

# 9 medicines and foods absolutely should not be used together

Absolutely do not use the same medicine with these 9 foods if you do not want to affect health. Invite you to consult!

1. 9 simple ways to have a beautiful posture
2. Simple way to have a home health checkup in just 1 minute
3. 11 daily habits silently destroy health without you knowing

We all know that the use of the drug must be as indicated, both in dosage, in treatment regimens and in the diet during treatment. But not everyone is reminded of foods that should not be used when taking a particular medicine. Each drug has different foods that support their effects or reactions. On the Bright Side page, a list of **9 drugs and foods has not been compiled or in some cases not used together if it does not want to affect health** . Invite you to consult!

## Bronchospasm

(treatment of asthma, bronchitis and lung diseases)



© pixabay © pixabay

1. **Drugs** : theophylline, albuterol ( *drug indicated for patients with asthma, bronchitis and other lung diseases* ).
2. **Limitations** : foods and drinks containing caffeine.

Both drugs work to stimulate the nervous system, so to avoid excessive anxiety and anxiety, you should not use caffeine-containing foods and drinks during treatment. Be especially careful with theophylline medication,

because caffeine will increase its toxicity. Also, limit the use of fatty foods, because it increases the ability to produce theophylline, which can cause overdose while taking the drug.

## Antihypertensive drugs

(treatment and prevention of heart and kidney dysfunction)



© pixabay © pixabay

1. **Drugs** : captopril, enalapril, ramipril ( *indicated for the treatment and prevention of heart and kidney dysfunction* ).
2. **Limitations**: high potassium foods.

When using captopril, enalapril, ramipril drugs should limit potassium-rich foods. Because this group of drugs increases the amount of potassium in the blood, it can lead to arrhythmia and shortness of breath. That's why you should not eat bananas, potatoes, soybeans, spinach and other potassium-rich foods during the time you take the medicine.

## Anti-arrhythmic drugs

(treatment and prevention of heart failure)



© pixabay © pixabay

1. **Drugs** : digoxin ( *indicated for the treatment and prevention of heart failure* )
2. **Limitations** : licorice.

When using digoxin, you need to limit the use of licorice. Because this herb contains glycyrrhizic acid, when interacting with digoxin can cause arrhythmia or even cardiac arrest. It is found in sweet candies, cakes, jam and beer.

Besides, dietary fiber also reduces the effectiveness of the drug. It is best to drink 2 hours before or after meals. Herbs like leotard also reduce the effects of digoxin.

## Drugs that lower "bad" cholesterol levels

(treatment of obesity, diabetes and cardiovascular disorders)



© pixabay © pixabay

1. **Drugs** : atorvastatin, fluvastatin, lovastatin, simvastatin, rosuvastatin, pravastatin.
2. **Limit** : grapefruit

Grapefruit causes an excessive increase in absorption of the body, increasing the risk of overdose and side effects. When taking a pill of this type with a glass of grapefruit juice, is equivalent to drinking 20 pills with normal water. Besides, other citrus fruits like passion fruit , pomelo ( *fruit with thick yellow skin like grapefruit* ) have similar adverse effects, so they should be limited.

## Blood thinners

(treatment and prevention of blood clotting)



© pixabay © pixabay

1. **Drugs** : warfarin ( *indicated for the treatment and prevention of blood clots* ).
2. **Limitations** : blood thinning food and vitamin K. rich foods

While taking warfarin to treat blood clotting, you should limit the use of cranberry, garlic, ginger and certain spices ( *pepper, cinnamon and turmeric* ). These foods reduce blood flow and when combined with warfarin may cause bleeding. Besides, you should also limit the use of foods containing vitamin K because it reduces the effect of the drug. Therefore, do not forget to limit spinach, radish, cabbage and broccoli.

## Anti-depressant thyroid hormone drugs

(treatment of hypothyreosis - hypothyroidism)



© pixabay © pixabay

1. **Drugs** : levothyroxine ( *indicated for hypothyreosis - hypothyroidism* ).
2. **Limitations** : soybeans, chestnuts and fiber.

People taking levothyroxine and similar substances ( *Euthyrox, bagothyrox, L-thyroxine* ) should limit the absorption of soy and soy-prepared foods, as this food will prevent and reduce the effects of the drug. Besides, chestnut and fiber-rich foods also have similar effects.

# Antibiotics

(treatment of bacterial infections)



© pixabay © pixabay

1. **Drugs** : tetracycline ( *and other drugs of this strain* ), ciprofloxacin, penicillin.
2. **Limitations** : dairy products.

These antimicrobial drugs ( *also called antibiotics* ) form a hard-to-excrete compound when combined with calcium in milk and milk products. This leads to a decrease in the effectiveness of the drug.

# Analgesic

(treatment of inflammation, muscle pain and headache)



© pixabay

1. **Drugs** : ibuprofen ( *indicated for the treatment of inflammation, muscle pain and headache* ).

2. **Limitations** : soft drinks and sugary drinks.

Ibuprofen ( *also called Advil, Genpril, Proprinal* ) is not compatible with sugary drinks. Carbon dioxide and acid in carbonated drinks increase the absorption of drugs and increase blood levels. Therefore, both can not control the dose, as well as the toxicity of the drug increased damage to the kidneys.

## Antidepressants

(treatment of prolonged depression)



© pixabay © pixabay

1. **Drugs** : all MAO inhibitors ( *tranylcypromin, phenelzine, nialamide* ).
2. **Limitations** : foods rich in tyramine.

Limited use of antidepressants ( *tranylcypromine, phenelzine, nialamide* ) contains monoamine oxidase inhibitors that interact with tyramine. When interacting with tyramine, this substance can cause severe hypertension. Tyramine is an amino acid formed during the consumption of high protein foods that are found in cheese, dried meat or fish, dried sausages, canned meat or fish.

The most important thing you need to remember is to consult with your doctor or pharmacist before taking a medicine, even for a seemingly harmless medicine. Each person's body is unique, so there should be separate medical instructions.

See also: How to drink water right? See advice from experts!

Having fun!

You finished reading the article "**9 medicines and foods absolutely should not be used together**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.