid disorders
PRO Spectrum Probiotic	No known medicine interactions
PRO Vitamin D3 Forte	<b>Vitamin D3:</b> digoxin, thiazide diuretics, calcipotriene, verapamil, diltiazem
PRO Women's Advanced Multi	<b>Biotin:</b> 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
PRO Women's Flora Balance	No known medicine interactions
PRO Zinc Forte	<b>Vitamin A:</b> retinoids, warfarin

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