

Food, Drug, and Supplement Interactions

1. Write the name of the item you are researching in the column on the far left..
2. In the other columns, write the names of the prescription and OTC drugs; vitamins and minerals, herbs and teas, and foods that can interfere or alter the effectiveness of the item you listed in first column.

NAME	RX & OTC MEDS	VITS & MINERALS	HERBS & TEAS	FOODS