



August 16, 2016 – Grand Rapids, MI

Supplements You Should Avoid

The second Consumer Reports article about supplements was “15 Supplement Ingredients to Always Avoid.” The best place to begin is with the list so here it is:

- Aconite
- Caffeine powder
- Chaparral
- Coltsfoot
- Comfrey
- Germander
- Greater celandine
- Green tea extract powder
- Kava
- Lobelia
- Methysynephrine
- Pennyroyal oil
- Red yeast rice
- Usnic acid
- Yohimbe



Along with the list, there was a column that gave claims and benefits of each along with a column of hazards ranging from mild irritation to death. To me, most of the items on the list were herbs I've never used and never would. When it comes to supplements, I stick to the basics: vitamins, minerals, other supplements such as fish oil and coenzyme Q10, and the most researched herbs such as echinacea.

Caffeine powder can be dangerous if it's inhaled, but as part of my coffee or energy drink, there's no danger unless it affects someone's heart rate and blood pressure. Methysynephrine is a synthetic cousin to ephedra, a banned herb. Red yeast rice can contain a natural form of a statin and can have the same side effects as a statin. I know people who regularly use kava and yohimbe with no problems. Personally, I don't use many herbs because they can be more like pharmaceuticals than vitamins.

But the one that caught my attention was green tea extract powder. I've used it for many years and so do many people I know. It had a list of side-effects that included death. I'm going to check that one out in detail and I'll let you know what I found on Saturday.

What are you prepared to do today?

Dr. Chet

Reference: <http://bit.ly/2b6WPno>

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