

Inactive ingredients in dextroamphetamine preparations

Preparation or Brand name	Inactive constituents
Dexedrine (capsule) 24 hr preparation	cetyl alcohol (Lubricant), D&C 2 Yellow No. 10 (color), dibutyl sebacate (plasticizer), ethylcellulose (bulking agent), FD&C Blue No. 1, FD&C Blue No. 1 aluminum lake (color), FD&C Red No. 40, FD&C Yellow No. 6 (color), gelatin (coating), hydromel's (thickening and suspending agent), propylene glycol, povidone, silicon dioxide (adsorbent, disintegrant, or glidant), sodium lauryl sulfate (emulsifier), sugar spheres, and trace amounts of other inactive ingredients.
Dexedrine (tablet)	calcium sulfate (in pigments and colorants), FD&C Yellow No. 5 "atrazine", FD&C Yellow No. 6 (colorant), gelatin, lactose, mineral oil, starch (bulking agent), stearic acid (lubricant), sucrose, talc (lubricant), and trace amounts of other inactive ingredients
Zenzedi (Tablets) Preferred for people with mast cell activation	colloidal silicon dioxide (adsorbent, disintegrant, or glidant to allow powder), crospovidone (disintegrant), microcrystalline cellulose and stearic acid.
ProCentra (Solution)	benzoic acid (preservative), citric acid anhydrous, purified water, sodium citrate hydrous, sodium saccharin, sorbitol solution (sugar substitute), and artificial bubble gum flavor.
Dextroamphetamine (generic)	Colloidal Silicon Dioxide (adsorbent, disintegrant, or glidant), Lactose Monohydrate (compressibility properties), Magnesium Stearate (lubricant), Microcrystalline Cellulose and Povidone (disintegrant) The 5 mg also contains D&C yellow no. 10, Iron oxide yellow and Iron oxide red (colorants) The 10 mg also contains FD&C yellow no. 6 aluminium lake and FD&C red no. 40 aluminium lake (colorants)
ADDERALL XR capsules (dextroamphetamine and amphetamine)	hydroxypropyl methylcellulose, methacrylic acid copolymer (enteric coatings), opadry beige (film coating), sugar spheres, talc, and triethyl citrate (plasticizer). Gelatin capsules contain edible inks, kosher gelatin, and titanium dioxide.

Medications and Supplements For Subcutaneous Adipose Disorders					
Name	Indications	Dose	Side-effects	Potential interactions	
				Medication/Supplement	Risk
Amitriptyline	Reduce chronic pain, neuropathy and depression	75-150 mg/d	Dizziness, drowsiness, ↑BP, ↑HR, urinary retention	CNS depressants Serotonergic drugs and supplements Anticholinergics Drugs and supplements with cardiac effects	↑sedation ↑serotonergic effects ↑anticholinergic effects ↑risk of QRS and QTc prolongation
Amphetamines ◊dextroamphetamine ◊amphetamine salts ◊phentermine	Improve lymph flow	5-60 mg/d 5-60 mg/d 15-37.5 mg/d	↑alertness, insomnia, restlessness, ↑BP, ↑HR Amphetamine salts and dextroamphetamine contain sulfa salt. Phentermine is fine to use in patients with sulfa allergy	CNS stimulants MAO-Inhibitors	↑CNS stimulation ↑BP (hypertensive crisis)
Barley	Maintain healthy gut bacteria, reduce fluid retention	¼ cup with 2-4 Tbs. lemon or orange juice/d (3-12 grams/d)	Avoid use in celiac disease Discontinue barley 2 weeks before elective surgical procedures.	Antidiabetic drugs and supplements Oral drugs	Enhanced hypoglycemic effect ↓ absorption of oral drugs (decreased GI transient time)

Berberine	Maintain healthy gut bacteria ↓BG in T2DM, ↓lipids in HLD, weight loss anti-inflammatory	500 mg 2-3 times daily	HA, stomach pain, constipation, nausea vomiting (>500 mg): hypotension, bradycardia, cardiac arrest, N/V/D (1.2 gm/day): delayed intestinal transit time Hyperbilirubinemia (in animals), avoid during pregnancy due to risk of kernicterus	Anticoagulants/antiplatelets drugs and supplements Antidiabetic drugs and supplements Antihypertensive drugs and supplements CNS depressants Cyclosporine CYP 3A4, CYP2C9 substrates	↑risk of bleeding Enhanced hypoglycemic effect Enhanced hypotensive effect ↑sedation increase effect of cyclosporine increases effect of drugs metabolized by the enzyme (theoretical)
Brazil Nuts + beta-carotene, Vit C and Vit D	Reduce inflammation	3 nuts/d (~600 mcg selenium)	Well-tolerated in normal doses; N/V, fatigue, alopecia, cardiac failure in excessive doses	Anticoagulant/antiplatelet drugs and supplements Barbiturates Immunosuppressants Statins and Niacin	↑risk of bleeding Prolonged sedative effect ↓effectiveness ↓effectiveness
Butcher's broom (oral, powder) (+/-) Hesperidin methyl chalconen (150 mg), vitamin C (100 mg) TID	Decrease lymphedema, improve lymph flow, and relieve chronic venous insufficiency symptoms	Lymphedema: 150 mg root extract TID Venous insufficiency: 72-75mg daily or 150 mg BID	well tolerated, gastrointestinal discomfort (nausea, gastritis, diarrhea), contact dermatitis (topical administration)	Alpha-adrenergic agonists Alpha-adrenergic antagonists Anticoagulants/antiplatelets	↑effectiveness ↓effectiveness ↑risk of bleeding
Butcher's broom (oral, liquid alcohol extract)	Anti-inflammatory effects	0.5-1.5mL, three times daily.			
Butcher's broom (topical) FLEBS CREMA®		Applied two or three times daily			
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Coenzyme Q10, CoQ10, or ubiquinol	Improve hypertrophic adipocyte health, improve mitochondrial function, and diabetic neuropathy .	100-600 mg/d To minimize adverse effects (> 100 mg/d) divide daily dose into 2-3 doses	Well-tolerated in normal doses N, V, D, GI discomfort, heartburn (<1%)	Antihypertensive drugs and supplements Warfarin Chemotherapy	Enhanced hypotensive effects ↓ anticoagulant effect ↓ chemotherapeutic efficacy
Diosmin (bioflavonoid complex) + hesperidin (100 mg daily) (+/-) compression dressing	Decrease edema (↑lymphatic contractility and drainage) and improve healing of venous stasis ulcers	500-900 mg 1-2 times/day	Abdominal pain, gastritis, diarrhea, HA	insufficient available evidence	insufficient available evidence
Fish oil (omega-3 fatty acids)	Reduce inflammation, improve insulin resistance in overweight patients	1-4 grams/d	Well-tolerated; ↑ risk of bleeding and suppressed immune response with doses >3 gm/d	Anticoagulant/antiplatelet drugs and supplements Antihypertensive drugs and supplements	↑risk of bleeding Enhanced hypotensive effect
Gabapentin	Reduce pain and neuralgia, anticonvulsant	300-3600 mg/d	Dizziness, fatigue, ataxia, N	CNS depressants Magnesium	Enhanced CNS depression ↓ Gabapentin concentration
Guaifenesin	Loosen extracellular clumped protein	600 mg BID to 2400 mg/d	Well-tolerated; N, V, dizziness	insufficient available evidence	insufficient available evidence
Horse chestnut seed extract (active constituent is escin)	Chronic venous insufficiency and its symptoms	300-450 mg BID (equivalent to 50-75 mg escin)	Well-tolerated; GI upset and calf spasm. HA, N and pruritus are less reported	Anticoagulant/antiplatelet drugs and supplements Antidiabetes drugs and supplements Lithium (Li)	↑risk of bleeding and bruising ↑ hypoglycemic effect Increase (Li) levels
Kefir (probiotic)	Maintain healthy gut bacteria	125-500 mL/d	Initial GI cramping and C, which resolve with continued use	Disulfiram Immunosuppressants	Disulfiram reaction Decrease effectiveness of immune suppression

					and increase the risk of infections
Ketoprofen	Reduce pain, improve lymphatic function	50-75 mg TID up to 300 mg/d; or 200 mg ER/d	Gastric ulcers, kidney injury	Anticoagulant/antiplatelet drugs and supplements Beta-blockers Loop diuretics	↑ risk of bleeding ↓ effectiveness ↓ effectiveness of diuretic and ↑ nephrotoxicity of NSAID
Ketotifen	Mast cell stabilizer; H1-receptor antagonist	Instill 1 drop into eye BID	Well-tolerated; eye burning, itchiness <3%, hinitis (≤10%-25%)	No known significant interactions.	No known significant interactions.
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Medications and Supplements					
Name	Indication	Dose	Side-effects	Potential interactions	
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L-arginine	Reduce leaky blood and lymphatic vessels Improve exercise tolerance and ↓ angina ↓BG in T2DM ↓ BP in HTN Improve flow in PAD (short term Tx 8 wk.)	3 grams TID (mixed in water)	Well-tolerated: GI upset, ↓BP D/V, gout, airway inflammation in asthma, hives	Antihypertensive drugs and supplements Anticoagulant/antiplatelet drugs and supplements Antidiabetic drugs and supplements Potassium-sparing diuretics	Enhanced hypotensive effect ↑risk of bleeding Enhanced hypoglycemic effect Hyperkalemia
Lemon	Improve hypertrophic adipocyte health, maintain healthy gut bacteria	Squeeze one into water/d	Well-tolerated	insufficient available evidence	insufficient available evidence

Magnesium	Improve mitochondrial function ↓ development of T2DM and ↑ insulin sensitivity	NMT 350 mg/d	N, V, D, hypermagnesemia	Anticoagulant/antiplatelet Bisphosphonates Quinolones Tetracyclines Sulfonylureas <i>CCB (Dihydropyridine)</i> Gabapentin Potassium-sparing diuretics Digoxin	May ↑risk of bleeding ↓effectiveness of drug ↓effectiveness of drug ↓effectiveness of drug ↑ concentration of drug ↑ hypotensive effect ↓ drug concentration Hypermagnesemia ↓GI absorption of digoxin
N-acetyl cysteine (NAC)	Loosen extracellular clumped protein	500-600 mg 1-2X/d	N/V, D, constipation (high doses > 9gm) Unpleasant taste and odor	Anticoagulant/antiplatelet drugs and supplements Antihypertensive drugs and supplements Intravenous NTG	↑risk of bleeding ↑ hypotensive effects Severe hypotension
Pregabalin	Reduce pain, decrease neuralgia, anticonvulsant	150-600 mg/d	Dizziness, HA, somnolence, ataxia,	CNS depressants <u>Peripheral edema (16%)</u>	Enhanced CNS depression
Probiotics Bio-K Danactive Florastor Culturelle	Maintain healthy gut bacteria	Depends of formulation	Possibly diarrhea and flatulence	Immunosuppressants Antibiotics	↓effectiveness ↓effectiveness of probiotics
Pycnogenol (pine bark extract)	Reduce leaky blood and lymphatic vessels ↓ leg pain and heaviness. ↓ BG in diabetes	50-360 mg/d, once or in divided doses	Well-tolerated; dizziness, GI upset	Anticoagulant/antiplatelet drugs and supplements Antidiabetic drugs and supplements Immunosuppressants	↑risk of bleeding Enhanced hypoglycemic effect ↓effectiveness
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Name	Indications	Dose	Side-effects	Potential interactions	
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Quercetin (Bioflavonoid Complex)	Improve mitochondrial function	500 mg BID	Well-tolerated : HA, tingling of the extremities Doses > 945 mg/m ² are associated with hematoma (bruising) and nephrotoxicity	Antihypertensive drugs and supplements Cytochrome P-450 substrates P-Glycoprotein substrates Quinolones (FQs) Warfarin	Enhanced hypotensive effects ↓drug elimination, ↑drug level, ↑drug effect ↑drug level, ↑drug effect Inhibit FQs effect ↑risk of bleeding
Rutosides (Bioflavonoid Complex)	Improve lymph flow, reduce inflammation, reduce leaky capillary and capillary fragility	500 mg BID	HA, flushing, GI upset, rash	Iron	May chelate iron
Selenium	(see Brazil nut)				
Statins ◊atorvastatin ◊lovastatin ◊pravastatin ◊rosuvastatin ◊simvastatin	Lower cholesterol, decrease inflammation	10-80 mg/d 20-80 mg/d 10-80 mg/d 10-40 mg/d 5-40 mg/d	HA, GI upset, myalgia	Amiodarone Fibrates (gemfibrozil) Grapefruit (atorva, simva, lovastatin) Green tea Niacin Red Yeast Rice St John's Wort (atorva, simva, lovastatin) Warfarin	↑statin levels ↑toxic effect of statins ↑statin levels ↑simvastatin levels (one case report) ↑toxic effect of statins ↑toxic effect of statins ↓effectiveness of statin ↑risk of bleeding
Terbutaline	Decreases lipedema fat	5 mg 4 time/d	Nervousness, restlessness, ↑BG, ↑HR, ↑BP, dizziness	CNS stimulants Beta-blockers Loop Diuretics QT prolonging agents	↑CNS stimulation ↓effectiveness of Beta2-Agonists Enhanced hypokalemia effect ↑ QTc prolongation risk

Thyroid hormone ◇Armour thyroid ◇levothyroxine	Maintain normal metabolism	15-120 mg/d 12.5-300 mcg/d *Take on an empty stomach: 30 to 60 minutes before a meal	↑HR, ↑BP, anxiety, HA, insomnia, weight loss, D, ↓bone mineral density	Aluminum, Calcium, Iron, Magnesium, Multivitamins/minerals Carbamazepine, Ciprofloxacin, Estrogen derivatives, SSRI's, Sucralfate TCA's Warfarin	↓thyroid level ↓thyroid level ↑arrhythmogenic effect of the TCA ↑risk of bleeding
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Medications and Supplements					
Name	Indications	Dose	Side-effects	Potential interactions	
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Nicotinamide riboside (NAD precursor)	Increased cellular NAD+, improves cellular organelles' functioning and cellular metabolism	150-250 mg daily	Minimal reported side-effects Insufficient available evidence	insufficient available evidence	insufficient available evidence
Natto, nattokinase (Japanese fermenting soybean , Natto)	↓blood pressure, ↓LDL, anticoagulant effects. ↓ vessel wall thickening <u>Treat it like ASA, but no GI side effect.</u>	2000 units daily with empty stomach	Intracranial hemorrhage ¹ (one case reported), Well tolerated	Taking with antiplatelet or anticoagulant might increase risk of bleeding and bruising. Taking with antihypertensive might increase risk of low BP.	↑risk of bleeding ² ↑risk of bruising

				Discontinue prior to dental procedure and surgery.	
Serrapeptase (butterfly enzyme, silk worm enzyme)	↓ pain ↓ inflammation ⁵ ↓ post-operative swelling ³ ↓ cough in bronchitis ³	10mg TID, 30mg daily	Well tolerated in general. Epigastric pain, GI upset, and nausea, but occur at the same rate as placebo ⁴	Might exacerbate bleeding disorders ⁴ Pregnancy: insufficient information, avoid using	↑ risk of bleeding ↑ risk of bruising
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Denise Holman, RPh, CSPI, PharmD Candidate 2017. Amani Alshehri, B.S.Pharm, Pharm.D, RPh. Karen Tsui, PharmD Candidate 2019.

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