



Drug-Nutrient Interactions with Commonly Used Cardiac Medications

| DRUG CLASS & COMMON NAMES | COMMON USE / INDICATIONS | INTERACTION |
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| Beta Blockers (Antihypertensive) Atenolol (Tenormin), Carvedilol (Coreg), Metoprolol (Lopressor, Toprol XL) | Decreases heart rate and cardiac output, which lowers blood pressure and makes the heart beat more slowly and with less force. | Decreased sodium, decreased calcium may be recommended; Avoid natural licorice; Take 2 hours before or 6 hours after antacids or calcium supplement; Ca salts and orange juice may decrease absorption. |
| Statins, HMG-CoA Reductase Inhibitors (Antihyperlipidemic) Simvastatin (Zocor), Rosuvastatin (Crestor), Atorvastatin (Lipitor) | Used to lower LDL cholesterol and triglycerides and raise HDL (good) cholesterol. | Decreased fat, decreased cholesterol (decreased calcium if needed); Avoid alcohol, grapefruit juice and related citrus. Do not take some with high doses of niacin. Separate fiber, pectin and oat bran from drug by several hours. |
| Vasodilators, also known as nitrates (Antihypertensive) Isosorbide dinitrate (Isordil), Nesiritide (Natrecor), Hydralazine (Apresoline), Nitrates and Minoxidil | Used to ease chest pain (angina) by relaxing blood vessels and increasing blood supply to the heart to help decrease its workload. | Limit alcohol. Decreased sodium and calcium intake may be recommended. Avoid natural licorice. |
| Anticoagulants Warfarin (Coumadin) Enoxaparin (Lovenox) Heparin (Heparin) | Also referred to as blood thinners. Helps to prevent harmful blood clotting (coagulation) in blood vessels and may prevent clots from becoming larger in size. | Interacts with vitamin K; Keep levels in diet consistent, caution with vitamin E and alcohol intake. Avoid or limit garlic, ginger, ginkgo, ginseng, saw palmetto, green tea and avocado. Use caution with quinine, papaya and mango. Caution with alcohol. Do not exceed UL with vitamin A. Caution with onions. |
| Antiplatelet Agents Aspirin, Ticlopidine, Clopidogrel, Dipyridamole | Keep blood clots from forming by preventing platelets from sticking together. | Avoid alcohol. Limit caffeine. Avoid or limit natural products which affect coagulation such as garlic, ginger, ginkgo, ginseng, or horse chestnut. |
| Angiotensin Converting Enzyme (ACE) Inhibitors (Antihypertensive) Benazepril (Lotensin), Enalapril (Vasotec), Fosinopril (Monopril), Lisinopril (Prinivil, Zestril) | Used to treat high blood pressure and heart failure by expanding blood vessels and decreasing resistance. | Avoid salt substitutes. Caution with potassium (K) and magnesium (Mg) supplements. Limit alcohol. Decreased sodium (Na) and calcium may be recommended. |

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| <p>Angiotensin II Blockers (or Inhibitors) Irbesartan (Avapro), Losartan (Cozaar), Telmisartan (Micardis), Valsartan (Diovan)</p> | <p>Used to treat high blood pressure and heart failure by preventing Angiotensin II from having any effect on the heart and blood vessels.</p> | <p>Caution with potassium (K) supplements and salt substitutes. Decreased calcium and sodium intake may be recommended. Avoid natural licorice. Losartan (Cozaar) only: Caution with grapefruit juice.</p> |
| <p>Calcium Channel Blockers (Antihypertensive) Amlodipine (Norvasc, Lotrel), Bepridil (Vascor), Felodipine (Plendil)</p> | <p>Used to treat high blood pressure and chest pain and may relax blood vessels and decrease the heart's pumping strength.</p> | <p>Avoid natural licorice. Limit caffeine. Decreased sodium and calcium intake may be advised.</p> |
| <p>Antiarrhythmic Digoxin (Lanoxin) Amiodarone (Cordarone, Pacerone)</p> | <p>Used to help relieve heart failure symptoms and irregular heartbeats by increasing the force of the heart's contractions.</p> | <p>Maintain diet with high vitamin K, low sodium and adequate Mg and Ca. Take at least 2 hours before antacids or Mg supplement. Caution with some herbal products (aloe, hawthorn & others) and vitamin D &/or calcium supplementation. Avoid natural licorice.</p> |
| <p>Diuretics (Antihypertensive) Chlorothiazide (Diuril), Furosemide (Lasix), Hydro-chlorothiazide (Esidrix, HydroDIURIL)</p> | <p>Used to help reduce swelling (edema), caused by excess fluid buildup in the body, through urination of sodium and excess fluids.</p> | <p>Limit alcohol. Increases excretion of electrolytes (potassium, magnesium). May need to supplement losses. Avoid natural licorice. Caution with calcium &/or vitamin D supplement. Decreased Na and Ca may be recommended.</p> |

Note that drug-nutrient interactions can vary between generic or brand name drugs. Patients should be advised to refer to the medication guide that is provided with prescriptions or to check with the pharmacist for further information on drug-nutrient interactions and advisement on nutrients to increase or avoid.

For more information about cranberries and warfarin, visit: www.Cranberryinstitute.org.

REFERENCES

Pronsky, Z. M. (2010). *Food-Medication Interactions*, 16th Edition. Birchrunville, PA: Food-Medication Interactions.
Cardiac Medications At-A-Glance. 2009, September 21. Retrieved from <http://www.americanheart.org/presenter.jhtml?identifier=3038846#diuretics>

