

DO NOT MIX NATURAL PRODUCTS WITH MEDICINES

TEENAGERS

Most of the abusive drugs are produced from natural products. In addition to interacting with each other, they also interfere with medicines.

Some natural products, including teas, can change the effect of anxiolytics, antidepressants and stimulants.

PROMOTER



OBSERVATÓRIO
DE INTERAÇÕES
PLANTA-
MEDICAMENTO



FFUC FACULDADE DE FARMÁCIA
UNIVERSIDADE DE COIMBRA



TEENAGERS

Alcohol, Anxiolytics, Antidepressants, Illegal Drugs, Smartdrugs and Other Stimulants

These substances, in addition to being able to cause irreversible damage to health, also have a high potential for interact with medicines.

Consult your doctor or pharmacist or call the helpline

239 488 505/484

or visit the website

www.oipm.uc.pt

ALCOHOL

In addition to depressing the Central Nervous System, it also induces a change in the therapeutic effect of drugs [Medicines and/or Herbal Medicines], which can have different results according chronic or acute consumption - commonly known as “drunkenness”.

Antibiotic, Oral Anticoagulants, Antidiabetics, Anthelmintics, Cocaine, Central Nervous System Depressants, Ecstasy, Insulin, Nicotine, Paracetamol, Warfarin.

Note: The fact that a plant (food or drug/herbal medicine is not found in those mentioned here) Note, does not mean that its combined use with medicines is safe.

Juices and “teas” are concentrated extracts of chemical compounds whose effect on the body can be very intense, depending on the plant from which they are made and the taken amount.

ANXIOLYTICS AND ANTIDEPRESSANTS

These medicines act on the Central Nervous System and suffer therapeutic alterations if administered with Alcohol, Drugs or with some Herbal Medicines. One of its side effects includes memory short term, so students should be especially careful.

[Turmeric](#), [Liquorice](#), [Chamomile](#), [Marian thistle](#), [Asiatic pennywort](#), [Dandelion](#), [Lemon balm](#), [Catnip](#), [Ginkgo](#), [St. John's wort](#), [Lavender](#), [Mangosteen](#), [Passiflora](#), [Tilia e Valeriana](#) – may change the therapeutic effect of antidepressants and anxiolytics.

Some Foods may also interact with these Medications:

[Açaí palm](#), [Annona](#), [Orange](#) and [Grapefruit juices](#).

For example, they contribute to serotonin syndrome, increased of depression of the Central Nervous System, decrease of the therapeutic dose, etc.

ILLEGAL DRUGS, SMART-DRUGS AND STIMULANTS

[Cocaine](#), [Heroin](#), [Ecstasy](#), [LSD](#), [Hallucinogenic Mushrooms](#), [Amphetamines](#).

Alone they act in the Central Nervous System and in other parts of the organism. When mixed with alcohol, drugs or other substances, including some Herbal Medicines, the effect can be unpredictable, including sudden death.

[Natural \(Cannabis Sativa\) and synthetic cannabinoids](#) – enhance the psychotropic effect of benzodiazepines, alcohol and barbiturates; potentiate the action of muscle relaxants, bronchodilators, antiemetics, antiepileptics, warfarin, and other illegal drugs;

[Coffee](#), [Black Tea](#), [Green Tea](#), [Ginseng](#), [Guarana](#) and [some energetic drinks](#) together with other stimulant substances increase its effect.