

L-Arginine:

There are 40 known potential interactions:

<https://www.drugs.com/drug-interactions/arginine,l-arginine-index.html>

Epimedium Extract:

Are there interactions with medications?

Moderate

Be cautious with this combination.

Estrogens

Horny goat weed might have some of the same effects as estrogen and might increase blood levels of estrogen in some women. Taking horny goat weed with estrogen might increase the effects and side effects of estrogen.

Some estrogen pills include conjugated equine estrogens (Premarin), ethinyl estradiol, estradiol, and others.

Medications changed by the liver (Cytochrome P450 1A2 (CYP1A2) substrates)

Some medications are changed and broken down by the liver. Horny goat weed might decrease how quickly the liver breaks down some medications. Taking horny goat weed along with some medications that are changed by the liver might increase the effects and side effects of some medications. Before taking horny goat weed, talk to your healthcare provider if you take any medications that are changed by the liver.

Some of these medications that are changed by the liver include caffeine, clozapine (Clozaril), cyclobenzaprine (Flexeril), fluvoxamine (Luvox), haloperidol (Haldol), imipramine (Tofranil), mexiletine (Mexitil), olanzapine (Zyprexa), pentazocine (Talwin), propranolol (Inderal), tacrine (Cognex), theophylline (Slo-bid, Theo-Dur, others), zileuton (Zyflo), Zolmitriptan (Zomig), and others.

Medications changed by the liver (Cytochrome P450 2B6 (CYP2B6) substrates)

Some medications are changed and broken down by the liver. Horny goat weed might decrease how quickly the liver breaks down some medications. Taking horny goat weed along with some medications that are broken down by the liver can increase the effects and side effects of some medications. Before taking horny goat

weed, talk to your healthcare provider if you take any medications that are changed by the liver.

Some medications that are changed by the liver include bupropion (Wellbutrin), cyclophosphamide (Cytoxan), dexamethasone (Decadron), efavirenz (Sustiva), ketamine (Ketalar), methadone (Dolophine), nevirapine (Viramune), orphenadrine (Norflex), phenobarbital, sertraline (Zoloft), tamoxifen (Nolvadex), valproic acid (Depakote), and numerous others.

Medications for high blood pressure (Antihypertensive drugs)

Horny goat weed might lower blood pressure. Taking horny goat weed along with medications for high blood pressure might cause your blood pressure to go too 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 can cause an irregular heartbeat (QT interval-prolonging drugs)

Horny goat weed might increase your heart rate. Taking horny goat weed along with medications that can cause an irregular heartbeat might cause serious side effects including irregular heartbeat.

Some medications that can cause an irregular heartbeat include amiodarone (Cordarone), disopyramide (Norpace), dofetilide (Tikosyn), ibutilide (Corvert), procainamide (Pronestyl), quinidine, sotalol (Betapace), thioridazine (Mellaril), and many others.

Medications that slow blood clotting (Anticoagulant / Antiplatelet drugs)

Horny goat weed might slow blood clotting. Taking horny goat weed 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://medlineplus.gov/druginfo/natural/699.html>

Tribulus:

Also, men should be aware that there are some concerns about possible links between tribulus and [prostate problems](#).

Interactions. There don't appear to be any interactions between tribulus and foods or other herbs and [supplements](#).

But tribulus has been known to interact with certain [medications](#). Do not take if you are taking heart and [blood pressure](#) medicines. such as:

- Beta-blockers
- [Digoxin](#)
- [Calcium](#) channel blockers
- [Diuretics](#)
- [ACE inhibitors](#)
- Nitrates

If you are taking [diabetes](#) medications, tribulus might decrease your [blood](#) sugars to dangerously low levels. It may also increase the effect that steroids have on your body.

References: <https://www.webmd.com/vitamins-and-supplements/tribulus-terrestris-uses-and-risks>

Tongkat Ali

There are no known major interactions