

Herbal and Mineral Supplements Treatment Selector

Charts produced June 2021. Full information available at www.hiv-druginteractions.org

For personal use only. Not for distribution. For personal use only. Not for distribution. For personal use only. Not for distribution. For personal use only. Not for distribution.

	ATV/c	ATV/r	DRV/c	DRV/r	LPV/r	DOR	EFV	ETV	NVP	RPV	MVC	BIC/ F/TAF	DTG	EVG/c/ F/TAF	EVG/c/ F/TDF	RAL	ABC	FTC or 3TC	F/TAF	TDF	ZDV
Herbal Supplements																					
African potato	↔	↔	↔	↔	↔	↓	↔	↔	↔	↓	↓	↓	↓	↔	↔	↓	↔	↔	↓	↔	↔
Aloe vera	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔
Cat's claw	↑	↑	↑	↑	↑	↑	↑	↑	↑	↑	↑	↔	↔	↑	↑	↔	↔	↔	↔	↔	↔
Cubeb pepper	↔	↔	↔	↔	↔	↑	↔	↔	↔	↑	↑	↔	↔	↑	↑	↔	↔	↔	↑	↑	↔
Echinacea	↔	↔	↔	↔	↔	↓	↔	↔	↔	↓	↓	↓	↔	↔	↔	↔	↔	↔	↔	↔	↔
Eucalyptus globulus	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔
Garlic	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↔	↔	↔	↓	↔	↔
Ginger	↔	↔	↔	↔	↔	↑	↔	↔	↔	↑	↑	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔
Ginkgo biloba	↔	↔	↔	↔	↔	↓	↓	↓	↓	↓	↓	↓	↓	↔	↔	↔	↔	↔	↔	↔	↔
Goldenseal root	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔
Grapefruit juice	↔	↔	↔	↔	↔	↑	↔	↔	↔	↑	↑	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔
Guggulsterone	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↔	↔	↓	↓	↔	↔	↔	↔	↔	↔
Hops	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↔	↔	↔	↓	↔	↔
Inula racemosa	↔	↔	↔	↔	↔	↑	↔	↔	↔	↑	↑	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔
Liquorice	↔	↔	↔	↔	↔	↓	↔	↔	↔	↓	↓	↓	↓	↑	↑	↓	↔	↔	↑	↑	↔
Malabar nut tree	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↔	↔	↔	↔	↔
Menthol	↔	↔	↔	↔	↔	↑	↔	↔	↔	↑	↑	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔
Milk thistle	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔
Quercetin	↑?	↑?	↑?	↑?	↑?	↑	↑?	↑?	↑?	↑	↑	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔
Red yeast rice	↑	↑	↑	↑	↑	↔	↓	↓	↓	↔	↔	↔	↔	↑	↑	↔	↔	↔	↔	↔	↔
Saw palmetto	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔
Seville orange juice	↔	↔	↔	↔	↔	↑	↔	↔	↔	↑	↑	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔
St John's wort	↓ ^a	↓ ^a	↓ ^a	↓ ^a	↓ ^a	↓ ^a	↓ ^a	↓ ^a	↓ ^a	↓ ^a	↓ ^a	↓ ^a	↓	↓ ^a	↓ ^a	↓	↔	↔	↓ ^a	↔	↔
Turmeric	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔
Valerian	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔
Mineral supplements																					
Ascorbic acid ^b	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↓	↓	↓	↓	↓	↔	↔	↔	↔	↔
Calcium	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↓	↓	↓	↓	↓	↔	↔	↔	↔	↔
Ferrous fumarate	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↓	↓	↓	↓	↓	↔	↔	↔	↔	↔
Folic acid ^b	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↓	↓	↓	↓	↓	↔	↔	↔	↔	↔
Iodine ^b	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↓	↓	↓	↓	↓	↔	↔	↔	↔	↔
Iron	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↓	↓	↓	↓	↓	↔	↔	↔	↔	↔
Magnesium	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↓	↓	↓	↓	↓	↔	↔	↔	↔	↔
Multivitamins	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↓	↓	↓	↓	↓	↔	↔	↔	↔	↔
Nicotinamide ^b	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↓	↓	↓	↓	↓	↔	↔	↔	↔	↔
Various vitamins ^c	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↔	↓	↓	↓	↓	↓	↔	↔	↔	↔	↔

Colour Legend

	No clinically significant interaction expected.
	These drugs should not be coadministered.
	Potential interaction which may require a dose adjustment or close monitoring.
	Potential interaction predicted to be of weak intensity. No <i>a priori</i> dosage adjustment is recommended.

Text Legend

- ↑ Potential increased exposure of the supplement
- ↓ Potential decreased exposure of the supplement
- ↔ No significant effect
- ↕ One or both drugs may cause QT and/or PR prolongation. ECG monitoring is advised if coadministered with atazanavir or lopinavir; caution is advised with rilpivirine as supratherapeutic doses of rilpivirine (75 and 300 mg once daily) were shown to prolong the QT interval.
- Numbers refer to increase or decrease in AUC as observed in drug-drug interaction studies.
- ↕ Potential increased exposure of HIV drug
- ↓ Potential decreased exposure of HIV drug

Notes

- a Coadministration is not recommended in product label. However, a low risk of a clinically relevant pharmacokinetic interaction has been shown with low-hyperforin formulations (<1 mg/day) of St John's Wort (hyperforin is the constituent responsible for induction of CYPs and P-gp). Coadministration may be considered with St John's Wort formulations that clearly state the hyperforin content and which have a total daily hyperforin dose of 1 mg or less.
- b Only when used in multivitamin preparations as they can contain mineral supplements.
- c Only for vitamin preparations containing divalent cations.