

Valerian Root:

There are 232 potential interactions with medication: <https://www.drugs.com/drug-interactions/valerian,valerian-root-index.html?filter=2>

Ashwagandha:

Are there interactions with medications?

Moderate

Be cautious with this combination.

Medications for diabetes (Antidiabetes drugs)

Ashwagandha might decrease blood sugar levels. Diabetes medications are also used to lower blood sugar. Taking ashwagandha along with diabetes medications might cause your blood sugar to go too low. Monitor your blood sugar closely. The dose of your diabetes medication might need to be changed.

Some medications used for diabetes include glimepiride (Amaryl), glyburide (DiaBeta, Glynase PresTab, Micronase), insulin, metformin (Glucophage), pioglitazone (Actos), rosiglitazone (Avandia), chlorpropamide (Diabinese), glipizide (Glucotrol), tolbutamide (Orinase), and others.

Medications for high blood pressure (Antihypertensive drugs)

Ashwagandha might lower blood pressure. Taking ashwagandha with medications used to treat high blood pressure might cause blood pressure levels to go to low.

Some medications for high blood pressure include captopril (Capoten), enalapril (Vasotec), losartan (Cozaar), valsartan (Diovan), diltiazem (Cardizem), amlodipine (Norvasc), hydrochlorothiazide (HydroDIURIL), furosemide (Lasix), and many others.

Medications that decrease the immune system (Immunosuppressants)

Ashwagandha seems to make the immune system more active. Taking ashwagandha along with medications that decrease the immune system might decrease the effectiveness of these medications.

Some medications that decrease the immune system include azathioprine (Imuran), basiliximab (Simulect), cyclosporine (Neoral, Sandimmune), daclizumab (Zenapax), muromonab-CD3 (OKT3, Orthoclone OKT3), mycophenolate (CellCept), tacrolimus

(FK506, Prograf), sirolimus (Rapamune), prednisone (Deltasone, Orasone), corticosteroids (glucocorticoids), and others.

Sedative medications (Benzodiazepines)

Ashwagandha might cause sleepiness and drowsiness. Drugs that cause sleepiness and drowsiness are called sedatives. Taking ashwagandha along with sedative medications might cause too much sleepiness.

Some of these sedative medications include clonazepam (Klonopin), diazepam (Valium), lorazepam (Ativan), alprazolam (Xanax), flurazepam (Dalmane), midazolam (Versed), and others.

Sedative medications (CNS depressants)

Ashwagandha might cause sleepiness and drowsiness. Medications that cause sleepiness are called sedatives. Taking ashwagandha along with sedative medications might cause too much sleepiness.

Some sedative medications include clonazepam (Klonopin), lorazepam (Ativan), phenobarbital (Donnatal), zolpidem (Ambien), and others.

Thyroid hormone

The body naturally produces thyroid hormones. Ashwagandha might increase how much thyroid hormone the body produces. Taking ashwagandha with thyroid hormone pills might cause too much thyroid hormone in the body, and increase the effects and side effects of thyroid hormone.

Reference: <https://medlineplus.gov/druginfo/natural/953.html>

Forskolin Extract:

- Major Interaction

Do not take this combination

Medications for high blood pressure (Calcium channel blockers) interacts with COLEUS

Forskolin might decrease blood pressure. Taking forskolin with medication for high blood pressure might cause your blood pressure to go too low.

Some medications for high blood pressure include nifedipine (Adalat, Procardia), verapamil (Calan, Isoptin, Verelan), diltiazem (Cardizem),

isradipine (DynaCirc), felodipine (Plendil), amlodipine (Norvasc), and others.

- Medications that increase blood flow to the heart (Nitrates) interacts with COLEUS

Forskolin increases blood flow. Taking forskolin with medications that increase blood flow to the heart might increase the chance of dizziness and lightheadedness.

Some of these medications that increase blood flow to the heart include nitroglycerin (Nitro-Bid, Nitro-Dur, Nitrostat) and isosorbide (Imdur, Isordil, Sorbitrate).

- Moderate Interaction

Be cautious with this combination

Medications that slow blood clotting (Anticoagulant / Antiplatelet drugs) interacts with COLEUS

Forskolin might slow blood clotting. Taking forskolin along with medications that also slow clotting might increase the chances of bruising and bleeding.

Some medications that slow blood clotting include aspirin, clopidogrel (Plavix), diclofenac (Voltaren, Cataflam, others), ibuprofen (Advil, Motrin, others), naproxen (Anaprox, Naprosyn, others), dalteparin (Fragmin), enoxaparin (Lovenox), heparin, warfarin (Coumadin), and others.

Reference: <https://www.webmd.com/vitamins/ai/ingredientmono-1044/coleus>

GABA:

No known interactions.

L-Tryptophan:

Tryptophan:

There are 75 potential interactions: <https://www.drugs.com/drug-interactions/tryptophan-index.html>

Chamomile:

53 potential interactions: <https://www.drugs.com/drug-interactions/chamomile-index.html>

Passion Flower:

- Sedative medications (CNS depressants) interacts with PASSIONFLOWER
Passionflower might cause sleepiness and drowsiness. Medications that cause sleepiness are called sedatives. Taking passionflower along with sedative medications might cause too much sleepiness.

Some sedative medications include pentobarbital (Nembutal), phenobarbital (Luminal), secobarbital (Seconal), clonazepam (Klonopin), lorazepam (Ativan), zolpidem (Ambien), and others.

Reference: <https://www.webmd.com/vitamins/ai/ingredientmono-871/passionflower>

Lemon Balm:

- Moderate Interaction
Be cautious with this combination
Sedative medications (CNS depressants) interacts with LEMON BALM
Lemon balm might cause sleepiness and drowsiness. Medications that cause sleepiness are called sedatives. Taking lemon balm along with sedative medications might cause too much sleepiness.

Some sedative medications include clonazepam (Klonopin), lorazepam (Ativan), phenobarbital (Donnatal), zolpidem (Ambien), and others.

References: <https://www.webmd.com/vitamins/ai/ingredientmono-437/lemon-balm>

Melatonin:

66 medications have potential interaction. <https://www.drugs.com/drug-interactions/melatonin-index.html>

