

Foods & Herbs That May Alter WARFARIN Activity

Alcohol	Increases PT/INR (acute binge drinking, chronic daily drinking)
Vitamin C	Increases effect of Warfarin
Cranberry Juice	Increases effect of Warfarin
St. John's Wort	Decrease levels of Warfarin
Foods rich in Vitamin K	Decreases effect of Warfarin
Alfalfa	Decreases effect of Warfarin
Coenzyme Q10	Decreases response to Warfarin
Bromelain	Avoid concurrent use: antiplatelet action
Cat's Claw	Avoid concurrent use: antiplatelet action
Dong Quai	Avoid concurrent use: antiplatelet action
Evening Primrose	Avoid concurrent use: antiplatelet action
Feverfew	Avoid concurrent use: antiplatelet action
Garlic	Avoid concurrent use: antiplatelet action
Green Tea	Avoid concurrent use: antiplatelet action
Ginseng	Avoid concurrent use: antiplatelet action
Gingko	Avoid concurrent use: antiplatelet action
Horse Chestnut	Avoid concurrent use: antiplatelet action
Red Clover	Avoid concurrent use: antiplatelet action

Herbs With ANTICOAGULANT & ANTIPLATELET Properties

Alfalfa	Anise	Bilberry
Bladderwrack	Bromelain	Cat's Claw
Celery	Coleus	Cordyceps
Dong Quai	Evening Primrose	Fenugreek
Feverfew	Garlic	Ginger
Gingko Biloba	Ginseng	Grape Seed
Green Tea	Guarana	Guggui
Horse Chestnut	Horseradish	Horsetail Rush
Licorice	Prickly Ash	Red Clover
Reishi	St. John's Wort	Sweet Clover
Turmeric	White Willow	