

## Common Herbal Supplements with Photosensitivity Properties

- Chrysanthemum
- Dong Quai
- Shiitake Mushroom
- St. John's Wort

### Potential Interactions

Increases skin sensitivity to sunlight.

### Who Should Avoid Use

- Patients undergoing radiation therapy.

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## Common Herbal Supplements with Immunomodulatory Properties

- Astragalus
- Echinacea
- Maitake & Reishi Mushroom
- Mistletoe (European)

### Potential Interactions

May boost or suppress the immune system.

### Who Should Avoid Use

- Patients taking immunosuppressants
- Lymphoma patients

## Common Herbal Supplements with Estrogenic Properties

- Black Cohosh
- Chasteberry
- Dong Quai
- Flax Seed Oil
- Gingko Biloba
- Red Clover
- Soy Products

### Potential Interactions

Estrogenic effect may stimulate estrogen dependent tumor growth.

### Who Should Avoid Use

- Breast cancer patients (especially those patients who are hormone positive)
- Endometrial cancer patients



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# Herbal Supplements & Cancer Treatment



Interactions presented are related to common supplements and not standard use in cooking or foods.

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## Common Herbal Supplements with Antioxidant Properties

- Garlic
- Gingko Biloba
- Ginseng
- Grapeseed Extract
- Green Tea
- High-dose Vitamin E & C
- Melatonin
- Red Clover & CoQ10
- Selenium

### Potential Interactions

May interfere with cancer killing effects of certain chemotherapy and radiation.

### Who Should Avoid Use

- Patients undergoing radiation therapy
- Patients on some chemotherapy

## Common Herbal Supplements with Enzyme Modifying Properties

- Black Cohosh
- Curcumin (Turmeric)
- Echinacea
- Essiac
- Garlic
- Ginseng
- Goldenseal
- Grapeseed Extract
- Kava
- Licorice
- Milk Thistle
- Mistletoe (European)
- Nettle
- Reishi Mushroom
- Soy Extract
- St. John's Wort
- Valerian

### Potential Interactions

May affect how the chemotherapy drug is broken down in the body and either increase or decrease how well it works.

### Who Should Avoid Use

- Patients taking certain oral chemotherapy drugs



## Common Herbal Supplements with Blood Thinning Properties

- Curcumin (Turmeric)
- Dong Quai
- Evening Primrose
- Feverfew
- Fish Oil
- Garlic
- Gingko Biloba
- Ginseng
- Grapeseed Extract
- High-dose Vitamin E & C
- Maitake & Reishi Mushroom
- Selenium

### Potential Interactions

May inhibit platelets' ability to clump together (clot) and increase the risk of bleeding.

### Who Should Avoid Use

- Patients undergoing surgery
- Patients with low platelet counts
- Patients taking blood thinners

