CANRA Part 2 | Course 13

BOTANICAL MEDICINE

Original teaching material based on uploaded notes, updated with evidence and high-priority patient-safety considerations. Compiled October 30, 2026.

For learners: these examples are not a clinical dosing guide. Treatment requires current product information, diagnosis, contraindication screening and applicable professional scope.

Herb-Drug Interaction Checklist

- Reconcile all prescriptions, OTC medications, herbal products and supplements; record start/stop dates.
- Identify narrow-therapeutic-index drugs, including anticoagulants, antiarrhythmics, antiepileptics and transplant drugs.
- Ask about CYP/P-gp interactions (St. John's wort induction; goldenseal inhibition and metformin exposure).
- Screen additive sedation, hypoglycemia, blood pressure changes, potassium effects and bleeding.
- Review pregnancy/lactation, age, liver disease, kidney disease, surgery and cardiac conditions.
- Seek medication specialist or prescriber advice for uncertain or high-risk combinations.
- Document a baseline, patient consent, monitoring plan and adverse-event reporting steps.

Clinical high-alert examples

Sertraline + St. John's wort: serotonergic toxicity concern. Hormonal contraception + St. John's wort: reduced efficacy concern. Metformin + goldenseal: altered exposure reported. Glycyrrhizin-rich licorice + cardiovascular/renal risk: potassium and blood-pressure concerns.

https://www.nccih.nih.gov/health/providers/digest/herb-drug-interactions-science