

Some products can interact with certain drugs and influence their effectiveness. There are seven of them.

**Grapefruit.** This fruit and grapefruit juice can interact with statins that reduce cholesterol and calcium channels used to treat hypertension. The use of grapefruit along with these drugs can cause muscle pain, dizziness, and a dangerous low blood pressure. When taking statins, acute renal failure can also develop.

**Potassium products.** Banans, avocados, oranges and dried fruits interact with spironolactone, ACE inhibitors, angiotensin receptors (sconces), potassium additives. Due to the increased potassium content in the blood, a rapid heartbeat or muscle weakness may occur, and in severe cases – heart arrhythmia, deterioration of heart failure or sudden cardiac arrest.

**Leaf greens.** The high content of vitamin K in them can interfere with the action of warfarin. This drug is prescribed for liquefaction of blood, treating blood clots and preventing their formation. Due to vitamin K, the effect of this medicine is weakened.

**High sodium seasoning.** We are talking about soy sauce, teriyaki sauce, fish sauce. Due to products with a high sodium content, fluid retention in the body may occur and the load on the heart increases. Salt seasonings can aggravate the symptoms of heart failure and reduce the effectiveness of drugs for blood pressure.



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**Alcohol.** It can interact with heart drugs, including pressure drugs, anticoagulants and statins. Alcohol can decrease blood pressure too much, increase the likelihood of bleeding or create a load on the liver.

**Garlic.** This product affects the effect of drugs that liquefy. Among them are warfarin, aspirin, clopidogrel and some pressure drugs. As a result, the risk of bleeding, a strong decrease in blood pressure may increase.

**Black licorice.** Its composition includes glycyrrhine, which can reduce potassium levels and cause heart rhythm or high blood pressure. Especially careful people need to be people with high blood pressure, heart failure or kidney diseases.

***News -in -law materials cannot be equated to the doctor's prescription. Before making a decision, consult a specialist.***