



SELF HELP

# Diet: natural herbal remedies, herbs and spices that can affect INR levels

People with Hughes/antiphospholipid syndrome should be aware that many natural herbal remedies, herbs and spices can either thicken or thin your blood. This should not stop you using them, but you need to be aware that they can interact with anticoagulation medication, such as aspirin or warfarin, and may affect your INR. As with foods that contain vitamin K, it is important that you take any supplements regularly"

Natural Herbal Remedies	Herbs and spices
American ginseng	Basil
Asian ginseng	Cayenne pepper
Blackcurrant oil	Chives
Borage seed oil	Cinnamon
Chinese angelica	Coriander
Chinese ginseng	Curry powder
Chinese wolfberry (lycium barbarum)	Dill
Chondroitin plus glucosamine	Ginger
Cod liver oil	Liquorice
Coenzyme 101	Marjoram
Danshen	Mint
Devil's claw	Oregano
Dong quai	Paprika
Evening primrose oil	Parsley
Feverfew	Sage
Gingko biloba	Thyme
Ginseng	Turmeric
Green tea	
Horse chestnut	
Japanese ginseng	
Korean ginseng	
Papaya extract	
St John's wort	
Vitamin A	
Vitamin E	
Vitamin K	
Wintergreen (methyl salicylate)	