Rx for Disaster

Avoid these foods when taking prescription meds.

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It’s not uncommon for doctors to tell patients they should take prescribed drugs with a meal. But some food and drinks may cause the body to delay, decrease or enhance the absorption of a medication.

A few of the most common food and drug interactions to be aware of include these combos: grapefruit (which can affect the meds cyclosporine, Buspar, Quinerva or Quinite and Halcion), licorice (Lanoxin, Hydrodiuril and Aldactone), chocolate (MAO inhibitors, Ritalin and Ambien) and alcohol, which can boost or reduce the effects of many different drugs.

The Food and Drug Administration advises consumers to be informed of all the warnings related to their meds and to ask their doctors and pharmacists how to lower their risk of drug interactions.

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http://beta.docker.realhealthmag.com/article/food-drug-interactions-24430-5564