

HINNAO CONTRAINDICATIONS SHEET

Turmeric Curcumin	
Turmeric Curcumin shouldn't be taken with the following medicines:	<ul style="list-style-type: none"> ● Chemotherapy: may interact and patient to discuss with their oncologist. ● Iron Supplements
Turmeric Curcumin shouldn't be taken by people with the following:	<ul style="list-style-type: none"> ● Pregnancy ● Hormone sensitive cancers (breast, ovarian) as turmeric can act like oestrogen in the body. ● Liver conditions ● Caution with: ● Oxalate Kidney stones and in high risk individuals (obese, IBD, High Oxalate intake diet) ● Chemo patients: can reduce effectiveness of reflux medications
Vitamin D3 + K2	
Vitamin D3 + K2 shouldn't be taken with the following medicines:	<ul style="list-style-type: none"> ● Warfarin, NOACs, DOACs
Vitamin D3 + K2 shouldn't be taken by people with the following:	<ul style="list-style-type: none"> ● Hypercalcaemia ● Hyperparathyroidism ● Kidney disease (stage 3-5) ● Blood clotting disorders where you must avoid Vitamin K ● Caution ● Kidney Stones ● Liver Disease
Vitamin D3	
Vitamin D shouldn't be taken with the following medicines:	<ul style="list-style-type: none"> ● Digoxin: Vitamin D can increase the risk of digoxin toxicity
Vitamin D shouldn't be taken by people with the following:	<ul style="list-style-type: none"> ● Hypercalcaemia ● Hyperparathyroidism ● Caution ● Kidney Disease ● Kidney Stones

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Methyl B12	
Methyl B12 shouldn't be taken with the following medicines:	<ul style="list-style-type: none"> ● Metformin some gout medication and reflux medications: can reduce the absorption of B12
Methyl B12 shouldn't be taken by people with the following:	<ul style="list-style-type: none"> ● Leber's Disease (hereditary eye disease) ● Kidney Disease (CKD 3-5) ● Polycythaemia vera ● Liver Disease ● Iron or folate deficiency <p style="margin-top: 10px;">Caution</p> <ul style="list-style-type: none"> ● Cancer: particularly leukaemia, discuss with oncologist
Anagen	
Anagen shouldn't be taken with the following medicines:	<ul style="list-style-type: none"> ● Methotrexate: must not be taken on the same day ● Penicillamine: not to be taken together ● Phenytoin and Phenobarbital: folic acid can reduce their levels in the blood ● Chemotherapy: discuss with oncologist ● Zinc: can reduce copper levels
Anagen shouldn't be taken by the following people:	<ul style="list-style-type: none"> ● Kidney Disease (Stage 3-5) <p style="margin-top: 10px;">Caution</p> <ul style="list-style-type: none"> ● Biotin can interfere with monitoring thyroid and kidneys ● Copper deficiency (Zinc) ● B12 deficiencies - high doses of folate can mask symptoms of B12 deficiency

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Glutathione	
Glutathione shouldn't be taken with the following medicines:	<ul style="list-style-type: none"> ● Chemotherapy drugs: discuss with oncologist
Glutathione shouldn't be taken by people with the following:	<ul style="list-style-type: none"> ● Cystinuria <p style="color: #f44336; margin-top: 10px;">Caution</p> <ul style="list-style-type: none"> ● Breastfeeding ● Cancer Treatment ● Can Lower Zinc Levels
NAD+ /NMN	
NAD+/NMN+ shouldn't be taken with the following medicines:	<ul style="list-style-type: none"> ● Chemotherapy
NAD+/NMN+ shouldn't be taken by the following people:	<ul style="list-style-type: none"> ● Suspected and known cancer <p style="color: #f44336; margin-top: 10px;">Caution</p> <ul style="list-style-type: none"> ● Pregnancy ● Diabetes: can increase blood sugar levels ● Previous Cancer
Resveratrol	
Resveratrol shouldn't be taken with the following medicines:	<ul style="list-style-type: none"> ● Blood thinners: specifically antiplatelet agents - aspirin, clopidogrel, ticagrelor and similar) ● Chemotherapy
Resveratrol shouldn't be taken by the following people:	<ul style="list-style-type: none"> ● Hormone sensitive cancers (breast, uterine, ovarian) ● Surgery (stop 2 weeks before) ● Pregnancy and breastfeeding ● Cancer ● Liver Disease ● Men with testosterone deficiency <p style="color: #f44336; margin-top: 10px;">Caution:</p> <ul style="list-style-type: none"> ● CKD 3-5