HCV PATIENT TOOLS

Herbs & Vitamins

HCV TOOLS FOR SUCCESS

Some people with Hep C are interested in herbs and vitamins. Some herbs and vitamins can be taken safely and some herbs and vitamins should be avoided or used cautiously.

Always talk to your doctor before trying herbs or vitamins.

There may be herbs that will help people to live better with Hep C, but no research has found that herbs will cure Hep C. Talk with your doctor to see if you should take a multivitamin. If you do take a daily vitamin make sure that it does not contain iron unless your doctor has said it is ok – look for vitamins made for seniors.

What happens when you mix alcohol and HCV?

- Never take St. John's wort if you take HCV or HIV medicines known as protease inhibitors.
- Just because something is natural doesn't mean it is safe. Snake venom is natural.
- Do not take more than the dose on the label. More is not better.
- Get your advice from experts. Just because an herb helped a relative or a friend does not mean that herb will be safe for you.

hcvadvocate.org/

Source: Hepatitis C Support Project