

The chart below primarily includes drug–nutrient interactions for which evidence from systematic reviews, meta–analyses, and randomized, double–blind, placebo–controlled human trials was available. See the white paper for a full review of literature on the nutrient interactions associated with common pharmaceuticals.

For more information on the research process and the classes of evidence, see the Fullscript Research Process.

Pharmaceutical	Class of drug	Nutrient	Interaction	Class of evidence
Acetaminophen/ Hydrocodone Vicodin, Norco	Pain Narcotic, Anti-Inflammatory	Caffeine	Increases analgesic effects Increases absorption Increases elimination of drug	A B C
		Alcohol	Increases risk of hepatotoxicity Induces CYP2E1	B C
Albuterol Ventolin, Proventil	Breathing Bronchodilator	None	No significant interactions confirmed.	N/A
Amlodipine Norvasc	Blood Pressure Calcium Channel Blocker	Grapefruit Juice	Inhibits CYP3A4; slightly increases plasma concentration of drug	C
Atorvastatin Lipitor	Cholesterol Statin	Grapefruit Juice	Increases serum atorvastatin; Induces CYP3A4; increases plasma concentration of atorvastatin acid and atorvastatin lactone	B C
		St. John's Wort	Increases LDL and total cholesterol	C
Gabapentin Neurontin, Neuraptine	Neuropathy, Pain	Alcohol	Gabapentin is safe to use in treatment of alcohol dependency; reduces symptoms of alcohol withdrawal	A
		Cannabis	Gabapentin reduces symptoms of cannabis withdrawal	B
Insulin Glargine Injection Lantus Solostar	Diabetes Insulin analogue	Berberine	Potential significant theoretical interaction. See the white paper for further details.	F

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Pharmaceutical	Class of drug	Nutrient	Interaction	Class of evidence
Levothyroxine Levothroid, Synthroid	Thyroid Synthetic Thyroxine	Calcium	Decreases absorption of drug; increases TSH	B
		Vitamin C	Increases absorption of drug; decreases in TSH	B
		Coffee	Decreases absorption of drug	C
		Grapefruit Juice	Inhibits OATP1A2; slightly decreases absorption of drug	C
Lisinopril Prinivil, Zestril	Blood Pressure ACE Inhibitor	None	No significant interactions confirmed.	N/A
Metformin Glucophage XL, Gluformin	Diabetes (biguanide) Hepatic Glucose Reducer	Berberine (300 mg)	Improves insulin sensitivity; decreases HOMA-IR, total cholesterol, LDL	B
		Alcohol (>7 drinks per week)	Increases effects of drug; increases lactic acidosis and lactate production	C
Metoprolol Lopressor, Toprol-XL	Blood Pressure Beta-blocker	None	No significant interactions confirmed.	N/A
Omeprazole Prilosec, Zegerid	Acid-Reflux Proton Pump Inhibitor	St. John’s Wort	Induces CYP2C19 and CYP3A4; decreases effectiveness of drug	C
		Grapefruit Juice	Inhibits CYP3A4; inhibits metabolism of drug	C
Rosuvastatin Crestor	Cholesterol Statin	Grapefruit Juice	Inhibits OATP2B1; reduces bioavailability of drug	C
		EGCG	Significantly reduces systemic exposure of drug	C

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