

CHEMO/FOOD/NUTRIENT/HERB INTERACTIONS ***This list is most likely not complete, not 100% accurate & needs constant updating. DO YOUR DUE DILIGENCE, USE ONLY AS A GUIDELINE. **LAST PARTIAL UPDATE 10.5.17**

5-FU (5-FLUOROURACIL)—**AVOID** ALCOHOL (GI UPSET), BLACK COHOSH, DONG QUAI IN ESTROGEN DEPENDANT TUMORS, FOLIC ACID GREATER THAN 15 MG/D, ? BETA-CAROTENE, PROBIOTICS WHEN WBC IS <2.5. **ADD**—A, B6, C, E, K, PANAX GINSENG, PSK, GARLIC, GINKGO, CURCUMIN, GREEN TEA, SHITAKE MUSHROOM-LENTINAN, PROBIOTICS GLUTAMINE, AVEMAR, GINGER, FISH OIL.

ABRAXANE (PACLITAXEL PROTEIN BOUND)—**AVOID** BLACK COHOSH, DONG QUAI IN ESTROGEN-DEPENDANT TUMORS, VALERIAN, ST. JOHNS WORT, KAVA- KAVA, GOTU KOLA (MAY ↑ CNS DEPRESSION). SUBSTRATE CPY2CA, 2C9, 3A4; INDUCER CYP3A4 (WEAK), ECHINACEA. **ADD**—B6, GLA [EPO OR CURRANT], FISH OIL, PANAX GINSENG, GREEN TEA, RESVERATROL.

ACNU NIMUSTINE **Phase 2 Study**—USED IN GERMANY

ALTRETAMINE—**HEXALEN (HMM)**—NO KNOWN INTERACTIONS

AMRUBICIN-HYDROCHLORIDE (CALSED) (FOREIGN NAME)—

BENDAMUSTINE (TREANDA)—NONE AT THIS TIME

BLEOMYCIN (BLENOXANE)—NONE KNOWN.

CABAZITAXEL—(**JEVTANA**)—AVOID GRAPEFRUIT, CYP3A METABOLIZE.

CAPECITABINE (XELODA)—FOOD ↓'S ABSORPTION, ? AND ECHINACEA.

CARBOPLATIN (PARAPLATIN)—**AVOID** BLACK COHOSH, DONG QUAI IN ESTROGEN-DEPENDANT TUMORS, **NAC, L-GLUTATHIONE**, ?? SILYMARIN USE WITH CAUTION. **ADD**—C, D, E, K, SILYMARIN, POLYSACCHARIDES [MUSHROOMS AGARICUS BLAZEI (ROYAL SUN FROM BRAZIL), ALA, GINGER, ASTRAGALUS, SPLEEN PEPTIDES (DESICCATED)],

CARMUSTINE (BCNU)—NONE KNOWN.

CISPLATIN (PLATINOL)—**AVOID** BLACK COHOSH, DONG QUAI IN ESTROGEN-DEPENDANT TUMORS, **NAC**, B6 300 MG/D, GINKGO + REGULAR ASPIRIN, SILYMARIN CAUTION. **ADD**—A, E, K, B6 <300MG/D, MELATONIN, MAGNESIUM, L-CARNITINE, GINGKO, ASTRAGALUS, PSK, SILYMARIN, GINGER QUERCETIN, SPLEEN PEPTIDES [DESICCATED].

CHLORAMBUCIL (LEUKERAN)—NONE KNOWN, ABSORPTION IS **DECREASED** WITH FOOD

CLADRIBINE (LEUSTATIN)—**AVOID** ALCOHOL GI UPSET.

CYCLOPHOSPHAMIDE (CYTOXAN)—**AVOID** BLACK COHOSH, DONG QUAI IN ESTROGEN-DEPENDANT TUMORS, CURCUMIN, QUERCETIN. **ADD**—ASTRAGALUS, ASHWAGANDHA, PSK, DHEA [NO IN WOMEN WITH BREAST, OVARIAN, ENDOMETRIAL BECAUSE ESTROGEN RECEPTOR+, MELATONIN, GINGER

CYTARABINE (CYTOSINE ARABINOSIDE/Ara-C)—NONE KNOWN AT THIS TIME 06.16.11

DACARBAZINE (DTIC)—**AVOID** ETHANOL (GI UPSET), DONG QUAI & ST. JOHN'S WORT (? CAUSE PHOTOSENSITIVITY).

DACTINOMYCIN (COSMEGEN)—NONE KNOWN.

DAUNORUBICIN (CERUBIDINE)—ECHINACEA MAY DECREASE EFFECTIVENESS

DOCETAXEL (TAXOTERE)—**AVOID** ALCOHOL, ST. JOHNS WORT (↓ DOCETAXEL LEVELS) SUBSTRATE CYP3A4 (MAJOR); INHIBITS CYP3A4 (MINOR) ?? OTHER HERBS, QUERCETIN. **ADD**—B6, GLA [EPO OR CURRANT], FISH OIL, PANAX GINSENG, GREEN TEA, RESVERATROL.

DOXORUBICIN (ADRIAMYCIN)—**AVOID** BLACK COHOSH, DONG QUAI IN ESTROGEN-DEPENDANT TUMORS, ST. JOHNS WORT (↓ DOXO. LEVELS), K, GLUCOSAMINE. **ADD**—D, DHA, L-CARNITINE, CoQ10, GREEN TEA, MELATONIN, CORIOLUS VERSICOLOR MUSHROOM, QUERCETIN, SULFORAPHANE

EPIRUBICIN (PHARMORUBICIN)—**AVOID** ALCOHOL, BLACK COHOSH, DONG QUAI IN ESTROGEN-DEPENDANT TUMORS.

ERIBULIN (HALAVEN)—**AVOID** VITAMIN K MAY ↓ EFFECTIVENESS OF DRUG,

ESTRAMUSTINE (EMCYT)—↓ ABSORPTION IF TAKEN WITH MILK OR OTHER DAIRY, CALCIUM, MULTIVITS. WITH CALCIUM AVOID

ETOPOSIDE (VEPESID)—**AVOID** ALCOHOL (GI UPSET), ST. JOHNS WORT (↓ ABSORPTION), VIT K, GLUCOSAMINE, ??MOST HERBS.. SUBSTRATE CYP1A2 & 2E1 (MINOR), 3A4 (MAJOR); INHIBITS CYP2C9 & 3A4 (MINOR). **ADD**—VIT. C, D, E, CORIOLUS, VERSICOLOR [TURKEY] MUSHROOM.

FLOXURIDINE (FUDR)—**AVOID** ALCOHOL (GI UPSET)

FLUDARABINE (FLUDARA)—**AVOID** ALCOHOL (GI UPSET).

FLUTAMIDE (EULEXIN)—**AVOID** ST. JOHNS WORT ↓ DRUG LEVELS

GEMCITABINE (GEMZAR)—**AVOID** ALCOHOL (GI UPSET), **ADD**—QUERCETIN, CURCUMIN, GINGER, UKRAINE, MELATONIN

GIMATECAN—

HYDROXYUREA (DROXIA/HYDREA)—NONE KNOWN

IDARUBICIN (IDAMYCIN)—NONE KNOWN.

IFOSFAMIDE (IFEX)—**AVOID** ST. JOHN'S WORT (↓ LEVELS OF IFOSFAMIDE) **NAC, GLUTATHIONE**. **ADD**—GINGER WATER SOLUBLE FIBER, L-CARNITINE.

IRINOTECAN (CPT-11)—**AVOID** ST. JOHNS WORT (↓ EFFICACY OF IRINOTECAN), CYP2B6,3A4 ?? OTHER HERBS. **ADD**—ACTIVATED CHARCOAL MULT. DOSES 4 DAYS FOLLOWING CHEMO, FISH OIL, MELATONIN, PSK (Coriolus versicolor), THEANINE (GREEN TEA), SODIUM BICARB ORAL.

IXABEPILONE (IXEMPRA)—**AVOID** ST. JOHNS WORT [MAY ↓ DRUG], AVOID GRAPEFRUIT JUICE [MAY ↑ DRUG CONCENTRATIONS.

LIPOSOMAL DOXORUBICIN (DOXIL)—SIMILAR TO DOXORUBICIN.

LOMUSTINE (CCNU)—**AVOID** ALCOHOL (GI UPSET).

MELPHALAN (ALKERAN)—**AVOID** ALCOHOL (GI UPSET), FOOD INTERFERES WITH ABSORPTION.

METHOTREXATE (MTX, TREXALL)—**AVOID** ALCOHOL (↑ LIVER DAMAGE), MILK RICH FOODS ↓ ABSORPTION, FOLATE MAY ↓ DRUG RESPONSE, KAVA, WILLOW BARK. **ADD**—SOY, FISH OIL, E, GINGER (for nausea), FOLIC ACID FOOD SOURCES ONLY.

MITOMYCIN (MUTAMYCIN)—**AVOID** BLACK COHOSH, DONG QUAI IN ESTROGEN-DEPENDANT TUMORS

MITOXANTRONE (NOVANTRONE)—**AVOID** BLACK COHOSH, DONG QUAI IN ESTROGEN-DEPENDANT TUMORS WEAK CPY3A4 INHIBIT.

NEDAPLATIN (AQUPLA)—UNKNOWN, PHASE 2 TRIALS

OXALIPLATIN (ELOXATIN)—**AVOID** **NAC, L-GLUTATHIONE**. **ADD**—E, GLUTAMINE, ASTRAGALUS, CALCIUM, MAGNESIUM, ALA

PACLITAXEL (TAXOL)— **AVOID** BLACK COHOSH, DONG QUAI IN ESTROGEN-DEPENDANT TUMORS, VALERIAN, ST. JOHNS WORT, KAVA- KAVA, GOTU KOLA (MAY ↑ CNS DEPRESSION). SUBSTRATE CYP2C9, 2C8, 3A4; INDUCER CYP3A4 (WEAK), ECHINACEA, QUERCETIN, MOST HERBS IN GENERAL. **ADD**—B6, GLA [EPO OR CURRANT], FISH OIL, PANAX GINSENG, GREEN TEA, RESVERATROL.

PEMETREXED (ALIMTA)—WATCH FOR INCREASED HOMOCYSTEINE. IF SO **ADD**—B-12, FOLIC ACID & B6

PROCARBAZINE (MATULANE)—FOOD ↑'S TOXIC EFFECTS, CAFFEINE, TYROSINE, TRYPTOPHAN, PHENYLALANINE, CAUSES ↑ RISK OF THE SEVERE SIDE EFFECTS OF THE DRUG.

RALTITREXED (TOMUDEX)—NOT AVAILABLE IN US ONLY IN CANADA; FOLIC ACID ↓ DRUG INCLUDING A MULTIVITAMIN.

TEMOZOLOMIDE (TEMODAR)—FOOD DECREASES ABSORPTION.

THALIDOMIDE—**AVOID** ALCOHOL (↑ SEDATION); CAT'S CLAW & ECHINACEA (IMMUNE STIMULANT)

TOPOTECAN (HYCAMTIN)— **AVOID** ALCOHOL (GI UPSET). **ADD**—FERMENTED SOY, QUERCETIN, GINGER.

TREOSULFAN (NSC 39069)—UNKNOWN AT THIS TIME 04.03.10

TROFOSFAMIDE (IXOTEN)—NOT AVAILABLE

VINBLASTINE (VELBE)— **AVOID** BLACK COHOSH, DONG QUAI IN ESTROGEN-DEPENDANT TUMORS, ST. JOHNS WORT (↓ DRUG LEVELS). SUBSTRATE CYP2D6 (MINOR), 3A4 (MAJOR); INHIBITS CYP2D6 (WEAK), 3A4 (WEAK). **ADD**—E, PANAX GINSENG, CARNOSOL [FROM ROSEMARY], GINGER

VINCRIStINE (ONCOVIN)— **AVOID** ST. JOHNS WORT (INDUCER ↓'S LEVEL); SUBSTRATE CYP3A4 (MAJOR), INHIBITS CYP3A4(MINOR). **ADD**—C, PANAX GINSENG, FISH OIL QUERCETIN.

VINORELBINE (NAVELBINE)— **AVOID** ST. JOHNS WORT (↓ DRUG LEVELS). SUBSTRATE CYP2D6 (MINOR), 3A4 (MAJOR); INHIBITS CYP2D6 (WEAK), 3A4 (WEAK).

UFT (ORZEL, URACIL)—NONE KNOWN 1.20.08

WITH RADIATION HELPFUL—**HOMEY** [MOUTH SORES], **L-GLUTAMINE** [MOUTH SORES, DIARRHEA], **L-CARNITINE** [FATIGUE], **CURCUMIN** [SENSITIZE TISSUE TO RAD.], **CRANBERRY EXTRACT** [DECREASE UTI'S], **MELATONIN** [IMMUNE SUPPORT, IMPROVE RADIATION RESULTS], **MUSHROOMS** [IMMUNE SUPPORT, REDUCE FATIGUE].

WITH RADIATION AVOID—HIGH DOSE ANTIOXIDANTS [POTENTIAL INTERFERENCE], E—>200 IU/D MAY INTERFERE], CoQ10—[MAY INTERFERE], NAC & ALPHA-LIPOIC-ACID—[POTENTIAL INTERFERENCE]

MODIFIERS & SENSITIZING AGENTS INTERACTIONS {REVISED 10.13.15}

5-AZACYTIDINE (VIDAZA)—NK REACTIONS (C/M)

ABIRATERONE—ZYTIGA—MUST TAKE ON AN EMPTY STOMACH

AFATINIB—(GILOTRIF)—**AVOID** HIGH FAT ↓ ABSORPTION,

ADVEXIN (RPR/INGN 201)— p53 TUMOR SUPPRESSOR WITH ANTI-VIRAL GENE DELIVERY. (M)

ALEMTUZUMAB—CAMPATH—**AVOID** ECHINACEA MAY ↓ THE THERAPEUTIC EFFECT OF DRUG (M)

ANASTROZOLE (ARIMIDEX)— **AVOID** BLACK COHOSH, HOPS, LICORICE, RED CLOVER, THYME & DON QUAI. (C/M)

AVELUMAB—(BAVENCIO®)

AXITINIB—INLYTA— **AVOID** GRAPEFRUITS AND THE JUICE (MAY ↑ AXITINIB),

BEVACIZUMAB (AVASTIN)—NK REACTIONS (C/M)

BORTEZOMIB (VELCADE)— **AVOID** ST. JOHN'S WORT AND GREEN TEA AND THEIR EXTRACTS MAY ↓ DRUG LEVELS; AVOID GRAPEFRUIT JUICE MAY ↑ DRUG LEVELS (C/M)

BRENTUXIMAB VEDOTIN—ADCETRIS—VITAMIN K LEVELS MAY BECOME INCREASED, AVOID ECHINACEA,

CABOZANTINIB—COMETRIQ—

CATUMAXOMAB (REMOVAB)—NK REACTIONS @ THIS TIME 1.13.13

CELECOXIB (CELEBREX)—**AVOID** ALCOHOL, FATTY MEALS, ALL HERBS THAT HAVE ANTI-COAGULATION/ANTI-PLATELET PROPERTIES[i.e. MOST COMMON BILBERRY (HD), BROMELAIN, CAT'S CLAW, CELERY, COLEUS, CORDYCEPS, OMEGA 6, GARLIC, GINGER, GINKGO BILOBA, ALL GINSENG, GRAPESEED, GREEN TEA, LICORICE, REISHI, SAME, TUMERIC (HD), WILLOW BARK, AND MORE] (M)

CETUXIMAB 225 (ERBITUX)—NO KNOWN NUTRIENT (C/M)

CRIZOTINIB—XALKORI—**AVOID** GRAPEFRUIT JUICE (MAY ↑ CRIZOTINIB), AVOID ST. JOHNS WORT (MAY ↓ CRIZOTINIB)

DASATINIB—SPRYCEL—SAME AS CRIZOTINIB.

DISULFIRAM (ANTABUSE)—**AVOID ALL** FORMS OF ALCOHOL INGESTION, CIDERS, VINEGARS, FLAVOR EXTRACTS, ANY FOOD OR LIQUID CONTAINING ALCOHOL.

ERLOTINIB (TARCEVA)—↑ BIOAVAILABILITY WITH FOOD, NO GRAPEFRUIT (JUICE INCLUDED) INHIBITS ↑ LEVELS, NO ST. JW ACTS AS INDUCER ∴ ↓ DRUG LEVELS. (C/M)

ERLOTINIB—TARCEVA—

EVEROLIMUS + TEMSIROLIMUS (AFINITOR, ZORTRESS)— GRAPEFRUIT JUICE, ST. JOHN'S WORT,

EXEMESTANE (AROMASIN)— **AVOID** FATTY AVOID FOODS ↑ LEVELS, ST. JOHN'S WORT INDUCER ∴ ↓ DRUG LEVELS, SAME AS CISPLATIN. (M)

FK 228—HISTONE DEACETYLASE (HDAC) INHIBITOR DEPSIPEPTIDE; DNA SUPER COILING MECHANISM (M)

FLUTAMIDE—(EULEXIN)—ANTIANDROGEN—AVOID ST. JOHNS WORT ↓ DRUG LEVELS (C/M)

FULVESTRANT—(FASLODEX)—NO KNOWN INTERACTIONS, CYP3A4 MINOR

GEFITINIB—IRESSA—SAME AS CRIZOTINIB

GEMTUZUMAB OZOGAMICIN—MYLOTARG—PULLED FROM MARKET, ONLY AVAILABLE AS INVESTIGATIONAL NEW DRUG (IND)

GOSERELIN (ZOLADEX)—NO KNOWN INTERACTIONS. (M)

IBRITUMOMAB (ZEVALIN)—**AVOID**: CAT'S CLAW, DONG QUAI, EPO, FEVERFEW, GARLIC, GINGER, GINKGO, RE CLOVER, HORSE CHESTNUT, GREEN TEA, GINSENG. 6.24.13

IMATINIB (GLEEVEC)—(IMATINIB MESYLATE IN EUROPE); AVOID GRAPEFRUIT JUICE, ST. JOHNS WORT; TAKE WITH A MEAL,

IPILIMUMAB (YERVOY)—NONE KNOWN

KETOCONAZOLE (NIZORAL)—FOOD ↑ PEAK SERUM LEVELS, ST. JOHN'S WORT ↓ DRUG LEVELS (M)

LAPATINIB—TYKERB—SAME AS CRIZOTINIB

LETROZOLE (FEMARA)—NO KNOWN INTERACTIONS. (C/M)

LEUPROLIDE—ELIGARD, LUPRON DEPOT—NKI

MONTELUKAST (SINGULAR)— AVOID ST. JOHN'S WORT ↓ DRUG LEVELS. (M)

NILOTINIB—TASIGNA—SAME AS CRIZOTINIB

NINTEDANIB—OFEV & VARGATEF—A

NIVOLUMAB—OPDIVO— NO KNOWN REACTIONS AT THIS TIME. 9.28.15

NIRAPARIB—ZEJULA—

OCTREOTIDE (SANDOSTATIN)—**AVOID** ALL HYPOGLY. HERBS: ALFALFA, ALOE, BILBERRY, BITTER MELON, BURDOCK, CELERY, DAMIANA, FENUGREEK, GARCINIA, GARLIC, GINGER, GINSENG, GYMNEMA, MARSHMALLOW, & STINGING NETTLE. (M)

OFATUMUMAB—ARZERRA—**CAUTION WHEN USING VITAMIN K ANTAGONIST (K-MAY BECOME ↓), AVOID ECHINACEA MAY (↓ DRUG EFFECTS)**

OLAPARIB—AZD-2281—UNKNOWN

OSIMERTINIB—TAGRISSO—

PALBICICLIB—IBRANCE—

PANITUMUMAB—VECTIBIX—UNKNOWN

PAZOPANIB (VOTRIENT)—INCREASED SYSTEMIC EXPOSURE WITH FOOD (TAKE ON AN EMPTY STOMACH FOR MORE LOCAL EXPOSURE), AVOID GRAPEFRUIT ↑ LEVELS, ST. JOHN'S WORT ↓ DRUG LEVELS, ECHINACEA MAY?? ↓ EFFECTIVENESS.

PEMBROLIZUMAB (KERTRUDA)— NONE KNOWN

PERTUZUMAB—PERJETA—NKI

PONATINIB—ICLUSIG—

RAMUCIRUMAB—CYRAMZA—

REGORAFENIB—STIVARGA—**AVOID** GRAPEFRUIT JUICE, ST. JOHN'S WORT,

RITUXIMAB (RITUXAN)— **AVOID** ALL HYPOGLY. HERBS: ALFALFA, ALOE, BILBERRY, BITTER MELON, BURDOCK, CELERY, DAMIANA, FENUGREEK, GARCINIA, GARLIC, GINGER, GINSENG, GYMNEMA, MARSHMALLOW, & STINGING NETTLE. (M)

RUXOLITINIB—JAKAFI/JAKAVI— **AVOID** GRAPEFRUIT JUICE,

SEMAXANIB—SU5416—UNKNOWN

SORAFENIB (NEXAVAR)—**AVOID** TAKING WITH HIGH FAT MEALS, AVOID ST. JOHNS WORT ↓ DRUG LEVELS (C,M)

SUNITINIB—SUTENT— **AVOID** GRAPEFRUIT JUICE (MAY ↑ CRIZOTINIB), AVOID ST. JOHNS WORT (MAY ↓ CRIZOTINIB)

SURAMIN SULFATE (BAYER 205)—NO KNOWN INTERACTIONS. (C/M)

TAMOXIFEN—**AVOID**: GRAPEFRUIT, BLACK COHOSH, DONG QUAI, ST. JOHNS WORT

TEMSIROLIMUS (TORISEL)— ST. JOHN'S WORT (↓ DRUG LEVEL). (M)

TOSITUMOMAB (BEXXAR)—NONE KNOWN 6.24.13

TRABECTEDIN—YONDELIS—**AVOID** ST. JOHNS WORT

TRAMETINIB—(MEKINIST)— NONE KNOWN

TRASTUZUMAB (HERCEPTIN)—NO KNOWN INTERACTIONS. (C/M)

VANDETANIB (CAPRELSA)—**AVOID** ST. JOHN'S WORT (MAY INCREASE EXCRETION); EGFR INHIBITOR, KINASE INHIBITOR, VEGF INHIBITOR

VELIPARIB—ABT-888—

VEMURAFENIB—ZELBORAF—MAY ↓ VITAMIN K ANTAGONIST LEVELS

VERAPAMIL (CA⁺⁺ CHANNEL BLOCKER)—NO ALCOHOL AND NO GRAPEFRUIT PRODUCTS (↑ DRUG LEVEL), ST. JOHN'S WORT (↓ DRUG LEVEL), DON QUAI (↑ ESTROG. EFFECT), EPHEDRA, YOHIMBE, GINSENG (↑ BP & ARRHYTHMIA), GARLIC (↑ ANTIHYPER. EFFECT). (M)

VORINOSTAT—ZOLINZA— MAY ↑ VITAMIN K ANTAGONIST LEVELS

ZIV-AFLIBERCEPT—ZALTRAP—

MDR1—USE ABCG2 INHIBITORS—MOSTLY THE FLAVONOIDS—i.e. QUERCETIN, CURCUMIN, ALLICIN, CAPSAICIN, GENISTEIN, GINGEROL, HESPERETIN (FLAVANONES) - TANGELO, ORANGE JUICE, TANGERINE JUICE, LEMON JUICE), KAEMPFEROL – (RAW GINGER, RAW ENDIVES, RAW SPINACH), RESVERATROL, RUTIN, ONIONS, DARK CHOCOLATE >70% COCOA, BLACK OR GREEN TEA, GINGKO, VERAPAMIL ETC.) , PARSLEY, BLUEBERRIES, CITRUS, RED WINE, THYME, PARSLEY

CYTOPROTECTIVE AGENTS

AMIFOSTINE—also known as the brand name **Ethyol** and as ethiofos or WR2721, is a medicine that helps protect certain tissues of the body from damage caused by **chemotherapy** or **radiation therapy**.

MESNA—is a medicine that helps protect the inside lining of the bladder from damage due to certain **chemotherapy** drugs. Mesna may also be referred to as 2-mercaptoethane sulfonate, sodium salt, or **Mesnex** (its brand name).

DEXTRAZAZONE hydrochloride—(AKA) **Zinecard**, a cyclic EDTA, picks up the excess iron free radicals to help prevent cardiomyopathy. Used with Anthracycline drugs doxorubicin, daunorubicin, epirubicin, idarubicin, mitoxantrone.