







HASHIMOTO'S PROTOCOL

Supplement Warnings

BRAND/NAME	WARNINGS & SIDE EFFECTS
 <p data-bbox="155 659 480 716">Activated Charcoal by Integrative Therapeutics</p>	<p data-bbox="563 417 1503 478">May cause gastrointestinal upset such as constipation, vomiting, or diarrhea and abdominal pain/swelling.</p> <p data-bbox="563 506 992 533">Activated charcoal turns stool black.</p>
 <p data-bbox="220 1213 415 1270">Adrenal Support by Rootcology</p>	<p data-bbox="563 758 1474 846">If pregnant, breastfeeding, taking antidepressants, hormone replacement therapy, oral contraceptives, digoxin or blood thinners, or if you have diabetes or any type of acute infection, consult a healthcare practitioner prior to use.</p> <p data-bbox="563 877 1406 961">Do not use if you are taking thiazide diuretics, cardiac glycosides, corticosteroids, stimulant laxatives or other medications which have the potential to exasperate electrolyte imbalance.</p> <p data-bbox="563 993 1385 1052">Not for those who have hypokalemia, high blood pressure, a kidney or cardiovascular disorder, bipolar disorder or bipolar spectrum disorder.</p> <p data-bbox="563 1083 1498 1140">Avoid use with alcohol and other drugs or natural health products with sedative properties.</p> <p data-bbox="563 1171 1360 1199">If experiencing symptoms of irritability or insomnia, discontinue use.</p> <p data-bbox="563 1230 1471 1314">Can cause gastrointestinal discomfort including abdominal upset, soft stools, or mild constipation. If symptoms persist or worsen, consult your healthcare practitioner.</p>



BRAND/NAME	WARNINGS & SIDE EFFECTS
 <p data-bbox="232 1003 406 1060">Aloe by Rootcology</p>	<p data-bbox="565 237 1498 321">Use caution if you have blood sugar issues such as hypoglycemia or diabetes. May interact with supplements, herbs, or medications that assist with low blood sugar.</p> <p data-bbox="565 352 1459 384">May increase bleeding risk. If bleeding disorders are present, caution is advised.</p> <p data-bbox="565 415 1490 468">Caution should also be taken with individuals who have heart disease and electrolyte abnormalities.</p> <p data-bbox="565 499 1474 615">Medications that may interact with aloe taken internally: heart and GI medications, medications that assist with excretion of potassium, cardiac glycosides, oral corticosteroids, oral & topical hydrocortisone, sevoflurane, thyroid hormones, zidovudine (AZT).</p> <p data-bbox="565 646 1498 730">Avoid use with sudden, painful abdominal pain, appendicitis, bowel obstruction, or fecal impaction, kidney & liver disease, or individuals who take medications & supplements that are toxic to the liver.</p> <p data-bbox="565 762 1466 814">Avoid if there is a known allergy to Aloe Vera. (It is part of the Liliaceae family, which includes tulips, garlic, onions.)</p> <p data-bbox="565 846 1458 898">May cause abdominal cramps, skin reactions, gastrointestinal issues such as constipation with a dependent use as a laxative.</p> <p data-bbox="565 930 1466 982">May cause diarrhea and issues associated with diarrhea such as dehydration, low blood potassium and electrolyte imbalance.</p> <p data-bbox="565 1014 1498 1108">May cause skin issues, such as dryness, inflammation (from sun exposure), splitting, soreness, stinging, redness, bleeding and hardening of the skin, as well as Henoch-Schonlein purpura (purple spots on skin).</p> <p data-bbox="565 1140 1498 1192">May cause urological issues such as uterine contractions, urinary stones, kidney & stomach discomfort.</p> <p data-bbox="565 1224 1417 1255">May also cause thyroid dysfunction, irregular heartbeat, and liver toxicity.</p> <p data-bbox="565 1287 1466 1339">Pregnancy & breastfeeding is not suggested due to possible uterine contractions. It is not known if aloe components are present in excreted breast milk.</p>
 <p data-bbox="224 1801 414 1854">AI Paleo Protein by Rootcology</p>	<p data-bbox="565 1602 711 1633">None known</p>



BRAND/NAME	WARNINGS & SIDE EFFECTS
 <p data-bbox="180 682 456 741">Alpha Lipoic Acid by Pure Encapsulations</p>	<p data-bbox="563 373 1422 401">If pregnant or lactating, consult your physician before taking this product.</p> <p data-bbox="563 432 1495 516">Alpha lipoic acid may cause gastrointestinal discomfort in some individuals and should always be taken with meals. In rare cases, alpha lipoic acid may also cause skin rash in sensitive individuals.</p> <p data-bbox="563 548 1468 604">At this time, there are no known adverse reactions when taken in conjunction with medications.</p>
 <p data-bbox="228 1194 407 1253">Amino Support by Rootcology</p>	<p data-bbox="563 1005 711 1033">None known</p>
 <p data-bbox="162 1707 475 1795">Argentyn 23 (Colloidal Silver) by Allergy Research Group</p>	<p data-bbox="563 1488 1390 1545">May cause discoloration of skin (blue-gray color referred to as argyria), especially those parts exposed to sun.</p> <p data-bbox="563 1577 1239 1604">Can cause drug malabsorption (antibiotics and thyroxine).</p>





BRAND/NAME	WARNINGS & SIDE EFFECTS
 <p data-bbox="180 682 456 741">Ashwagandha by Pure Encapsulations</p>	<p data-bbox="565 327 1133 359">Not to be taken by pregnant or lactating women.</p> <p data-bbox="565 390 1498 506">Ashwagandha may be contraindicated in individuals allergic to plants in the nightshade family. In rare cases, large doses have been reported to cause gastrointestinal upset, diarrhea, or vomiting secondary to irritation. Consult your physician for more information.</p> <p data-bbox="565 533 1490 648">Ashwagandha is contraindicated with immunosuppressant medications. It may have an addictive effect when combined with sedative medications or thyroid medications, so use with these types of medication should be monitored. Consult your physician for more information.</p>
 <p data-bbox="180 1220 456 1278">Astragalus Root Extract by Vital Nutrients</p>	<p data-bbox="565 947 1503 1003">Avoid use with certain medications (such as cyclophosphamide, corticosteroids, lithium) or if you have an autoimmune disease.</p> <p data-bbox="565 1031 976 1062">May stimulate the immune system.</p> <p data-bbox="565 1089 870 1121">No side effects at present.</p>
 <p data-bbox="180 1770 456 1829">B-Complex Liquid by Pure Encapsulations</p>	<p data-bbox="565 1528 1422 1560">If pregnant or lactating, consult your physician before taking this product.</p> <p data-bbox="565 1587 870 1619">No side effects at present.</p>

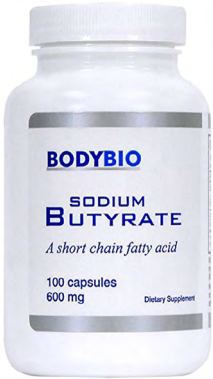




BRAND/NAME	WARNINGS & SIDE EFFECTS
 <p data-bbox="180 682 456 741">B6 Complex by Pure Encapsulations</p>	<p data-bbox="565 415 1260 443">At this time, there are no known side effects or precautions.</p> <p data-bbox="565 474 1422 501">If pregnant or lactating, consult your physician before taking this product.</p> <p data-bbox="565 533 1308 560">Folic acid may adversely interact with chemotherapeutic drugs.</p>
 <p data-bbox="180 1232 456 1291">B12 Liquid by Pure Encapsulations</p>	<p data-bbox="565 995 1471 1022">At this time, there are no known side effects, precautions or drug interactions.</p> <p data-bbox="565 1054 1422 1081">If pregnant or lactating, consult your physician before taking this product.</p>
 <p data-bbox="180 1782 456 1841">BenfoMax by Pure Encapsulations</p>	<p data-bbox="565 1545 1422 1572">If pregnant or lactating, consult your physician before taking this product.</p> <p data-bbox="565 1604 870 1631">No side effects at present.</p>






BRAND/NAME	WARNINGS & SIDE EFFECTS
 <p data-bbox="228 636 407 695">Bentonite Clay by NOW Foods</p>	<p data-bbox="563 422 1089 449">May cause some gastrointestinal discomfort.</p> <p data-bbox="563 480 1211 508">Caution: Bentonite clay contains trace amounts of lead.</p>
 <p data-bbox="201 1178 435 1236">Betaine with Pepsin by Rootcology</p>	<p data-bbox="563 900 1422 928">If pregnant or lactating, consult your physician before taking this product.</p> <p data-bbox="563 959 1503 1018">Individuals with a history of peptic ulcers, gastritis, or gastrointestinal symptoms should consult their physician before taking betaine HCl.</p> <p data-bbox="563 1050 1268 1077">Large amounts of betaine HCl may cause stomach irritation.</p>



BRAND/NAME	WARNINGS & SIDE EFFECTS
 <p data-bbox="246 709 386 768">Butyrate by BodyBio</p>	<p data-bbox="565 449 906 478">None known. None reported.</p>
 <p data-bbox="214 1234 425 1293">Butyrate Balance by Rootcology</p>	<p data-bbox="565 1003 1474 1033">Rootcology: Consult with a physician before use if pregnant or breastfeeding.</p> <p data-bbox="565 1062 1474 1121">No known medication interactions. If you are taking prescription medications, speak with your practitioner before using this product</p>
 <p data-bbox="214 1810 425 1869">Candibactin-BR by Metagenics</p>	<p data-bbox="565 1579 954 1608">Do not use if pregnant or nursing.</p> <p data-bbox="565 1638 1507 1696">If taking medication including cyclosporine, consult your healthcare practitioner before use.</p>

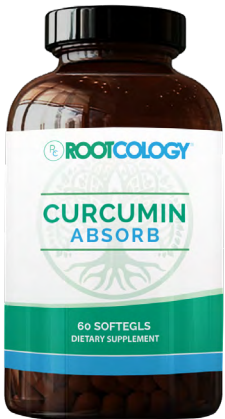



BRAND/NAME	WARNINGS & SIDE EFFECTS
 <p data-bbox="224 684 407 747">Carnitine Blend by Rootcology</p>	<p data-bbox="561 464 1373 520">Carnitine may reduce the chance of gaining body fat on a diet high in carbohydrates and fat.</p>
 <p data-bbox="207 1234 427 1297">Chlorophyll Drops by Genestra</p>	<p data-bbox="561 884 1503 940">Use with caution when exposed to sun or if using a photosensitizing medication. Possible burn of the skin may occur.</p> <p data-bbox="561 968 1369 999">Not recommended for use during pregnancy or when breastfeeding.</p> <p data-bbox="561 1031 1503 1115">Common side effects: temporary discoloration of urine, feces, and tongue. May cause minor side effects like green discoloration of urine or feces, or gastro side effects such as heartburn or diarrhea.</p> <p data-bbox="561 1146 1482 1203">Individuals with copper toxicity should use with caution as some supplements may contain copper.</p>
 <p data-bbox="180 1787 459 1850">CholestePure by Pure Encapsulations</p>	<p data-bbox="561 1545 1422 1577">If pregnant or lactating, consult your physician before taking this product.</p> <p data-bbox="561 1608 1276 1640">Individuals with a sensitivity to soy should avoid this product.</p>






BRAND/NAME	WARNINGS & SIDE EFFECTS
 <p data-bbox="228 682 406 741">Cilantro Drops by Herb Pharm</p>	<p data-bbox="561 459 1487 518">Mild allergic reactions may arise in individuals who are allergic to similar herbs such as caraway, dill, fennel, and aniseed.</p>
 <p data-bbox="180 1234 456 1293">CoQ10 by Pure Encapsulations</p>	<p data-bbox="561 963 1422 995">If pregnant or lactating, consult your physician before taking this product.</p> <p data-bbox="561 1024 1154 1056">CoQ10 may react with blood thinning medications.</p> <p data-bbox="561 1085 1081 1117">Consult your physician for more information.</p>
 <p data-bbox="228 1745 406 1803">Cordyceps by NOW Foods</p>	<p data-bbox="561 1524 1438 1556">May cause gastrointestinal issues such as dry mouth, nausea and diarrhea.</p> <p data-bbox="561 1585 1430 1617">Best if avoided in pregnancy and lactation as safety information is lacking.</p>



BRAND/NAME	WARNINGS & SIDE EFFECTS
 <p data-bbox="212 680 422 743">Curcumin Absorb by Rootcology</p>	<p data-bbox="565 443 1422 474">If pregnant or lactating, consult your physician before taking this product.</p> <p data-bbox="565 501 1149 533">May cause GI upset, including nausea, or diarrhea.</p>
 <p data-bbox="180 1232 456 1295">DHEA by Pure Encapsulations</p>	<p data-bbox="565 951 1036 982">Use caution if using under the age of 30.</p> <p data-bbox="565 1010 1487 1066">May cause reproductive issues (infertility, irregular menstrual cycles, facial hair growth in women, acne, increased estrogen and testosterone).</p> <p data-bbox="565 1094 1097 1125">Consult a doctor if pregnant or breastfeeding.</p>



BRAND/NAME	WARNINGS & SIDE EFFECTS
 <p data-bbox="178 682 462 745">Digestion GB by Pure Encapsulations</p> <p data-bbox="300 766 341 798">OR</p>  <p data-bbox="170 1270 470 1333">Pancreatic Enzymes Plus by Rootcology</p>	<p data-bbox="560 346 1477 409">Milk thistle should be avoided by individuals with allergies to members of the aster (Compositae/Asteraceae) family, daisies, artichoke, kiwi, or thistle.</p> <p data-bbox="560 430 1494 493">Curcumin should be used with caution in individuals with bile duct obstruction. If pregnant or lactating, consult your physician before taking this product.</p> <p data-bbox="560 514 958 556">May cause gastrointestinal upset.</p> <p data-bbox="560 871 1485 997">Rootcology: Do not use if you are allergic or sensitive to pork, pineapples, or any of the ingredients in this supplement. If you experience a skin rash, please discontinue the product immediately as this could be a sign of an allergic reaction.</p> <p data-bbox="560 1018 1323 1060">Consult with a physician before use if pregnant or breastfeeding.</p> <p data-bbox="560 1081 1469 1207">DO NOT TAKE if taking the following medications: acarbose, anticoagulant drugs (e.g. aspirin), amoxicillin, blood thinners, clopidogrel (Plavix), Creon (pancrelipase capsules), dalteparin (Fragmin), enoxaparin (Lovenox), heparin, indomethacin (Indocin), or tetracycline antibiotics.</p>
 <p data-bbox="211 1816 430 1879">Electrolyte Blend by Rootcology</p>	<p data-bbox="560 1585 1494 1648">Those with sodium-sensitive hypertension, those with a pacemaker, and those who have high blood sodium or potassium levels, should not take this product.</p>


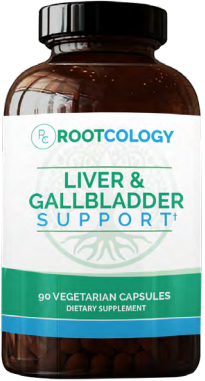



BRAND/NAME	WARNINGS & SIDE EFFECTS
 <p data-bbox="178 682 462 745">EPA/DHA (Omega 3) by Pure Encapsulations</p>	<p data-bbox="560 399 1429 493">May influence glucose metabolism in some individuals, typically at larger levels. If pregnant or lactating, consult your physician before taking this product.</p> <p data-bbox="560 514 1469 577">May cause burping, gastrointestinal upset or indigestion, nausea, diarrhea, or abdominal bloating.</p>
 <p data-bbox="178 1228 462 1291">Evening Primrose Oil by Pure Encapsulations</p>	<p data-bbox="560 955 1453 1029">Not to be taken by pregnant women due to an increased risk for pregnancy complications. Consult your physician for more information.</p> <p data-bbox="560 1050 1412 1113">Evening primrose oil is contraindicated with blood thinning medications. Consult your physician for more information.</p>
 <p data-bbox="178 1774 462 1837">L-Lysine by Pure Encapsulations</p>	<p data-bbox="560 1470 1421 1533">At this time, there are no consistent side effects or precautions, although transient gastrointestinal upset and diarrhea have been reported.</p> <p data-bbox="560 1554 1404 1617">Arginine may reduce the effectiveness of L-lysine in some individuals. If pregnant or lactating, consult your physician before taking this product.</p> <p data-bbox="560 1638 1469 1701">At this time, there are no known adverse reactions when taken in conjunction with medications.</p>






BRAND/NAME	WARNINGS & SIDE EFFECTS
 <p data-bbox="180 684 456 741">L-Glutamine Powder by Pure Encapsulations</p>	<p data-bbox="563 445 1422 474">If pregnant or lactating, consult your physician before taking this product.</p> <p data-bbox="563 506 870 535">No side effects at present.</p>
 <p data-bbox="233 1457 401 1514">Licorice Drops by BioMatrix</p>	<p data-bbox="563 785 1503 842">Best to avoid the following while consuming licorice: grapefruit, grapefruit juice, and licorice flavored chewing tobacco.</p> <p data-bbox="563 873 1503 930">Supplements that can affect the heart: squill, pheasant's eye, digitalis, and lily of the valley.</p> <p data-bbox="563 961 1450 1018">Supplements that promote a laxative effect: aloe vera (internally), castor oil, rhubarb, senna, buckthorn, and cascara sagrada.</p> <p data-bbox="563 1050 1458 1106">Possible allergic reactions: facial swelling (including lips, throat and tongue), breathing difficulties, and hives. Seek medical attention immediately.</p> <p data-bbox="563 1138 1365 1167">Licorice is possibly safe to take for short term use of 4 weeks or less.</p> <p data-bbox="563 1199 1495 1276">Long term use may cause weakness, high blood pressure, low potassium, brain disorders (loss of consciousness, hallucinations, confusion, memory issues, and unusual behavior).</p> <p data-bbox="563 1308 1370 1365">Common side effect include fatigue, headaches, amenorrhea, sexual dysfunction in men, and bloating.</p> <p data-bbox="563 1396 1490 1541">Avoid licorice if you have any of the following: infections, anxiety/depression, joint pain (arthritis), asthma/allergies, on birth control, using hormone replacement therapies, cancer, migraine or tension headaches, psychiatric disorders, autoimmune disorders, high blood pressure, GERD, high cholesterol, heart conditions, erectile dysfunction, or seizures.</p> <p data-bbox="563 1572 1482 1688">Licorice may potentially interact with the following medications. Consult with a practitioner before taking licorice if you take steroids (dexamethasone, prednisone, other steroid medications), diuretics or "water pills," warfarin (such as Coumadin or Jantoven), or oral midazolam.</p>





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 <p data-bbox="178 682 454 745">Liposomal Glutathione by Pure Encapsulations</p>	<p data-bbox="560 472 617 504">N/A</p>
 <p data-bbox="154 1186 487 1260">Liver & Gallbladder Support by Rootcology</p>	<p data-bbox="560 987 1502 1050">Do not take if you are known to have a bile duct obstruction, or are experiencing severe upper abdominal pain.</p>
 <p data-bbox="235 1701 414 1764">Liver Reset by Rootcology</p>	<p data-bbox="560 1501 1485 1564">Advisable not to exceed 50 mcg of molybdenum while patients are using Liver Reset, including from all other supplement sources.</p>






BRAND/NAME	WARNINGS & SIDE EFFECTS
 <p data-bbox="256 684 380 709">Lomatium</p> <p data-bbox="147 714 488 739">by Barlow Herbal Specialties</p>	<p data-bbox="561 447 1354 472">A one-time rash may occur in some people due to a detox reaction.</p> <p data-bbox="561 504 711 529">Watch video</p>
 <p data-bbox="204 1234 431 1260">Magnesium Citrate</p> <p data-bbox="230 1264 406 1289">by Rootology</p>	<p data-bbox="561 980 1425 1035">Individuals with kidney disease should not take magnesium supplements without consulting a doctor.</p> <p data-bbox="561 1066 1110 1092">May cause gastrointestinal upset and diarrhea.</p>
 <p data-bbox="188 1785 451 1810">Magnesium Glycinate</p> <p data-bbox="178 1814 461 1839">by Pure Encapsulations</p>	<p data-bbox="561 1530 1425 1585">Individuals with kidney disease should not take magnesium supplements without consulting a doctor.</p> <p data-bbox="561 1617 1422 1642">There is less of a chance of loose stools compared to magnesium citrate.</p>

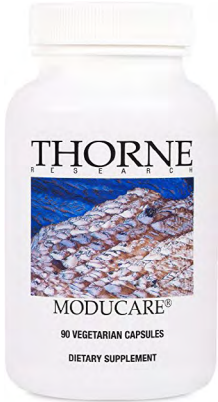
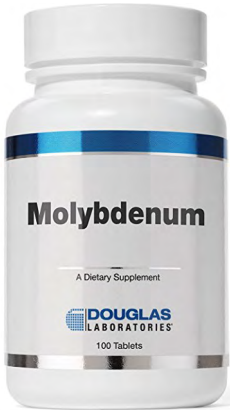



BRAND/NAME	WARNINGS & SIDE EFFECTS
 <p data-bbox="180 682 456 741">Manganese by Pure Encapsulations</p>	<p data-bbox="565 373 1484 489">If you are currently being treated with any of the following medications, you should not use manganese supplements without first talking to your health care provider: haloperidol and other antipsychotics, reserpine, antacids, laxatives containing magnesium, tetracycline antibiotics, quinolone antibiotics.</p> <p data-bbox="565 520 1495 604">Manganese toxicity symptoms include loss of appetite, headaches, leg cramps, muscle rigidity, tremors, convulsions, extreme irritability, acts of violence, and hallucinations.</p>
 <p data-bbox="164 1197 475 1255">Mastic Gum by Allergy Research Group</p>	<p data-bbox="565 961 1430 1020">Avoid use if there are any known allergies or sensitivities to mastic gum or pollen.</p> <p data-bbox="565 1052 1276 1077">Information regarding safety use in pregnancy is not present.</p>





BRAND/NAME	WARNINGS & SIDE EFFECTS
 <p data-bbox="196 646 440 705">MegaSporeBiotic by Microbiome Labs</p> <p data-bbox="298 732 337 760">OR</p>  <p data-bbox="232 1199 406 1260">Spore Flora by Rootcology</p>	<p data-bbox="565 443 1495 499">Individuals with SIBO, Candida, and major digestive issues are highly advised to consult with a health practitioner for education on proper dose protocol.</p> <p data-bbox="565 527 1101 554">May cause some digestive discomfort initially.</p> <p data-bbox="565 821 1471 848">Rootcology: Consult with a physician before use if pregnant or breastfeeding.</p> <p data-bbox="565 875 1446 932">DO NOT TAKE if taking the following medications: antibiotics+ and/or blood thinners.</p> <p data-bbox="565 959 1495 1167">+Spore Flora is a formulation of spore-based probiotics. The recommendation to avoid taking probiotics while taking antibiotics is based on the fact that antibiotics could reduce the effectiveness of probiotics. However, research shows that taking probiotics while taking antibiotics can help prevent diarrhea which may result from the use of antibiotics. To prevent destruction of probiotic activity, it is recommended to take probiotics and antibiotics at least two hours apart from one another.</p>
 <p data-bbox="212 1709 422 1770">MTHFR Pathways by Rootcology</p>	<p data-bbox="565 1478 1078 1505">Consult doctor if pregnant or breastfeeding.</p> <p data-bbox="565 1533 1479 1589">Folic acid-containing supplements may interfere with methotrexate therapy in people with cancer.</p>



BRAND/NAME	WARNINGS & SIDE EFFECTS
 <p data-bbox="198 646 438 703">Moducare by Thorne Research</p>	<p data-bbox="565 396 1401 453">Do not use if you have a history of sensitivity to any of the ingredients in Moducare.</p> <p data-bbox="565 485 1495 541">Consult a physician before using if pregnant or nursing, have multiple sclerosis, or have had an organ transplant.</p>
 <p data-bbox="172 1157 462 1213">Molybdenum by Douglas Laboratories</p>	<p data-bbox="565 953 1479 1010">Doses above the recommended tolerable upper intake level (UL) of 2 mg/day might exacerbate hyperuricemia and gout.</p>
 <p data-bbox="215 1797 423 1854">Munity Boost by Barlow Herbal</p>	<p data-bbox="565 1545 711 1570">Watch video</p>



BRAND/NAME	WARNINGS & SIDE EFFECTS
 <p data-bbox="196 646 440 705">Myo-Inositol Powder by Rootcology</p>	<p data-bbox="565 369 1393 428">If you suffer from bipolar disorder, take only under the direction of your healthcare practitioner.</p> <p data-bbox="565 457 834 487">May cause drowsiness.</p> <p data-bbox="565 516 1479 575">May cause mild, but transient gastrointestinal discomfort when used in higher doses.</p>
 <p data-bbox="180 1178 456 1236">Pure N-Acetyl Cysteine by Rootcology</p>	<p data-bbox="565 905 1425 934">Take with food. NAC may interact with nitroglycerin and metoclopramide.</p> <p data-bbox="565 963 1425 993">If pregnant or lactating, consult your physician before taking this product.</p> <p data-bbox="565 1022 1503 1081">Rare side effects may include nausea, vomiting, headache, dry mouth, dizziness, or abdominal pain.</p>
<p data-bbox="253 1423 383 1453">Naltrexone</p>	<p data-bbox="565 1276 1479 1335">Common side effects include abdominal pain/cramping, nausea/vomiting, or excitement (restless sleep, restlessness, anxiety, nervous feelings).</p> <p data-bbox="565 1365 1479 1457">Less-common side effects include flu like symptoms (runny nose, sinus congestion, headache, fatigue, diarrhea, sore throat), fast heartbeat, dizziness, loss of appetite, increased thirst, or sexual problems in men.</p> <p data-bbox="565 1486 1479 1600">Seek immediate help from a physician if you experience any of the following: severe abdominal pain, blurred vision, rashes or itching of the skin, swelling of the eyes, face, lower limbs, or abdomen (weight gain), mood changes, mental changes, depression, confusion, ringing/buzzing of ears, or hallucinations.</p>



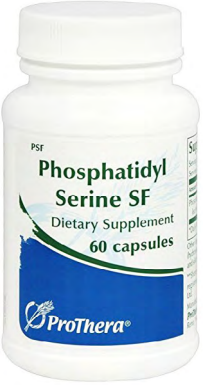


BRAND/NAME	WARNINGS & SIDE EFFECTS
 <p data-bbox="175 659 457 722">Nutrient 950 by Pure Encapsulations</p>	<p data-bbox="561 363 1260 390">At this time, there are no known side effects or precautions.</p> <p data-bbox="561 420 1422 447">If pregnant or lactating, consult your physician before taking this product.</p> <p data-bbox="561 476 1451 590">Nutrient 950 contains vitamin E, which may react with blood thinning medications. Consult your physician for more information. Vitamin K may be contraindicated for individuals taking Coumadin/warfarin blood thinning medication.</p>
 <p data-bbox="175 1211 457 1274">Olive Leaf Extract by Pure Encapsulations</p>	<p data-bbox="561 900 1133 928">Not to be taken by pregnant or lactating women.</p> <p data-bbox="561 957 1414 1020">At this time, there are no known side effects or precautions. Consult your physician for more information.</p> <p data-bbox="561 1050 1455 1134">Individuals on anti-diabetes medications may require blood glucose monitoring. Individuals on anti-hypertensive medications may require blood pressure monitoring. Consult your physician for more information.</p>



BRAND/NAME	WARNINGS & SIDE EFFECTS
 <p data-bbox="191 646 444 705">Oil of Oregano by Designs for Health</p> <p data-bbox="298 735 337 760">OR</p>  <p data-bbox="233 1201 406 1260">Oil of Oregano by Rootcology</p>	<p data-bbox="565 352 1399 411">Side effects can include skin reactions, skin rash, and rarely entire body reactions (when ingested).</p> <p data-bbox="565 441 1065 466">Contraindications have not been identified.</p> <p data-bbox="565 495 1114 520">Safety information during pregnancy is lacking.</p> <p data-bbox="565 550 1195 575">Consumption other than with food should be avoided.</p> <p data-bbox="565 936 1471 961">Rootcology: Consult with a physician before use if pregnant or breastfeeding.</p> <p data-bbox="565 991 1464 1050">DO NOT TAKE if taking the following medications: anticoagulant/antiplatelet drugs, antidiabetic drugs, and/or blood thinners.</p>
 <p data-bbox="178 1747 457 1806">OptiFerin-C by Pure Encapsulations</p>	<p data-bbox="565 1377 1351 1436">In some individuals, iron supplements may cause nausea, vomiting, constipation, and black stools.</p> <p data-bbox="565 1465 1406 1524">One study indicated that iron bisglycinate supplementation caused less bloating, nausea, and constipation as compared to ferrous sulfate.</p> <p data-bbox="565 1554 1448 1612">Iron supplementation is not recommended for individuals with iron-loading anemias or hemochromatosis.</p> <p data-bbox="565 1642 1497 1730">Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.</p>



BRAND/NAME	WARNINGS & SIDE EFFECTS
 <p data-bbox="199 646 438 705">Organic Pea Protein by Rootcology</p>	<p data-bbox="565 457 714 485">None known</p>
 <p data-bbox="233 1157 409 1215">Paleo Protein by Rootcology</p>	<p data-bbox="565 982 714 1010">None known</p>
 <p data-bbox="199 1696 438 1755">Phosphatidyl Serine by ProThera</p>	<p data-bbox="565 1478 967 1505">Avoid use if low cortisol is present.</p> <p data-bbox="565 1537 1360 1564">Use caution when using blood thinning medication or supplements.</p>





BRAND/NAME	WARNINGS & SIDE EFFECTS
 <p data-bbox="180 684 456 743">Potassium by Pure Encapsulations</p>	<p data-bbox="565 373 1425 405">If pregnant or lactating, consult your physician before taking this product.</p> <p data-bbox="565 432 1398 491">Potassium can cause GI upset, nausea, diarrhea or vomiting in sensitive individuals. Consult your physician for more information.</p> <p data-bbox="565 518 1479 609">Individuals taking ACE inhibitors, angiotensin receptor blockers, or potassium-sparing diuretics may require monitoring of potassium levels. Consult your physician for more information.</p>
 <p data-bbox="180 1230 456 1289">Pregnenolone by Pure Encapsulations</p>	<p data-bbox="565 978 1219 1010">The lowest dose that is most effective is recommended.</p> <p data-bbox="565 1037 1430 1096">May cause excitement (irritability, anxiety, overstimulation, insomnia, heart irregularities), or headaches, acne and hair loss.</p>
 <p data-bbox="164 1671 475 1730">ProBoost Thymic Protein A by Longevity</p>	<p data-bbox="565 1514 618 1545">N/A</p>





BRAND/NAME	WARNINGS & SIDE EFFECTS
 <p data-bbox="224 697 418 760">Psyllium by Nature's Way</p>	<p data-bbox="565 394 1442 457">Use caution when dispensing psyllium as inhalation of the dust may cause hypersensitivity.</p> <p data-bbox="565 483 1490 546">Gastrointestinal effects may occur, including gas, abdominal cramping, nausea, diarrhea, constipation, or rectal pain.</p> <p data-bbox="565 571 1221 604">Allergic reactions to psyllium may result in eosinophilia.</p>
 <p data-bbox="181 1243 457 1306">Quercetin by Pure Encapsulations</p>	<p data-bbox="565 961 1425 995">If pregnant or lactating, consult your physician before taking this product.</p> <p data-bbox="565 1024 1409 1087">Quercetin may react with calcium channel blockers, estradiol, and immunosuppressive drugs. Consult your physician for more information.</p> <p data-bbox="565 1113 1123 1146">Consult your physician for any health problems.</p>
 <p data-bbox="230 1797 409 1860">S. Boulardii by Rootcology</p>	<p data-bbox="565 1545 1432 1608">Probiotics may be contraindicated with immunosuppressant medications. Consult your physician for more information.</p> <p data-bbox="565 1633 880 1667">May cause mild flatulence.</p>



BRAND/NAME	WARNINGS & SIDE EFFECTS
 <p data-bbox="228 682 407 741">Schisandra by Herb Pharm</p>	<p data-bbox="563 388 1503 447">May interact with other medications due to the effects of schisandra's effects on the enzymes in the liver and stomach.</p> <p data-bbox="563 474 899 506">No adverse effects reported.</p> <p data-bbox="563 533 1479 592">Safety has not been identified on pregnant and lactation, however, it has been found to inhibit reproductive cells in vitro in rats and humans.</p>
 <p data-bbox="180 1232 457 1291">Selenium by Pure Encapsulations</p>	<p data-bbox="563 892 1422 924">If pregnant or lactating, consult your physician before taking this product.</p> <p data-bbox="563 951 1349 982">Selenium may be contraindicated with blood thinning medications.</p> <p data-bbox="563 1010 1466 1068">There is evidence that selenium could reduce the effectiveness of HMG-CoA reductase inhibitors.</p> <p data-bbox="563 1096 1446 1184">Large amounts can cause selenium toxicity. Symptoms of toxicity include nausea, vomiting, abdominal pain, nail changes, fatigue, irritability, hair loss, muscle pain and/or weight loss.</p>



BRAND/NAME	WARNINGS & SIDE EFFECTS
 <p data-bbox="186 682 446 745">Silvercillin by Designs for Health</p>	<p data-bbox="560 472 1047 504">No known side effects/contraindications.</p>
 <p data-bbox="203 1165 438 1228">Ultra Benfotiamine by Douglas Labs</p>	<p data-bbox="560 987 1031 1018">No adverse effects have been reported.</p>



BRAND/NAME	WARNINGS & SIDE EFFECTS
<div data-bbox="224 579 440 995" data-label="Image"> </div> <div data-bbox="164 1026 472 1083" data-label="Caption"> <p>Vitamin C-500 Chewables by NOW Foods</p> </div>	<p>Generally regarded as safe.</p> <p>May cause gastrointestinal & digestive upset (abdominal cramps, diarrhea, gut blocking, nausea, esophagus inflammation, heartburn, vomiting), heart complications (chest pain, fainting, thickening of heart blood vessels, or may raise blood pressure). May also cause urinary issues, dental erosion, headache, fatigue, flushing and increased lung cancer risk and complications with red blood cells.</p> <p>High doses of vitamin C may cause digestive issues, kidney stones, blood clots, or pro-oxidant effects.</p> <p>Adults who abruptly stop taking large doses of vitamin C, and continue to take normal levels, may become deficient in vitamin C.</p> <p>Vitamin C may interact with blood-thinners (such as warfarin) and those with bleeding disorders must use caution.</p> <p>Vitamin C may have effects on blood sugar, and therefore, those with blood sugar issues such as diabetes and hypoglycemia and those taking supplements to help with blood sugar should use with caution.</p> <p>Those taking blood pressure medication should use with caution as vitamin C may raise blood pressure. Also, those pregnant or those who have had a recent angioplasty, may want to use with caution as blood pressure can rise while taking vitamin C.</p> <p>Avoid with known allergies and sensitivities to vitamin C or ingredients in vitamin C products.</p> <p>Use caution in combination of certain medications (barbiturates, estrogens, anti-cancer, HIV, fluphenazine, iron, medications and supplements that may damage kidneys).</p> <p>Avoid vitamin C in high doses with conditions such as liver or kidney disease (where extra acids cannot be removed), gout, or diseases that break down red blood cells.</p> <p>Vitamin C is generally considered safe at recommended doses during pregnancy and breastfeeding but should be used with caution if there is a risk of high blood pressure in pregnancy.</p>

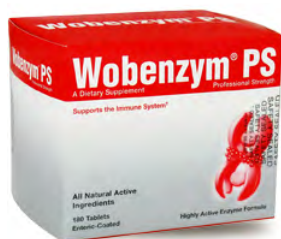


BRAND/NAME	WARNINGS & SIDE EFFECTS
 <p data-bbox="180 680 456 743">Vitamin D by Pure Encapsulations</p>	<p data-bbox="565 386 1446 474">Recommended that individuals using more than 2,000 IU vitamin D per day have their blood levels monitored. Individuals with hyperparathyroidism or kidney disease are at particular risk for hypercalcemia.</p> <p data-bbox="565 506 1458 594">Vitamin D3 10,000 IU and Vitamin D3 5,000 IU and are not to be taken by pregnant or lactating women. If pregnant or lactating, consult your physician before taking vitamin D3 400 IU or vitamin D3 1,000 IU.</p>
 <p data-bbox="253 1192 396 1255">Sun-E 400 by NOW</p>	<p data-bbox="565 1003 1458 1066">Consult your healthcare provider before use if you are taking blood-thinning medication or are planning on having surgery.</p>
 <p data-bbox="237 1591 402 1654">VSL#3 by Klaire Labs</p>	<p data-bbox="565 1415 1268 1446">Ask your doctor if and how to take VSL#3 during pregnancy.</p> <p data-bbox="565 1472 1357 1503">The effects of VSL#3 products may be reduced while on antibiotics.</p> <p data-bbox="565 1528 857 1560">May cause mild bloating.</p>



BRAND/NAME

WARNINGS & SIDE EFFECTS



Wobenzym PS
by Douglas Laboratories

OR



Systemic Enzymes
by Rootcology

Consult with a physician before taking this medication if you have a bleeding disorder, liver damage, are pregnant, breastfeeding, or taking anticoagulant drugs.

Rootcology: Consult with a physician before use if pregnant or breastfeeding.

DO NOT TAKE if taking the following medications: alkylating agents, amlodipine, anticoagulant/antiplatelet drugs, antidiabetic drugs, antihypertensive drugs, antitumor antibiotics, aspirin, blood thinners, choline magnesium trisalicylate, cyclosporine, cytochrome P450 substrates (1A1, 1A2, 1B1, 2C19, 2C8, 2C9, 2D6, 2E1, 3A4), diclofenac, estrogens, hepatotoxic drugs, immunosuppressants, losartan, midazolam, nifedipine, organic anion transporter substrates 1 and 3 (OAT1, OAT3), organic anion-transporting polypeptide substrates, p-glycoprotein substrates, phenprocoumon, pravastatin, quetiapine, quinolone antibiotics, salsalate, sulfasalazine, tacrolimus, talinolol, and/or topoisomerase I inhibitors.



Wormwood
(containing antiparasitic)
by Herb Pharm

Avoid if sensitive to wormwood components, particularly in the form of essential oil.

Avoid if an underlying hepatic heme synthesis defect is possible or present. May cause digestive issues, vertigo, trembling limbs, delirium, restlessness, thirst, paralysis, or death.

During pregnancy and lactation, avoid due to abortifacient and emmenagogue effects.



BRAND/NAME	WARNINGS & SIDE EFFECTS
 <p data-bbox="191 674 444 737">Xylitol Powder by Designs for Health</p>	<p data-bbox="565 443 1474 470">May cause gastrointestinal issues such as diarrhea, bloating and constipation.</p> <p data-bbox="565 499 1084 527">Keep away from pets as this is toxic to them.</p>
 <p data-bbox="180 1224 457 1287">Zinc by Pure Encapsulations</p>	<p data-bbox="565 942 1422 970">If pregnant or lactating, consult your physician before taking this product.</p> <p data-bbox="565 999 1325 1026">In rare cases, zinc can cause nausea, vomiting or a metallic taste.</p> <p data-bbox="565 1056 1406 1119">High intakes of zinc can cause fever, diarrhea, or fatigue and may impair immune response.</p>

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*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Disclaimer: The information contained herein is for informational purposes only and should not be construed as medical advice. Please consult your physician about any health problems and before making any medical or lifestyle changes.

Lifestyle changes can result in improved thyroid function and/or increased absorption of thyroid hormone medications, leading to a lower required dose and possible symptoms of hyperthyroidism at a dose that was previously stable. Please discuss lifestyle changes with your physician and ensure that your thyroid function is monitored every 6-8 weeks while making lifestyle changes. Symptoms of overmedication include, but are not limited to: rapid or irregular heartbeat, nervousness, irritability or mood swings, muscle weakness or tremors, diarrhea, menstrual irregularities, hair loss, weight loss, insomnia, chest pain, and excessive sweating. Do not start, change, increase, decrease or discontinue your medications without consulting with your physician.

