



N&O LLC

NATURE, REFINED BY RESEARCH

PRODUCT GUIDE & INTERACTIONS

Customer Edition • 2026

Every Formula • Every Ingredient • Every Interaction to Discuss with Your Provider

NATURE, REFINED BY RESEARCH

Formulated by

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FOREWORD

Why This Book Exists

N&O LLC did not begin as a supplement company. It began at my kitchen counter with mango butter, kokum butter, and cocoa butter, because the hands of the nurses I worked beside — and my own — were cracked and raw from washing them dozens of times a shift. Natural and Organic was the whole idea: make something that healed, from ingredients you could pronounce, for the people who spend their days caring for everyone else. That is still the idea. The name is still the promise.

The herbal line in this book has a different beginning. It began with my mother.

She lived with diabetes that would not stay controlled, and with the blood pressure that so often travels with it. In time her kidneys failed. Her liver failed. And the vascular dementia that followed took her a little at a time — the woman who raised me became someone who could not always find her way back to me. I watched all of it, not only as her daughter, but as a nurse who knew exactly what each new lab value meant.

What I also watched was the medicine. Every diagnosis brought a prescription. Every prescription brought a side effect. Every side effect brought another pill to manage it, and that pill carried its own warning — sometimes a black box on the label, in plain print, that nobody paused to talk about. It is called a prescribing cascade, and I saw it happen in real time to the person I loved most: more medications, more interactions, more problems, and no one stopping to ask whether there was another way to support her body while the medicine did its work.

So I started reading. Slowly at first, then every night. Not folklore — research. What the studies actually say about hawthorn and hibiscus for blood pressure. About gymnema and berberine and bitter melon for blood sugar. About astragalus and nettle for the kidneys, lion's mane and ginkgo for the mind, valerian and passionflower for the sleep she lost. I read the same journals I had been trained to read, and I read them the way my doctoral work taught me to: skeptically, and all the way to the tables.

Every product in this book traces back to something my mother went through. Cognitive support, blood pressure, blood sugar and nerves, kidney function, cellular repair, sleep — those are her chart, turned into formulas. Later came the women's formulas, the metabolic protocol, and the MS protocol, because once you have learned to build one thing carefully, people you love ask you to build the next.

I want to be exact about what this book is and what I am. I hold a Doctor of Nursing Practice in Nursing Leadership. I am a Registered Nurse. I am not a physician, and I am not a nurse practitioner. I do not diagnose, and I do not treat, and nothing in these pages replaces the judgment of the provider who knows your history and your medications. What my training gave me is the discipline to read the evidence, weigh a dose, respect an interaction, and write it all down carefully — which is what this book is: every formula, every ingredient, and every drug interaction I could find, so that you and your provider can decide together whether a product belongs in your life.

I want to be clear about something else, because it is easy to hear a story like my mother's and draw the wrong lesson. Herbs and medications are not enemies. Medicine saved my mother's life more than once, and when medication is needed, it is needed — nothing in this book should ever be used to replace, reduce, or delay it. Where herbs shine is in prevention and in daily support: helping the body do its own work well, so that fewer of those diagnoses arrive in the first place, and supporting it gently alongside the care a provider prescribes. The two can work together. They work together best when the provider knows about both. So before anyone takes a single capsule, scoop, or cup of tea from N&O LLC, I ask one thing of them, and I ask it of you: talk to your provider first. Bring the ingredient list. Bring your medication list. Let them decide together with you.

This business, these formulas, and this book are dedicated to my mother, Paulette Pearson.

— Dr. Paulette Y. Jones, DNP-L, RN

Founder & Formulator, N&O LLC · Phoenix, Arizona · August 2026

IMPORTANT NOTICE

Full Disclaimer

About the Formulator

Dr. Paulette Y. Jones holds a Doctor of Nursing Practice (DNP) with a specialization in Nursing Leadership (DNP-L) and is a Registered Nurse (RN). Dr. Jones is NOT a medical doctor (MD or DO), is NOT a nurse practitioner (NP or APRN), and is NOT a licensed independent prescriber. She does not hold prescriptive authority and does not practice medicine. In connection with N&O LLC, Dr. Jones acts solely as a product formulator, researcher, and wellness entrepreneur. Nothing in this book, on N&O LLC packaging, on the N&O LLC website, or in any communication from N&O LLC constitutes medical advice, diagnosis, or treatment, and no provider–patient relationship is created by purchasing or using any N&O LLC product.

Consult Your Provider First

Before taking any herbal supplement, powder, capsule, or tea from N&O LLC, every person should consult his or her own primary care provider, prescribing clinician, or pharmacist. This is especially important — and in some cases essential — for anyone who is pregnant, nursing, or trying to conceive; anyone under 18; anyone taking prescription medication of any kind (including but not limited to blood thinners, diabetes medication, blood pressure or heart medication, antidepressants or other psychiatric medication, thyroid medication, seizure medication, immunosuppressants, or disease-modifying therapies); anyone with a diagnosed medical condition (including kidney, liver, heart, thyroid, autoimmune, hormone-sensitive, or seizure conditions); and anyone scheduled for surgery. Bring the full ingredient list for each product to that conversation. Your provider, not N&O LLC, should decide whether a product is appropriate for you.

Regulatory Statement

These statements have not been evaluated by the U.S. Food and Drug Administration. N&O LLC products are dietary supplements and are not intended to diagnose, treat, cure, or prevent any disease. Dietary supplements are not a substitute for prescribed medication, and no N&O LLC product should be used to replace, reduce, or discontinue any medication without the direction of the prescribing provider. Product names, protocol names, and descriptive terms used by N&O LLC (including "Shield," "Guardian," "Repair," "Protect," "Restore," and similar words) are brand names describing intended wellness support and do not represent claims of medical efficacy.

Interactions, Individual Response, and Limits of This Book

The drug and condition interaction tables in this book were compiled from published herb–drug interaction literature and reference monographs and are provided to support careful counseling. They are not exhaustive, they cannot account for every medication, dose, combination, or individual, and they should be re-verified against a current professional interaction database before being relied upon. Herbal ingredients can interact with medications and with one another; individual responses vary; and adverse effects, including allergic reactions, are possible with any botanical product. Anyone experiencing an unexpected symptom while using an N&O LLC product should stop use and contact his or her provider. Nothing in this book should be read as a promise of a specific result.

Assumption of Risk and Limitation of Liability

By purchasing or using any N&O LLC product, the customer acknowledges that he or she has read this disclaimer, has been advised to consult a qualified healthcare provider, and assumes responsibility for that consultation. To the fullest extent permitted by law, N&O LLC and Dr. Paulette Y. Jones disclaim liability for any adverse effect, interaction, or outcome arising from the use or misuse of any product, from reliance on any information in this book, or from failure to consult a provider as directed. Exact ingredient amounts are printed on every product label; formulation details are proprietary to N&O LLC.

Questions about any product or ingredient: info@naturalorganicllc.com · 602-790-3253 · N&O LLC, Phoenix, Arizona.

Contents

Right-click the table and choose "Update Field" in Word to refresh page numbers.

How to Use This Guide

This guide describes every product N&O LLC sells, organized by the body system it supports. For each product you will find what it is for, when to take it, the complete list of ingredients, and — most importantly — a table of medications and health conditions to discuss with your provider before you start.

You will not find ingredient amounts here. Exact amounts are printed on every product label and on the website; the formulation details themselves are proprietary. What matters for the conversation with your provider is which ingredients are in the product, and this guide gives you all of them.

How to Read the Interaction Tables

- **TALK TO YOUR PROVIDER FIRST** — a combination that should not be started without a provider's specific approval, and in some cases should be avoided entirely.
- **MONITOR / ADJUST** — generally manageable, but your provider may want to watch a lab value, adjust a dose, or have you separate the timing.
- **GOOD TO KNOW** — a minor or theoretical interaction worth mentioning.

The tables are not exhaustive. Bring the ingredient list and your medication list to your provider or pharmacist; they have tools that can check every combination.

Product Families

- **Cognitive & Longevity** — Myco Shield™, Cellular Health Microdose
- **Cellular Repair** — Mitochondrial Restore, Cellular Repair Tea
- **Heart, Metabolic & Renal** — Heart Guardian, Glucose & Nerve Support, Kidney Support, Renal Support Tea
- **Women's Health** — Women's Guardian, Women's Desire, Wise Woman's Tea
- **Gut & Digestive** — GI Restore
- **Sleep & Calm** — Evening Calm & Sleep
- **GLP-1 Weight Management Protocol** — Metabolic Core AM, Metabolic Ignite (Advanced / Complete), Metabolic Boost PM
- **MS Complete Protocol™** — Myelin Shield™ REPAIR AM, Myelin Shield™ PROTECT PM, Mitochondrial Restore

PART ONE

Cognitive & Longevity

Premium brain and longevity support

Myco Shield™ · Cellular Health Microdose

COGNITIVE & LONGEVITY

Myco Shield™

Focus · Memory · Brain Anti-Inflammatory Support

About This Formula

Our bestselling cognitive formula combines creatine at the full clinically studied dose with a ten-mushroom complex, extra Lion's Mane, gotu kola, ginkgo, matcha, and turmeric — plus CoQ10 ubiquinol for the energy metabolism of brain cells. Designed for people who want to think clearly, remember well, and protect the brain over the long run. Available as a morning powder for yogurt, smoothie, or coffee, or as capsules — your choice at checkout.

When to take: Morning, with food. Powder in yogurt, smoothie, or coffee — or capsules.

Part of: Cognitive & Longevity Protocol (with Mitochondrial Restore)

Ingredients

- 10-in-1 Mushroom Complex 10:1 (Lion's Mane, Reishi, Chaga, Turkey Tail, Shiitake, Maitake, Cordyceps, King Trumpet, Tremella, Agaricus)
- Lion's Mane 10:1 (additional)
- Creatine Monohydrate (micronized)
- Gotu Kola extract 10% asiaticosides
- CoQ10 Ubiquinol POWDER
- Matcha Green Tea
- Ginkgo Biloba 24/6
- Turmeric 95% curcuminoids
- BioPerine®

Talk to Your Provider If You Take or Have Any of the Following

Ask about: Bleeding / anticoagulants · Blood glucose / diabetes meds · Blood pressure meds · Sedatives / CNS depressants · Serotonergic drugs (SSRIs, MAOIs, tramadol) · Immunosuppressants / MS DMTs · CYP450 / P-gp drug levels · Kidney conditions (creatine) · Lithium / diuretics · Pregnancy · Stop 2 weeks pre-surgery

Medication or condition	Level	Ingredient(s) involved	What to know / what to do
Anticoagulants / antiplatelets (warfarin, aspirin, clopidogrel, NSAIDs)	TALK TO YOUR PROVIDER FIRST	Ginkgo	Inhibits platelet-activating factor; bleeding case reports. Avoid or monitor closely; stop 2 weeks pre-surgery.
Bortezomib	TALK TO YOUR PROVIDER FIRST	Green Tea	EGCG inactivates the drug. Avoid.
Ibuprofen	TALK TO YOUR PROVIDER FIRST	Ginkgo	Fatal intracerebral bleed case report. Avoid regular NSAID use.
Anticoagulants / antiplatelets	MONITOR / ADJUST	Turmeric, Curcumin, Mushroom, Lion's Mane	Antiplatelet; case reports of INR rise. Monitor INR/bruising; stop 2 weeks pre-surgery.
Anticonvulsants (valproate, phenytoin, carbamazepine)	MONITOR / ADJUST	Ginkgo	May lower seizure threshold / induce CYP2C19. Avoid in seizure disorders.

Medication or condition	Level	Ingredient(s) involved	What to know / what to do
CYP2C19 / CYP3A4 substrates (omeprazole, tolbutamide, midazolam, efavirenz)	MONITOR / ADJUST	Ginkgo	Induction reduces drug levels. Monitor effect.
Chaga + kidney disease / oxalate stones	MONITOR / ADJUST	Mushroom	Chaga is high in oxalates. Avoid with history of oxalate nephropathy.
Chemotherapy (cyclophosphamide, doxorubicin, camptothecin)	MONITOR / ADJUST	Turmeric, Curcumin	Antioxidant may blunt some agents. Oncologist approval.
Digoxin, cyclosporine, tacrolimus, HIV protease inhibitors, DOACs (apixaban, rivaroxaban)	MONITOR / ADJUST	BioPerine	P-gp inhibition increases absorption. Monitor levels/bleeding.
Gallbladder disease / bile duct obstruction	MONITOR / ADJUST	Turmeric, Curcumin	Stimulates bile flow. Avoid with gallstones.
Hepatotoxic drugs / liver disease	MONITOR / ADJUST	Gotu Kola, Green Tea	Rare case reports of drug-induced liver injury. Discontinue if jaundice, dark urine, RUQ pain.
Immunosuppressants (cyclosporine, tacrolimus, biologics, post-transplant, DMTs for MS)	MONITOR / ADJUST	Mushroom	Beta-glucans are immunomodulating; may counteract intended immunosuppression. Consult prescriber; avoid in transplant recipients.
Nadolol, atorvastatin, other OATP substrates	MONITOR / ADJUST	Green Tea	EGCG reduces absorption of nadolol (and some statins). Separate by 4 h or avoid.
Nephrotoxic drugs (NSAIDs long-term, aminoglycosides, cyclosporine, contrast dye)	MONITOR / ADJUST	Creatine	Additive renal stress in susceptible individuals; raises serum creatinine (lab artifact). Tell provider before labs; avoid in CKD without approval.
Phenytoin, carbamazepine, theophylline, propranolol, nevirapine, rifampicin, midazolam	MONITOR / ADJUST	BioPerine	Piperine inhibits CYP3A4, CYP2D6, P-gp and glucuronidation — RAISES levels of many drugs. Any narrow-therapeutic-index drug: consult pharmacist.
SSRIs, trazodone, buspirone, St. John's Wort	MONITOR / ADJUST	Ginkgo	Case reports of serotonin syndrome / hypomania. Monitor.
Sedatives / CNS depressants	MONITOR / ADJUST	Gotu Kola	Additive sedation. Caution.
Stimulants / MAOIs	MONITOR / ADJUST	Green Tea	Additive caffeine (unless decaf EGCG). Screen caffeine sensitivity.
Tacrolimus, sulfasalazine, other CYP3A4/P-gp substrates	MONITOR / ADJUST	Turmeric, Curcumin	Curcumin + piperine inhibit CYP3A4/P-gp — raises drug levels. Consult prescriber; case report of tacrolimus toxicity.
Warfarin	MONITOR / ADJUST	Green Tea	Vitamin K + antiplatelet catechins. Consistent intake; monitor INR.
Warfarin	MONITOR / ADJUST	CoQ10	Structurally similar to vitamin K — may REDUCE INR. Monitor INR when starting/stopping.
Antidiabetic drugs	GOOD TO KNOW	Mushroom, Lion's Mane, Gotu Kola, Ginkgo, Turmeric, Curcumin, CoQ10	Reishi, maitake, cordyceps may lower glucose. Monitor glucose.
Antihypertensives	GOOD TO KNOW	Mushroom, CoQ10	Reishi and CoQ10 may lower BP. Monitor BP.
Bipolar disorder	GOOD TO KNOW	Creatine	Rare mania reports. Monitor.
Caffeine (high dose)	GOOD TO KNOW	Creatine	May blunt ergogenic effect; GI upset. Fine at normal intake.

Medication or condition	Level	Ingredient(s) involved	What to know / what to do
Chemotherapy (doxorubicin)	GOOD TO KNOW	CoQ10	Antioxidant interaction debated (also cardioprotective). Oncologist approval.
Diuretics	GOOD TO KNOW	Creatine	Dehydration risk. 64+ oz water daily.
GERD	GOOD TO KNOW	Turmeric, Curcumin	May worsen reflux at high dose. Take with food.
Iron	GOOD TO KNOW	Green Tea	Reduces iron absorption. Separate 2 h.
Iron deficiency	GOOD TO KNOW	Turmeric, Curcumin	Chelates iron. Separate from iron.
Lithium	GOOD TO KNOW	BioPerine	Theoretical. Monitor.
Statins	GOOD TO KNOW	CoQ10	Beneficial — statins deplete CoQ10. No action.

Warnings

Contains creatine: maintain hydration (64+ oz water/day); consult provider if kidney disease. Contains ginkgo and caffeine (matcha). Consult physician if on blood thinners (ginkgo), warfarin (CoQ10), or immunosuppressants (mushrooms). Not for pregnancy or nursing without provider approval. Discontinue 2 weeks before surgery.

COGNITIVE & LONGEVITY

Cellular Health Microdose

Immune · Antioxidant · Everyday Longevity

About This Formula

A gentle daily microdose of turkey tail, reishi, and chaga mushrooms with astragalus, green tea EGCG, and turmeric — the classic immune-and-antioxidant botanicals, at a level meant to be taken every day for years, not weeks. Take in the morning with food.

When to take: Morning, with food.

Ingredients

- Turkey Tail 10:1
- Reishi 10:1
- Astragalus Root extract
- Turmeric 95% + BioPerine®
- Green Tea EGCG
- Chaga 10:1

Talk to Your Provider If You Take or Have Any of the Following

Ask about: Bleeding / anticoagulants · Blood glucose / diabetes meds · Blood pressure meds · Immunosuppressants / MS DMTs · CYP450 / P-gp drug levels · Lithium / diuretics · Stop 2 weeks pre-surgery

Medication or condition	Level	Ingredient(s) involved	What to know / what to do
Bortezomib	TALK TO YOUR PROVIDER FIRST	Green Tea	EGCG inactivates the drug. Avoid.
Anticoagulants	MONITOR / ADJUST	Chaga, Astragalus	Antiplatelet. Monitor.
Anticoagulants / antiplatelets	MONITOR / ADJUST	Reishi, Turmeric	Inhibits platelet aggregation at high intake. Monitor INR/bruising.
Chemotherapy (cyclophosphamide, doxorubicin, camptothecin)	MONITOR / ADJUST	Turmeric	Antioxidant may blunt some agents. Oncologist approval.
Digoxin, cyclosporine, tacrolimus, HIV protease inhibitors, DOACs (apixaban, rivaroxaban)	MONITOR / ADJUST	BioPerine	P-gp inhibition increases absorption. Monitor levels/bleeding.
Gallbladder disease / bile duct obstruction	MONITOR / ADJUST	Turmeric	Stimulates bile flow. Avoid with gallstones.
Hepatotoxic drugs / liver disease	MONITOR / ADJUST	Green Tea	Very high daily EGCG intake has been linked to liver injury, especially on an empty stomach. Take with food; avoid stacking multiple green tea extract products.
Immunosuppressants	MONITOR / ADJUST	Turkey Tail, Reishi	Immune-stimulating PSK/PSP. Consult prescriber.

Medication or condition	Level	Ingredient(s) involved	What to know / what to do
Immunosuppressants (cyclosporine, methotrexate, corticosteroids, MS DMTs)	MONITOR / ADJUST	Astragalus	Immunostimulant. Avoid in transplant/autoimmune without approval.
Kidney disease / oxalate stones	MONITOR / ADJUST	Chaga	High oxalate content. Avoid.
Nadolol, atorvastatin, other OATP substrates	MONITOR / ADJUST	Green Tea	EGCG reduces absorption of nadolol (and some statins). Separate by 4 h or avoid.
Phenytoin, carbamazepine, theophylline, propranolol, nevirapine, rifampicin, midazolam	MONITOR / ADJUST	BioPerine	Piperine inhibits CYP3A4, CYP2D6, P-gp and glucuronidation — RAISES levels of many drugs. Any narrow-therapeutic-index drug: consult pharmacist.
Stimulants / MAOIs	MONITOR / ADJUST	Green Tea	Additive caffeine (unless decaf EGCG). Screen caffeine sensitivity.
Tacrolimus, sulfasalazine, other CYP3A4/P-gp substrates	MONITOR / ADJUST	Turmeric	Curcumin + piperine inhibit CYP3A4/P-gp — raises drug levels. Consult prescriber; case report of tacrolimus toxicity.
Warfarin	MONITOR / ADJUST	Green Tea	Vitamin K + antiplatelet catechins. Consistent intake; monitor INR.
Antidiabetic / antihypertensive drugs	GOOD TO KNOW	Astragalus	Additive. Monitor.
Antidiabetic drugs	GOOD TO KNOW	Turmeric, Chaga	May lower glucose. Monitor.
Antihypertensives	GOOD TO KNOW	Reishi	Additive BP lowering. Monitor BP.
Chemotherapy	GOOD TO KNOW	Turkey Tail	Generally studied as adjunct but confirm with oncologist. Oncologist approval.
GERD	GOOD TO KNOW	Turmeric	May worsen reflux at high dose. Take with food.
Iron	GOOD TO KNOW	Green Tea	Reduces iron absorption. Separate 2 h.
Iron deficiency	GOOD TO KNOW	Turmeric	Chelates iron. Separate from iron.
Lithium	GOOD TO KNOW	Astragalus, BioPerine	Diuretic effect alters lithium clearance. Monitor.

Warnings

Mushrooms may interact with immunosuppressants. Green tea extract contains caffeine — avoid late-day dosing in sensitive customers. Not for pregnancy or nursing.

PART TWO

Cellular Repair

Cellular energy and antioxidant repair

Mitochondrial Restore · Cellular Repair Tea

CELLULAR REPAIR

Mitochondrial Restore

Cellular Energy · Overnight Repair

About This Formula

Six sleep-safe compounds — Uthever® NMN with TMG methylation support, KSM-66® ashwagandha, phosphatidylserine, standardized saffron, and PurePQQ® — chosen for NAD+ restoration, evening cortisol regulation, sleep quality, and overnight mitochondrial repair. Nothing in this formula should keep you awake. Taken at bedtime with a little fat, so cellular restoration lines up with the body's natural overnight repair cycle. Powder or capsules — your choice at checkout. Included in the Cognitive & Longevity and MS Complete bundles.

When to take: Bedtime, with a fat-containing snack. Powder in yogurt or water — or capsules.

Part of: Cognitive & Longevity Protocol · MS Complete Protocol™ (Tier 1 · Bedtime)

Ingredients

- TMG — Trimethylglycine (Betaine)
- NMN β-Nicotinamide Mononucleotide (Uthever®)
- Ashwagandha KSM-66®
- Phosphatidylserine (33% PS, sunflower lecithin base)
- Saffron extract, standardized (Affron®)
- PQQ (PurePQQ®)

Talk to Your Provider If You Take or Have Any of the Following

Ask about: Bleeding / anticoagulants · Blood glucose / diabetes meds · Blood pressure meds · Antidepressants / serotonergic drugs (SSRIs, MAOIs) · Bipolar disorder · Sedatives / CNS depressants · Thyroid medication · Immunosuppressants / MS DMTs · Pregnancy

Medication or condition	Level	Ingredient(s) involved	What to know / what to do
Pregnancy	TALK TO YOUR PROVIDER FIRST	Ashwagandha, Saffron	Possible abortifacient (traditional use). Contraindicated.
Bipolar disorder	MONITOR / ADJUST	Saffron	Mania trigger reports. Avoid.
Chemotherapy / active cancer	MONITOR / ADJUST	NMN	NAD+ precursors theoretically support tumor metabolism; data unclear. Oncologist approval.
Hepatotoxic drugs / liver disease	MONITOR / ADJUST	Ashwagandha	Rare case reports of drug-induced liver injury. Discontinue if jaundice, dark urine, RUQ pain.
Immunosuppressants	MONITOR / ADJUST	Ashwagandha, PQQ	Immunostimulant. Consult prescriber; caution in autoimmune disease incl. MS on DMTs.
Pregnancy / nursing	MONITOR / ADJUST	NMN	Insufficient safety data. Avoid.
Sedatives, benzodiazepines, barbiturates, alcohol	MONITOR / ADJUST	Ashwagandha, Saffron	Additive CNS depression / GABA-ergic. Avoid combining; no driving after evening dose.
SSRIs, MAOIs, other serotonergic drugs	MONITOR / ADJUST	Saffron	Serotonergic — may add to antidepressant effects. Ask your provider before combining.

Medication or condition	Level	Ingredient(s) involved	What to know / what to do
Thyroid hormone (levothyroxine) / hyperthyroidism	MONITOR / ADJUST	Ashwagandha	Raises T3/T4; can push toward hyperthyroid or reduce need for medication. Monitor TSH; avoid in Graves/hyperthyroidism.
Anticoagulants	GOOD TO KNOW	Phosphatidylserine, Saffron, PQQ	Theoretical antiplatelet. Monitor.
Anticholinergic drugs / cholinesterase inhibitors (donepezil)	GOOD TO KNOW	Phosphatidylserine	Cholinergic effects — may add to or oppose. Monitor cognition/GI effects.
Antidiabetic drugs	GOOD TO KNOW	NMN	May affect insulin sensitivity. Monitor.
High cholesterol / lipid meds	GOOD TO KNOW	TMG (Betaine)	Very high betaine doses (3 g+) can raise cholesterol; unlikely at the 1,000 mg dose here. Monitor lipids if concerned.

Warnings

NMN and saffron: not for pregnancy or nursing. Saffron: ask your provider first if you take antidepressants (SSRIs/MAOIs) or have bipolar disorder. Ashwagandha: consult provider if on thyroid medication or sedatives; caution in autoimmune disease. Take with a little fat for best absorption. If you notice alertness after a bedtime dose, take it with dinner instead.

CELLULAR REPAIR

Cellular Repair Tea

Daily Antioxidant Ritual

About This Formula

Eleven organic botanicals on a golden black tea base: butterfly pea, hibiscus, soursop leaf, rosehip, red clover, and warming spices. Brew it, add a squeeze of lemon, and watch the cup turn from deep blue to purple. Contains caffeine from the black tea.

When to take: Steep 5–7 minutes. Add lemon. Enjoy in the morning or early afternoon (contains caffeine).

Ingredients

- Organic Golden Black Tea
- Organic Hibiscus Flower
- Organic Butterfly Pea Flower
- Organic Soursop Leaf (Graviola)
- Organic Rosehip
- Organic Red Clover Herb
- Organic Ginger Root
- Organic Hyssop officinalis
- Organic Star Anise Pod (whole)
- Organic Black Cardamom Pod (crushed)
- Organic Ajwain Seed (whole)

Talk to Your Provider If You Take or Have Any of the Following

Ask about: Bleeding / anticoagulants · Blood glucose / diabetes meds · Blood pressure meds · Sedatives / CNS depressants · CYP450 / P-gp drug levels · Lithium / diuretics · Hormone-sensitive conditions · Pregnancy

Medication or condition	Level	Ingredient(s) involved	What to know / what to do
Infants	TALK TO YOUR PROVIDER FIRST	Star Anise	Japanese star anise contamination causes seizures — verify <i>Illicium verum</i> on CoA. Never for infants.
Parkinson's disease / levodopa	TALK TO YOUR PROVIDER FIRST	Soursop	Annonaceous acetogenins are neurotoxic with chronic high intake — atypical parkinsonism reports. Avoid in Parkinson's; limit continuous long-term use.
Anticoagulants	MONITOR / ADJUST	Ajwain, Butterfly Pea, Star Anise, Cardamom	Thymol/coumarin — antiplatelet. Monitor.
Anticoagulants / antiplatelets	MONITOR / ADJUST	Ginger	Antiplatelet; INR increase reports. Monitor.
Anticonvulsants / seizure disorders	MONITOR / ADJUST	Hyssop	Hyssop essential oil (pinocamphone) is convulsant — tea is much lower but avoid in epilepsy. Avoid in seizure disorders, children.
Antidiabetic drugs	MONITOR / ADJUST	Soursop, Hibiscus, Butterfly Pea, Ginger	Lowers glucose. Monitor.

Medication or condition	Level	Ingredient(s) involved	What to know / what to do
Antihypertensives	MONITOR / ADJUST	Hibiscus, Soursop, Ajwain	Additive BP lowering (ACE-inhibitor-like). Monitor BP.
Chloroquine	MONITOR / ADJUST	Hibiscus	Reduces chloroquine levels. Avoid.
Estrogen, OCPs, tamoxifen, letrozole	MONITOR / ADJUST	Red Clover	Isoflavones are phytoestrogens — may compete/oppose. Avoid in ER+ breast cancer, on tamoxifen/Als.
Hydrochlorothiazide	MONITOR / ADJUST	Hibiscus	Reduces HCTZ elimination. Separate/monitor.
Pregnancy	MONITOR / ADJUST	Soursop, Hyssop, Ajwain	Uterine stimulant. Avoid.
Stimulants, MAOIs, ephedrine	MONITOR / ADJUST	Black Tea	Contains caffeine. Total caffeine awareness.
Warfarin / anticoagulants	MONITOR / ADJUST	Red Clover	Coumarins — bleeding risk. Monitor INR.
Acetaminophen, diclofenac	GOOD TO KNOW	Hibiscus	Alters drug clearance. Separate by 2 h.
Antihypertensives / calcium channel blockers	GOOD TO KNOW	Ginger	May lower BP. Monitor.
Anxiety, insomnia, GERD, arrhythmia	GOOD TO KNOW	Black Tea	Caffeine. Morning use.
Beta-blockers, clozapine, lithium, theophylline, fluvoxamine, adenosine, dipyridamole	GOOD TO KNOW	Black Tea	Caffeine interactions. Monitor.
CYP3A4/2C9 substrates	GOOD TO KNOW	Red Clover	Theoretical. Monitor.
Chemotherapy	GOOD TO KNOW	Soursop	Data lacking. Oncologist approval.
Estrogen	GOOD TO KNOW	Rosehip, Star Anise	Vitamin C raises estrogen levels. None.
Estrogen / OCPs	GOOD TO KNOW	Hibiscus	Possible estrogenic activity. Monitor.
Gallstones	GOOD TO KNOW	Ginger, Cardamom	Increases bile. Caution.
Iron	GOOD TO KNOW	Black Tea	Tannins reduce iron absorption. Separate 2 h.
Iron overload	GOOD TO KNOW	Rosehip	Increases iron absorption. Caution.
Kidney stones	GOOD TO KNOW	Rosehip	Oxalate/vitamin C. Caution.
Lithium	GOOD TO KNOW	Rosehip	Diuretic. Monitor.
Liver disease	GOOD TO KNOW	Ajwain	High thymol. Caution.
Liver/kidney disease	GOOD TO KNOW	Soursop	Long-term concern. Caution.
Methotrexate	GOOD TO KNOW	Red Clover	Case report of toxicity. Consult.
Nifedipine	GOOD TO KNOW	Ginger	Additive antiplatelet. Monitor.
Sedatives	GOOD TO KNOW	Soursop	Additive. Monitor.
Warfarin	GOOD TO KNOW	Black Tea, Rosehip	Antiplatelet catechins. Consistent intake.

Warnings

Contains caffeine (black tea). Soursop leaf: not for pregnancy, nursing, or Parkinson's disease; limit long-term continuous use. Hibiscus may lower blood pressure — caution with antihypertensives.

PART THREE

Heart, Metabolic & Renal

Blood pressure, blood sugar, nerve comfort, kidney function

Heart Guardian · Glucose & Nerve Support · Kidney Support · Renal Support Tea

HEART, METABOLIC & RENAL

Heart Guardian

Blood Pressure · Cholesterol · Heart Support

About This Formula

Hawthorn, olive leaf, aged garlic, hibiscus, and artichoke leaf — botanicals with the strongest published record for supporting healthy blood pressure and cholesterol already in the normal range — plus CoQ10 ubiquinol for the heart muscle itself. Take with breakfast.

When to take: With breakfast.

Ingredients

- Hawthorn extract 1.8% vitexin
- Olive Leaf extract 20% oleuropein
- Aged Garlic extract
- Hibiscus extract
- Artichoke Leaf extract
- CoQ10 Ubiquinol powder

Talk to Your Provider If You Take or Have Any of the Following

Ask about: Bleeding / anticoagulants · Blood glucose / diabetes meds · Blood pressure meds · Hormone-sensitive conditions · Pregnancy · Stop 2 weeks pre-surgery

Medication or condition	Level	Ingredient(s) involved	What to know / what to do
Pregnancy	TALK TO YOUR PROVIDER FIRST	Vitex	Hormonal. Contraindicated.
Anticoagulants / antiplatelets (warfarin, aspirin, clopidogrel)	MONITOR / ADJUST	Garlic	Antiplatelet — bleeding reports (aged extract is milder). Monitor; stop 2 weeks pre-surgery.
Antidiabetic drugs	MONITOR / ADJUST	Olive Leaf, Garlic, Hibiscus, CoQ10	Lowers glucose. Monitor.
Antihypertensives	MONITOR / ADJUST	Olive Leaf, Hibiscus, Garlic, CoQ10	Additive BP lowering. Monitor BP.
Bile duct obstruction / gallstones	MONITOR / ADJUST	Artichoke	Choleretic. Avoid.
Chloroquine	MONITOR / ADJUST	Hibiscus	Reduces chloroquine levels. Avoid.
Dopamine antagonists (antipsychotics, metoclopramide) / dopamine agonists (bromocriptine, cabergoline, levodopa)	MONITOR / ADJUST	Vitex	Vitex is dopaminergic — opposes antagonists, adds to agonists. Avoid with these drugs.
HIV protease inhibitors (saquinavir), isoniazid	MONITOR / ADJUST	Garlic	Reduces drug levels (raw garlic; aged extract less). Consult.
Hydrochlorothiazide	MONITOR / ADJUST	Hibiscus	Reduces HCTZ elimination. Separate/monitor.

Medication or condition	Level	Ingredient(s) involved	What to know / what to do
Oral contraceptives, HRT, IVF/fertility drugs	MONITOR / ADJUST	Vitex	Hormonal effects — may reduce OCP reliability or interfere with IVF. Avoid on OCPs / during fertility treatment.
Warfarin	MONITOR / ADJUST	CoQ10	Structurally similar to vitamin K — may REDUCE INR. Monitor INR when starting/stopping.
Acetaminophen, diclofenac	GOOD TO KNOW	Hibiscus	Alters drug clearance. Separate by 2 h.
Chemotherapy	GOOD TO KNOW	Olive Leaf	Antioxidant. Oncologist approval.
Chemotherapy (doxorubicin)	GOOD TO KNOW	CoQ10	Antioxidant interaction debated (also cardioprotective). Oncologist approval.
Estrogen / OCPs	GOOD TO KNOW	Hibiscus	Possible estrogenic activity. Monitor.
Statins	GOOD TO KNOW	Artichoke, CoQ10	Additive lipid lowering (beneficial). None.

Warnings

May potentiate antihypertensive, antiplatelet, or anticoagulant medications (hawthorn, garlic, hibiscus). Monitor BP if on medication. Not for pregnancy or nursing.

HEART, METABOLIC & RENAL

Glucose & Nerve Support

Blood Sugar Balance · Nerve Comfort

About This Formula

Gymnema, bitter melon, Ceylon cinnamon, and banaba for healthy blood sugar response, with alpha lipoic acid and bilberry for the small nerves and blood vessels of the hands, feet, and eyes. Take with breakfast, or split morning and afternoon.

When to take: With breakfast, or split morning and afternoon.

Ingredients

- Gymnema Sylvestre 25%
- Alpha Lipoic Acid
- Bitter Melon extract 10:1
- Ceylon Cinnamon extract
- Banaba Leaf 1% corosolic acid
- Bilberry 25% anthocyanins

Talk to Your Provider If You Take or Have Any of the Following

Ask about: Bleeding / anticoagulants · Blood glucose / diabetes meds · CYP450 / P-gp drug levels · Thyroid medication · Pregnancy

Medication or condition	Level	Ingredient(s) involved	What to know / what to do
Pregnancy	TALK TO YOUR PROVIDER FIRST	Bitter Melon	Abortifacient / emmenagogue. Contraindicated.
Alcohol / thiamine deficiency	MONITOR / ADJUST	Alpha Lipoic	Can precipitate thiamine deficiency. Supplement thiamine in heavy drinkers.
Anticoagulants / antiplatelets	MONITOR / ADJUST	Bilberry	Anthocyanins inhibit platelet aggregation. Monitor.
Antidiabetic drugs	MONITOR / ADJUST	Ceylon Cinnamon, Bilberry	Additive glucose lowering. Monitor.
G6PD deficiency	MONITOR / ADJUST	Bitter Melon	Seed component may cause favism. Avoid.
Insulin / antidiabetic drugs	MONITOR / ADJUST	Alpha Lipoic, Bitter Melon, Banaba	Improves insulin sensitivity — hypoglycemia. Monitor glucose.
Insulin, sulfonylureas, metformin, GLP-1 agonists	MONITOR / ADJUST	Gymnema	Additive hypoglycemia; may reduce insulin requirement. Monitor glucose closely; adjust meds with prescriber.
Anticoagulants	GOOD TO KNOW	Ceylon Cinnamon	Coumarin/antiplatelet (minimal with Ceylon). Monitor.
Biotin lab tests	GOOD TO KNOW	Alpha Lipoic	Rare interference reported. Inform lab.
Chemotherapy	GOOD TO KNOW	Alpha Lipoic	Antioxidant. Oncologist approval.
Diazinon / organophosphates	GOOD TO KNOW	Banaba	Theoretical. None.

Medication or condition	Level	Ingredient(s) involved	What to know / what to do
Erlotinib, other CYP substrates	GOOD TO KNOW	Bilberry	Theoretical. None.
Hepatotoxic drugs	GOOD TO KNOW	Ceylon Cinnamon	Ceylon is low-coumarin (unlike cassia). Confirm Ceylon species.
Ragweed allergy	GOOD TO KNOW	Gymnema	Cross-reactivity possible. Caution.
Thyroid hormone	GOOD TO KNOW	Alpha Lipoic	May reduce T4→T3 conversion. Monitor TSH.

Warnings

May lower blood glucose — customers on insulin or oral hypoglycemics must monitor closely and consult their provider. Not for pregnancy or nursing.

HEART, METABOLIC & RENAL

Kidney Support

Kidney Function Support

About This Formula

A traditional kidney-support formula: astragalus and cordyceps for kidney resilience, nettle, dandelion, and corn silk for gentle fluid balance, and prepared rehmannia from classical Chinese herbalism. Take with food and stay well hydrated.

When to take: With food. Drink plenty of water through the day.

Ingredients

- Astragalus extract 10:1
- Cordyceps 10:1
- Nettle Leaf extract
- Dandelion Root extract
- Rehmannia extract
- Corn Silk extract

Talk to Your Provider If You Take or Have Any of the Following

Ask about: Bleeding / anticoagulants · Blood glucose / diabetes meds · Blood pressure meds · Sedatives / CNS depressants · Immunosuppressants / MS DMTs · CYP450 / P-gp drug levels · Lithium / diuretics

Medication or condition	Level	Ingredient(s) involved	What to know / what to do
Antidiabetic drugs	MONITOR / ADJUST	Rehmannia, Cordyceps, Nettle, Dandelion, Corn Silk	Lowers glucose. Monitor.
Bile duct obstruction / gallstones	MONITOR / ADJUST	Dandelion	Choleretic. Avoid.
Diuretics (esp. potassium-sparing)	MONITOR / ADJUST	Dandelion	High potassium content — hyperkalemia risk. Monitor K+.
Diuretics, lithium	MONITOR / ADJUST	Nettle, Corn Silk	Diuretic — alters lithium clearance. Monitor lithium level.
Immunosuppressants	MONITOR / ADJUST	Cordyceps, Rehmannia	Immunomodulating. Consult prescriber.
Immunosuppressants (cyclosporine, methotrexate, corticosteroids, MS DMTs)	MONITOR / ADJUST	Astragalus	Immunostimulant. Avoid in transplant/autoimmune without approval.
Lithium	MONITOR / ADJUST	Dandelion, Astragalus	Diuretic — raises lithium levels. Monitor.
Quinolone antibiotics (ciprofloxacin)	MONITOR / ADJUST	Dandelion	Reduces antibiotic absorption. Separate by 2 h.
Anticoagulants	GOOD TO KNOW	Astragalus, Cordyceps, Rehmannia	Antiplatelet. Monitor.
Antidiabetic / antihypertensive drugs	GOOD TO KNOW	Astragalus	Additive. Monitor.
Antihypertensives	GOOD TO KNOW	Nettle, Corn Silk	Additive. Monitor.

Medication or condition	Level	Ingredient(s) involved	What to know / what to do
CYP1A2 substrates (theophylline, clozapine)	GOOD TO KNOW	Dandelion	May alter clearance. Monitor.
Corticosteroids	GOOD TO KNOW	Corn Silk	Hypokalemia. Monitor K+.
Ragweed/daisy allergy	GOOD TO KNOW	Dandelion	Cross-reactive. Caution.
Sedatives	GOOD TO KNOW	Nettle	Mild CNS depression. Monitor.
Warfarin	GOOD TO KNOW	Nettle, Corn Silk	Vitamin K content (leaf). Consistent intake.

Warnings

Not for diagnosed kidney disease without provider approval. Dandelion and nettle are diuretic — maintain hydration; caution with lithium, diuretics, or potassium-sparing drugs. Not for pregnancy or nursing.

HEART, METABOLIC & RENAL

Renal Support Tea

Short-Course Urinary & Kidney Support Tea

About This Formula

Two organic herbs — nettle leaf and uva ursi — in a caffeine-free tea for short-course urinary tract and kidney support. This is a seven-day tea, not an everyday tea: use it for up to seven days, then take at least two weeks off. Not for pregnancy, nursing, children, or kidney disease.

When to take: Steep 7–10 minutes. Up to 7 days, then a 2-week break. Caffeine-free.

Ingredients

- Organic Nettle Leaf
- Organic Uva Ursi Leaf

Talk to Your Provider If You Take or Have Any of the Following

Ask about: Blood glucose / diabetes meds · Blood pressure meds · Sedatives / CNS depressants · Lithium / diuretics · Pregnancy

Medication or condition	Level	Ingredient(s) involved	What to know / what to do
Kidney disease, pregnancy, nursing, children	TALK TO YOUR PROVIDER FIRST	Uva Ursi	Hydroquinone toxicity. Contraindicated.
Long-term use >7 days	TALK TO YOUR PROVIDER FIRST	Uva Ursi	Hydroquinone hepatotoxic/carcinogenic with chronic use. 7-day course max, 5 courses/year.
Diuretics, lithium	MONITOR / ADJUST	Nettle	Diuretic — alters lithium clearance. Monitor lithium level.
Lithium	MONITOR / ADJUST	Uva Ursi	Diuretic. Monitor.
Urinary acidifiers (vitamin C high dose, cranberry, methenamine)	MONITOR / ADJUST	Uva Ursi	Uva ursi needs alkaline urine to work — acidifiers block hydroquinone release. Avoid during course.
Antidiabetic drugs	GOOD TO KNOW	Nettle	Additive. Monitor.
Antihypertensives	GOOD TO KNOW	Nettle	Additive. Monitor.
Sedatives	GOOD TO KNOW	Nettle	Mild CNS depression. Monitor.
Warfarin	GOOD TO KNOW	Nettle	Vitamin K content (leaf). Consistent intake.

Warnings

SHORT-COURSE ONLY (max 7 days, then 2-week break) — uva ursi contains hydroquinone/arbutin. NOT for pregnancy, nursing, children under 12, or kidney disease. Not for use longer than 5 courses per year.

PART FOUR

Women's Health

Hormonal support across life stages

Women's Guardian · Women's Desire · Wise Woman's Tea

WOMEN'S HEALTH

Women's Guardian

Menopause & Hormonal Transition Comfort

About This Formula

Dong quai, evening primrose, and red clover isoflavones with low, traditional amounts of black cohosh and chasteberry — a formula built for comfort through perimenopause and menopause. Take daily.

When to take: Daily, with food.

Ingredients

- Dong Quai extract
- Evening Primrose oil POWDER
- Red Clover 8% isoflavones
- Black Cohosh 2.5% triterpenes
- Chasteberry (Vitex) extract

Talk to Your Provider If You Take or Have Any of the Following

Ask about: Bleeding / anticoagulants · CYP450 / P-gp drug levels · Hormone-sensitive conditions · Pregnancy · Stop 2 weeks pre-surgery

Medication or condition	Level	Ingredient(s) involved	What to know / what to do
Pregnancy	TALK TO YOUR PROVIDER FIRST	Dong Quai, Vitex	Uterine stimulant. Contraindicated.
Warfarin / anticoagulants / antiplatelets	TALK TO YOUR PROVIDER FIRST	Dong Quai	Coumarin derivatives — INR increases documented. Avoid with warfarin.
Anticoagulants / antiplatelets	MONITOR / ADJUST	Evening Primrose	GLA antiplatelet effect. Monitor.
Cisplatin, docetaxel	MONITOR / ADJUST	Black Cohosh	May reduce cisplatin efficacy / increase docetaxel toxicity. Avoid during chemo.
Dopamine antagonists (antipsychotics, metoclopramide) / dopamine agonists (bromocriptine, cabergoline, levodopa)	MONITOR / ADJUST	Vitex	Vitex is dopaminergic — opposes antagonists, adds to agonists. Avoid with these drugs.
Estrogen / tamoxifen / hormone-sensitive cancers	MONITOR / ADJUST	Dong Quai	Possible estrogenic activity. Avoid in ER+ cancer.
Estrogen, OCPs, tamoxifen, letrozole	MONITOR / ADJUST	Red Clover	Isoflavones are phytoestrogens — may compete/oppose. Avoid in ER+ breast cancer, on tamoxifen/Als.
Hepatotoxic drugs (acetaminophen high dose, statins, methotrexate, ketoconazole) / liver disease	MONITOR / ADJUST	Black Cohosh	Rare hepatotoxicity case reports. Stop if liver symptoms; baseline LFTs if history.
Oral contraceptives, HRT, IVF/fertility drugs	MONITOR / ADJUST	Vitex	Hormonal effects — may reduce OCP reliability or interfere with IVF. Avoid on OCPs / during fertility treatment.

Medication or condition	Level	Ingredient(s) involved	What to know / what to do
Phenothiazines (chlorpromazine) / seizure disorders	MONITOR / ADJUST	Evening Primrose	Historic reports of lowered seizure threshold (disputed). Caution in epilepsy.
Tamoxifen / hormone-sensitive cancer	MONITOR / ADJUST	Black Cohosh	Mixed data; generally advise avoiding. Oncologist approval.
Warfarin / anticoagulants	MONITOR / ADJUST	Red Clover	Coumarins — bleeding risk. Monitor INR.
Anesthesia	GOOD TO KNOW	Evening Primrose	Seizure reports with anesthesia. Stop 2 weeks pre-surgery.
Atorvastatin	GOOD TO KNOW	Black Cohosh	Case report of elevated LFTs. Monitor.
CYP2D6 substrates	GOOD TO KNOW	Black Cohosh	Mild inhibition. Monitor.
CYP3A4/2C9 substrates	GOOD TO KNOW	Red Clover	Theoretical. Monitor.
Methotrexate	GOOD TO KNOW	Red Clover	Case report of toxicity. Consult.
Photosensitizing drugs	GOOD TO KNOW	Dong Quai	Psoralens — photosensitivity. Sun protection.

Warnings

Not for pregnancy, nursing, or hormone-sensitive conditions (breast/uterine cancer, endometriosis) without provider approval. Dong quai may potentiate anticoagulants. Black cohosh: discontinue if signs of liver stress.

WOMEN'S HEALTH

Women's Desire

Libido · Vitality · Hormonal Balance

About This Formula

Gelatinized maca, shatavari, tribulus, KSM-66® ashwagandha, and damiana — five botanicals with long traditional and modern use for women's desire, energy, and hormonal balance. Take daily and allow two to four weeks for full effect.

When to take: Daily. Allow 2–4 weeks for full effect.

Ingredients

- Maca 4:1 extract (gelatinized)
- Shatavari extract
- Tribulus 40% saponins
- Ashwagandha KSM-66®
- Damiana extract

Talk to Your Provider If You Take or Have Any of the Following

Ask about: Blood glucose / diabetes meds · Blood pressure meds · Sedatives / CNS depressants · Immunosuppressants / MS DMTs · Thyroid medication · Lithium / diuretics · Hormone-sensitive conditions · Pregnancy · Stop 2 weeks pre-surgery

Medication or condition	Level	Ingredient(s) involved	What to know / what to do
Pregnancy	TALK TO YOUR PROVIDER FIRST	Ashwagandha	Possible abortifacient (traditional use). Contraindicated.
Antidiabetic drugs	MONITOR / ADJUST	Tribulus, Damiana, Shatavari, Ashwagandha	Lowers glucose. Monitor.
Antihypertensives	MONITOR / ADJUST	Tribulus, Maca, Ashwagandha	Lowers BP. Monitor.
Estrogen / hormone-sensitive conditions	MONITOR / ADJUST	Shatavari	Phytoestrogenic. Avoid in ER+ cancer.
Hepatotoxic drugs / liver disease	MONITOR / ADJUST	Ashwagandha	Rare case reports of drug-induced liver injury. Discontinue if jaundice, dark urine, RUQ pain.
Hormone-sensitive conditions / prostate	MONITOR / ADJUST	Tribulus	Androgenic effects. Avoid in prostate or breast cancer.
Immunosuppressants	MONITOR / ADJUST	Ashwagandha	Immunostimulant. Consult prescriber; caution in autoimmune disease incl. MS on DMTs.
Sedatives, benzodiazepines, barbiturates, alcohol	MONITOR / ADJUST	Ashwagandha	Additive CNS depression / GABA-ergic. Avoid combining; no driving after evening dose.
Thyroid hormone (levothyroxine) / hyperthyroidism	MONITOR / ADJUST	Ashwagandha	Raises T3/T4; can push toward hyperthyroid or reduce need for medication. Monitor TSH; avoid in Graves/hyperthyroidism.
Anesthesia / surgery	GOOD TO KNOW	Damiana	Glucose effects. Stop 2 weeks pre-op.

Medication or condition	Level	Ingredient(s) involved	What to know / what to do
Diuretics, lithium	GOOD TO KNOW	Shatavari	Mild diuretic. Monitor.
Hormone-sensitive conditions	GOOD TO KNOW	Maca	Not estrogenic, but caution. Consult.
Lithium	GOOD TO KNOW	Tribulus	Diuretic. Monitor.
Thyroid disease / levothyroxine	GOOD TO KNOW	Maca	Cruciferous glucosinolates — goitrogenic in theory (gelatinized less so). Monitor TSH.

Warnings

Not for pregnancy or nursing. Consult provider if on thyroid medication (ashwagandha) or hormone therapy. Maca is a cruciferous root — caution with thyroid conditions.

WOMEN'S HEALTH

Wise Woman's Tea

Caffeine-Free Women's Tonic Tea

About This Formula

Seven organic herbs — nettle, red raspberry leaf, lemon balm, sage, motherwort, vitex, and horsetail — for hormonal balance, comfort through life's transitions, and everyday vitality. Steep, sip, exhale. Not for pregnancy or nursing; avoid if trying to become pregnant.

When to take: Steep 7–10 minutes. Caffeine-free — any time of day.

Ingredients

- Organic Nettle Leaf
- Organic Red Raspberry Leaf
- Organic Lemon Balm
- Organic Sage Leaf
- Organic Motherwort
- Organic Vitex (Chasteberry) Berries
- Organic Horsetail

Talk to Your Provider If You Take or Have Any of the Following

Ask about: Bleeding / anticoagulants · Blood glucose / diabetes meds · Blood pressure meds · Sedatives / CNS depressants · Thyroid medication · Lithium / diuretics · Hormone-sensitive conditions · Pregnancy · Stop 2 weeks pre-surgery

Medication or condition	Level	Ingredient(s) involved	What to know / what to do
Pregnancy	TALK TO YOUR PROVIDER FIRST	Motherwort, Vitex	Uterine stimulant. Contraindicated.
Pregnancy / nursing	TALK TO YOUR PROVIDER FIRST	Sage	Thujone; reduces milk supply. Contraindicated.
Anticoagulants / antiplatelets	MONITOR / ADJUST	Motherwort	Antiplatelet. Monitor.
Anticonvulsants / seizure disorders	MONITOR / ADJUST	Sage	Thujone is convulsant at high dose. ≤2 cups/day; avoid in epilepsy.
Antidiabetic drugs	MONITOR / ADJUST	Sage, Nettle, Raspberry Leaf, Horsetail	Lowers glucose. Monitor.
Cardiac glycosides, antiarrhythmics, beta-blockers	MONITOR / ADJUST	Motherwort	Cardioactive — additive rate/rhythm effects. Cardiologist aware.
Digoxin, corticosteroids	MONITOR / ADJUST	Horsetail	Hypokalemia potentiates toxicity. Monitor K+.
Diuretics, lithium	MONITOR / ADJUST	Nettle, Horsetail	Diuretic — alters lithium clearance. Monitor lithium level.
Dopamine antagonists (antipsychotics, metoclopramide) / dopamine agonists (bromocriptine, cabergoline, levodopa)	MONITOR / ADJUST	Vitex	Vitex is dopaminergic — opposes antagonists, adds to agonists. Avoid with these drugs.

Medication or condition	Level	Ingredient(s) involved	What to know / what to do
Estrogen / hormone-sensitive conditions	MONITOR / ADJUST	Sage	Estrogenic. Caution.
Kidney disease, pregnancy	MONITOR / ADJUST	Horsetail	Nicotine traces, diuretic. Avoid.
Oral contraceptives, HRT, IVF/fertility drugs	MONITOR / ADJUST	Vitex	Hormonal effects — may reduce OCP reliability or interfere with IVF. Avoid on OCPs / during fertility treatment.
Pregnancy (1st/2nd trimester)	MONITOR / ADJUST	Raspberry Leaf	Uterine tonic — traditionally 3rd trimester only. Avoid in pregnancy (site policy).
Sedatives, benzodiazepines	MONITOR / ADJUST	Motherwort	Additive CNS depression. Caution.
Sedatives, benzodiazepines, alcohol	MONITOR / ADJUST	Lemon Balm	Additive CNS depression. Caution.
Thiamine deficiency / alcohol use	MONITOR / ADJUST	Horsetail	Thiaminase content. Avoid in alcoholics.
Thyroid hormone / hyperthyroidism treatment	MONITOR / ADJUST	Lemon Balm	Inhibits TSH binding — may lower thyroid function. Monitor TSH; avoid in hypothyroidism on meds without monitoring.
Anesthesia	GOOD TO KNOW	Lemon Balm	Sedation. Stop 2 weeks pre-op.
Antihypertensives	GOOD TO KNOW	Nettle, Sage, Motherwort	Additive. Monitor.
Antiretrovirals (efavirenz)	GOOD TO KNOW	Horsetail	Case report of reduced levels. Monitor.
Cholinesterase inhibitors	GOOD TO KNOW	Sage	Cholinergic. Monitor.
Glaucoma	GOOD TO KNOW	Lemon Balm	May raise intraocular pressure (theoretical). Caution.
Iron	GOOD TO KNOW	Raspberry Leaf	Tannins reduce absorption. Separate.
Sedatives	GOOD TO KNOW	Nettle, Sage	Mild CNS depression. Monitor.
Thyroid medication	GOOD TO KNOW	Motherwort	Traditionally used in hyperthyroid — may alter. Monitor.
Warfarin	GOOD TO KNOW	Nettle	Vitamin K content (leaf). Consistent intake.

Warnings

NOT for pregnancy or nursing; avoid if trying to conceive (vitex, motherwort, sage). Sage in high amounts contains thujone — do not exceed 2 cups/day. Horsetail: maintain hydration; not for kidney disease.

PART FIVE

Gut & Digestive Health

Mucosal support for the stomach lining

GI Restore

GUT & DIGESTIVE HEALTH

GI Restore

Bedtime Gut-Soothing Powder

About This Formula

Two organic demulcent herbs, slippery elm bark and marshmallow root, in a simple bedtime powder that becomes a soothing gel on contact with warm water and coats the lining of the stomach and gut. Take at bedtime, at least two hours apart from any medications.

When to take: Bedtime, in warm water. Take medications at least 2 hours apart.

Ingredients

- Slippery Elm Bark powder
- Marshmallow Root powder

Talk to Your Provider If You Take or Have Any of the Following

Ask about: Blood glucose / diabetes meds · Lithium / diuretics · Pregnancy

Medication or condition	Level	Ingredient(s) involved	What to know / what to do
ALL oral medications	MONITOR / ADJUST	Slippery Elm, Marshmallow	Mucilage coats gut and slows/reduces drug absorption. Take medications 2 hours before or after.
Antidiabetic drugs	GOOD TO KNOW	Marshmallow	May lower glucose. Monitor.
Lithium	GOOD TO KNOW	Marshmallow	Diuretic effect. Monitor.
Pregnancy	GOOD TO KNOW	Slippery Elm	Outer bark historically abortifacient; inner bark used is not. Use inner bark only.

Warnings

Take at least 2 hours apart from medications — mucilage may reduce absorption of oral drugs. Generally safe in pregnancy but consult provider.

PART SIX

Sleep & Calm

Evening relaxation and restorative sleep

Evening Calm & Sleep

SLEEP & CALM

Evening Calm & Sleep

Relaxation · Restorative Sleep

About This Formula

Valerian, passionflower, lemon balm, and magnolia bark with L-theanine and KSM-66® ashwagandha — a gentle evening blend for winding down and sleeping through, with no grogginess and no habit-forming ingredients. Take two to three hours before bed.

When to take: 2–3 hours before bed. Do not drive after taking.

Ingredients

- Ashwagandha KSM-66®
- Valerian extract 0.8% valerenic
- Passionflower extract
- L-Theanine
- Lemon Balm extract
- Magnolia Bark extract

Talk to Your Provider If You Take or Have Any of the Following

Ask about: Bleeding / anticoagulants · Blood glucose / diabetes meds · Blood pressure meds · Sedatives / CNS depressants · Immunosuppressants / MS DMTs · CYP450 / P-gp drug levels · Thyroid medication · Pregnancy · Stop 2 weeks pre-surgery

Medication or condition	Level	Ingredient(s) involved	What to know / what to do
Benzodiazepines, barbiturates, Z-drugs, opioids, alcohol, antihistamines	TALK TO YOUR PROVIDER FIRST	Valerian	Additive CNS depression. Do not combine; no driving.
Pregnancy	TALK TO YOUR PROVIDER FIRST	Ashwagandha, Passionflower, Magnolia	Possible abortifacient (traditional use). Contraindicated.
Anesthesia	MONITOR / ADJUST	Valerian, Passionflower, Lemon Balm	Prolonged sedation; withdrawal-like symptoms. Stop 2 weeks pre-surgery.
Hepatotoxic drugs / liver disease	MONITOR / ADJUST	Ashwagandha, Valerian	Rare case reports of drug-induced liver injury. Discontinue if jaundice, dark urine, RUQ pain.
Immunosuppressants	MONITOR / ADJUST	Ashwagandha	Immunostimulant. Consult prescriber; caution in autoimmune disease incl. MS on DMTs.
MAOIs	MONITOR / ADJUST	Passionflower	Harmala alkaloids (trace) — theoretical MAO inhibition. Avoid.
Sedatives, benzodiazepines, alcohol	MONITOR / ADJUST	Lemon Balm	Additive CNS depression. Caution.
Sedatives, benzodiazepines, alcohol, anesthesia	MONITOR / ADJUST	Magnolia	Honokiol/magnolol are GABA-ergic. Avoid combining; stop 2 weeks pre-op.
Sedatives, benzodiazepines, alcohol, opioids	MONITOR / ADJUST	Passionflower	Additive CNS depression. Avoid combining.

Medication or condition	Level	Ingredient(s) involved	What to know / what to do
Sedatives, benzodiazepines, barbiturates, alcohol	MONITOR / ADJUST	Ashwagandha	Additive CNS depression / GABA-ergic. Avoid combining; no driving after evening dose.
Thyroid hormone (levothyroxine) / hyperthyroidism	MONITOR / ADJUST	Ashwagandha	Raises T3/T4; can push toward hyperthyroid or reduce need for medication. Monitor TSH; avoid in Graves/hyperthyroidism.
Thyroid hormone / hyperthyroidism treatment	MONITOR / ADJUST	Lemon Balm	Inhibits TSH binding — may lower thyroid function. Monitor TSH; avoid in hypothyroidism on meds without monitoring.
Anticoagulants	GOOD TO KNOW	Passionflower, Magnolia	Coumarin content. Monitor.
Antidiabetic drugs	GOOD TO KNOW	Ashwagandha	Mild glucose lowering. Monitor.
Antihypertensives	GOOD TO KNOW	Ashwagandha, L-Theanine	Mild BP lowering. Monitor.
CYP3A4 substrates	GOOD TO KNOW	Valerian	Weak inhibition. Monitor.
Glaucoma	GOOD TO KNOW	Lemon Balm	May raise intraocular pressure (theoretical). Caution.
Loperamide, St. John's Wort, fluoxetine	GOOD TO KNOW	Valerian	Case reports of delirium/serotonergic effects. Caution.
Sedatives	GOOD TO KNOW	L-Theanine	Mild additive relaxation. Monitor.
Stimulants (methylphenidate, amphetamine)	GOOD TO KNOW	L-Theanine	May blunt stimulant effect. Monitor.

Warnings

Do not combine with sedatives, benzodiazepines, alcohol, or sleep medication. Do not drive after taking. Not for pregnancy or nursing. Ashwagandha: caution with thyroid medication.

PART SEVEN

GLP-1 Weight Management Protocol

Three phases · Core AM + Ignite (noon) + Boost PM

Metabolic Core AM · Metabolic Ignite — Advanced · Metabolic Ignite — Complete · Metabolic Boost PM

GLP-1 WEIGHT MANAGEMENT PROTOCOL

Metabolic Core AM

GLP-1 Protocol · Morning Foundation

About This Formula

The morning foundation of every phase of the GLP-1 Weight Management Protocol. Enteric-coated berberine, Ceylon cinnamon, fenugreek, and gymnema support the body's own GLP-1 and blood-sugar pathways; ForsLean® forskolin, L-carnitine, and green tea EGCG support fat mobilization and oxidation. Take with breakfast, including some fat.

When to take: With breakfast, including some fat.

Part of: GLP-1 Phase 1 · Starter · GLP-1 Phase 2 · Advanced · GLP-1 Phase 3 · Complete

Ingredients

- Berberine HCl (enteric-coated)
- Ceylon Cinnamon extract
- Fenugreek Seed extract
- Gymnema Sylvestre 25% gymnemic acids
- ForsLean® Forskolin 20%
- L-Carnitine Tartrate
- Green Tea EGCG
- Turmeric Root 95% curcuminoids
- BioPerine®

Talk to Your Provider If You Take or Have Any of the Following

Ask about: Bleeding / anticoagulants · Blood glucose / diabetes meds · Blood pressure meds · Sedatives / CNS depressants · CYP450 / P-gp drug levels · Thyroid medication · Lithium / diuretics · Pregnancy · Stop 2 weeks pre-surgery

Medication or condition	Level	Ingredient(s) involved	What to know / what to do
Bortezomib	TALK TO YOUR PROVIDER FIRST	Green Tea	EGCG inactivates the drug. Avoid.
Cyclosporine, tacrolimus	TALK TO YOUR PROVIDER FIRST	Berberine	CYP3A4 inhibition — raises levels significantly. Avoid or monitor drug levels.
Pregnancy	TALK TO YOUR PROVIDER FIRST	Fenugreek	Uterine stimulant. Contraindicated.
Pregnancy, nursing, newborns	TALK TO YOUR PROVIDER FIRST	Berberine	Kernicterus risk (displaces bilirubin). Contraindicated.
Anticoagulants / antiplatelets	MONITOR / ADJUST	ForsLean, Turmeric, Curcumin	Inhibits platelet aggregation. Monitor.
Antidiabetic drugs	MONITOR / ADJUST	Ceylon Cinnamon, Fenugreek, Turmeric, Curcumin	Additive glucose lowering. Monitor.
Antihypertensives, calcium channel blockers, nitrates	MONITOR / ADJUST	ForsLean	Vasodilator. Monitor BP.

Medication or condition	Level	Ingredient(s) involved	What to know / what to do
Chemotherapy (cyclophosphamide, doxorubicin, camptothecin)	MONITOR / ADJUST	Turmeric, Curcumin	Antioxidant may blunt some agents. Oncologist approval.
Digoxin, cyclosporine, tacrolimus, HIV protease inhibitors, DOACs (apixaban, rivaroxaban)	MONITOR / ADJUST	BioPerine	P-gp inhibition increases absorption. Monitor levels/bleeding.
Gallbladder disease / bile duct obstruction	MONITOR / ADJUST	Turmeric, Curcumin	Stimulates bile flow. Avoid with gallstones.
Hepatotoxic drugs / liver disease	MONITOR / ADJUST	Green Tea	Very high daily EGCG intake has been linked to liver injury, especially on an empty stomach. Take with food; avoid stacking multiple green tea extract products.
Insulin, sulfonylureas, metformin, GLP-1 agonists	MONITOR / ADJUST	Gymnema	Additive hypoglycemia; may reduce insulin requirement. Monitor glucose closely; adjust meds with prescriber.
Metformin, insulin, sulfonylureas, GLP-1 agonists	MONITOR / ADJUST	Berberine	Additive hypoglycemia; may reduce medication need. Monitor glucose closely; adjust with prescriber.
Metoprolol, dextromethorphan, other CYP2D6 substrates	MONITOR / ADJUST	Berberine	CYP2D6 inhibition. Monitor.
Nadolol, atorvastatin, other OATP substrates	MONITOR / ADJUST	Green Tea	EGCG reduces absorption of nadolol (and some statins). Separate by 4 h or avoid.
Peanut/chickpea allergy	MONITOR / ADJUST	Fenugreek	Legume cross-reactivity. Avoid.
Phenytoin, carbamazepine, theophylline, propranolol, nevirapine, rifampicin, midazolam	MONITOR / ADJUST	BioPerine	Piperine inhibits CYP3A4, CYP2D6, P-gp and glucuronidation — RAISES levels of many drugs. Any narrow-therapeutic-index drug: consult pharmacist.
Polycystic kidney disease	MONITOR / ADJUST	ForsLean	Forskolin may promote cyst growth. Avoid.
Statins (simvastatin, atorvastatin, lovastatin), midazolam, other CYP3A4 substrates	MONITOR / ADJUST	Berberine	Raises drug levels. Consult pharmacist.
Stimulants / MAOIs	MONITOR / ADJUST	Green Tea	Additive caffeine (unless decaf EGCG). Screen caffeine sensitivity.
Tacrolimus, sulfasalazine, other CYP3A4/P-gp substrates	MONITOR / ADJUST	Turmeric, Curcumin	Curcumin + piperine inhibit CYP3A4/P-gp — raises drug levels. Consult prescriber; case report of tacrolimus toxicity.
Warfarin	MONITOR / ADJUST	Green Tea	Vitamin K + antiplatelet catechins. Consistent intake; monitor INR.
Warfarin / acenocoumarol	MONITOR / ADJUST	L-Carnitine	Case reports of INR increase. Monitor INR.
Warfarin / anticoagulants	MONITOR / ADJUST	Fenugreek	Coumarin constituents. Monitor INR.
Warfarin, DOACs, antiplatelets	MONITOR / ADJUST	Berberine	Antiplatelet + CYP effects. Monitor INR/bleeding.
Antibiotics (tetracyclines, macrolides)	GOOD TO KNOW	Berberine	Antimicrobial activity may alter. Separate by 2 h.
Anticoagulants	GOOD TO KNOW	Ceylon Cinnamon	Coumarin/antiplatelet (minimal with Ceylon). Monitor.
Antihypertensives	GOOD TO KNOW	Berberine	Additive BP lowering. Monitor.
Beta-blockers, asthma inhalers	GOOD TO KNOW	ForsLean	Forskolin raises cAMP. Monitor.

Medication or condition	Level	Ingredient(s) involved	What to know / what to do
GERD	GOOD TO KNOW	Turmeric, Curcumin	May worsen reflux at high dose. Take with food.
Hepatotoxic drugs	GOOD TO KNOW	Ceylon Cinnamon	Ceylon is low-coumarin (unlike cassia). Confirm Ceylon species.
Iron	GOOD TO KNOW	Green Tea	Reduces iron absorption. Separate 2 h.
Iron deficiency	GOOD TO KNOW	Turmeric, Curcumin	Chelates iron. Separate from iron.
Levothyroxine	GOOD TO KNOW	Fenugreek	May reduce absorption. Separate 4 h.
Lithium	GOOD TO KNOW	BioPerine	Theoretical. Monitor.
Losartan	GOOD TO KNOW	Berberine	Reduces conversion to active metabolite. Monitor BP.
Ragweed allergy	GOOD TO KNOW	Gymnema	Cross-reactivity possible. Caution.
Sedatives	GOOD TO KNOW	Berberine	Additive CNS depression. Monitor.
Seizure disorders	GOOD TO KNOW	L-Carnitine	Rare seizure reports. Caution.
Theophylline	GOOD TO KNOW	Fenugreek	Reduces absorption. Separate 2 h.
Thyroid hormone	GOOD TO KNOW	L-Carnitine	May blunt thyroid hormone action. Monitor TSH.
Valproate	GOOD TO KNOW	L-Carnitine	Beneficial — valproate depletes carnitine. None.

Warnings

Berberine and gymnema lower blood glucose — customers on diabetes medication must monitor closely. Berberine interacts with many drugs (CYP3A4/2D6, metformin, statins, cyclosporine). Not for pregnancy or nursing. Take with food.

GLP-1 WEIGHT MANAGEMENT PROTOCOL

Metabolic Ignite — Advanced

GLP-1 Protocol · Phase 2 Noon Formula

About This Formula

Added at lunch when you advance to Phase 2. White kidney bean (Phase 2®) helps block starch absorption from the midday meal, Caralluma supports appetite control, and green tea EGCG supports midday thermogenesis. Always take with food. A caffeine-free version is available on request.

When to take: Noon, with lunch. Never on an empty stomach.

Part of: GLP-1 Phase 2 · Advanced

Ingredients

- White Kidney Bean extract (Phase 2®)
- Caralluma fimbriata 10:1 (pregnane glycosides)
- Green Tea EGCG ≥50%

Talk to Your Provider If You Take or Have Any of the Following

Ask about: Blood glucose / diabetes meds

Medication or condition	Level	Ingredient(s) involved	What to know / what to do
Bortezomib	TALK TO YOUR PROVIDER FIRST	Green Tea	EGCG inactivates the drug. Avoid.
Antidiabetic drugs	MONITOR / ADJUST	White Kidney Bean, Caralluma	Reduces post-meal glucose. Monitor.
Hepatotoxic drugs / liver disease	MONITOR / ADJUST	Green Tea	Very high daily EGCG intake has been linked to liver injury, especially on an empty stomach. Take with food; avoid stacking multiple green tea extract products.
Nadolol, atorvastatin, other OATP substrates	MONITOR / ADJUST	Green Tea	EGCG reduces absorption of nadolol (and some statins). Separate by 4 h or avoid.
Stimulants / MAOIs	MONITOR / ADJUST	Green Tea	Additive caffeine (unless decaf EGCG). Screen caffeine sensitivity.
Warfarin	MONITOR / ADJUST	Green Tea	Vitamin K + antiplatelet catechins. Consistent intake; monitor INR.
Acarbose	GOOD TO KNOW	White Kidney Bean	Same mechanism — additive GI effects. Avoid duplication.
Appetite-suppressant drugs (phentermine, GLP-1 agonists)	GOOD TO KNOW	Caralluma	Additive appetite suppression. Monitor intake/nutrition.
Iron	GOOD TO KNOW	Green Tea	Reduces iron absorption. Separate 2 h.

Warnings

Contains caffeine (green tea EGCG) — screen for caffeine sensitivity, blood pressure, and heart conditions. Always take WITH food. Not for pregnancy or nursing. Caffeine-free version available on request (decaf EGCG).

GLP-1 WEIGHT MANAGEMENT PROTOCOL

Metabolic Ignite — Complete

GLP-1 Protocol · Phase 3 Noon Formula

About This Formula

The full-strength noon formula for Phase 3. Everything in Ignite Advanced plus L-carnitine, rhodiola, cayenne, and chromium — for fat transport, energy, and stronger thermogenesis through the most metabolically active hours of the day. Always take with food.

When to take: Noon, with lunch. Never on an empty stomach.

Part of: GLP-1 Phase 3 · Complete

Ingredients

- White Kidney Bean extract (Phase 2®)
- Caralluma fimbriata 10:1
- Green Tea EGCG ≥50%
- L-Carnitine Tartrate
- Rhodiola Rosea 3% rosavins
- Cayenne 40,000 HU
- Chromium Picolinate
- BioPerine®

Talk to Your Provider If You Take or Have Any of the Following

Ask about: Bleeding / anticoagulants · Blood glucose / diabetes meds · Blood pressure meds · CYP450 / P-gp drug levels · Thyroid medication · Lithium / diuretics

Medication or condition	Level	Ingredient(s) involved	What to know / what to do
Bortezomib	TALK TO YOUR PROVIDER FIRST	Green Tea	EGCG inactivates the drug. Avoid.
Cocaine (stimulant use)	TALK TO YOUR PROVIDER FIRST	Cayenne	Increased cardiovascular toxicity. Avoid.
Anticoagulants / antiplatelets	MONITOR / ADJUST	Cayenne	Antiplatelet; case reports of bleeding. Monitor.
Antidiabetic drugs	MONITOR / ADJUST	White Kidney Bean, Caralluma, Cayenne	Reduces post-meal glucose. Monitor.
Bipolar disorder	MONITOR / ADJUST	Rhodiola	Stimulating — mania reports. Avoid.
CYP2C9 substrates (losartan, warfarin, phenytoin)	MONITOR / ADJUST	Rhodiola	Inhibits CYP2C9 — raises levels. Monitor INR.
Digoxin, cyclosporine, tacrolimus, HIV protease inhibitors, DOACs (apixaban, rivaroxaban)	MONITOR / ADJUST	BioPerine	P-gp inhibition increases absorption. Monitor levels/bleeding.
GERD, gastritis, ulcers	MONITOR / ADJUST	Cayenne	Irritant. Avoid or take with food.

Medication or condition	Level	Ingredient(s) involved	What to know / what to do
Hepatotoxic drugs / liver disease	MONITOR / ADJUST	Green Tea	Very high daily EGCG intake has been linked to liver injury, especially on an empty stomach. Take with food; avoid stacking multiple green tea extract products.
Insulin / antidiabetic drugs	MONITOR / ADJUST	Chromium	Improves insulin sensitivity — hypoglycemia. Monitor.
Kidney/liver disease	MONITOR / ADJUST	Chromium	Rare renal/hepatic case reports at high dose. Keep chromium intake modest.
Levothyroxine	MONITOR / ADJUST	Chromium	Reduces levothyroxine absorption. Separate 3–4 h.
MAOIs, SSRIs, SNRIs, escitalopram	MONITOR / ADJUST	Rhodiola	MAO-A/B inhibition — serotonergic case reports. Avoid with MAOIs; caution with SSRIs.
Nadolol, atorvastatin, other OATP substrates	MONITOR / ADJUST	Green Tea	EGCG reduces absorption of nadolol (and some statins). Separate by 4 h or avoid.
Phenytoin, carbamazepine, theophylline, propranolol, nevirapine, rifampicin, midazolam	MONITOR / ADJUST	BioPerine	Piperine inhibits CYP3A4, CYP2D6, P-gp and glucuronidation — RAISES levels of many drugs. Any narrow-therapeutic-index drug: consult pharmacist.
Stimulants / MAOIs	MONITOR / ADJUST	Green Tea	Additive caffeine (unless decaf EGCG). Screen caffeine sensitivity.
Theophylline	MONITOR / ADJUST	Cayenne	Increases absorption/levels. Monitor.
Warfarin	MONITOR / ADJUST	Green Tea	Vitamin K + antiplatelet catechins. Consistent intake; monitor INR.
Warfarin / acenocoumarol	MONITOR / ADJUST	L-Carnitine	Case reports of INR increase. Monitor INR.
ACE inhibitors	GOOD TO KNOW	Cayenne	Increased cough. Note.
Acarbose	GOOD TO KNOW	White Kidney Bean	Same mechanism — additive GI effects. Avoid duplication.
Antacids, PPIs, H2 blockers	GOOD TO KNOW	Chromium	Reduce chromium absorption. None.
Antidiabetic / antihypertensive drugs	GOOD TO KNOW	Rhodiola	Additive. Monitor.
Antihypertensives	GOOD TO KNOW	Cayenne	Variable BP effects. Monitor.
Appetite-suppressant drugs (phentermine, GLP-1 agonists)	GOOD TO KNOW	Caralluma	Additive appetite suppression. Monitor intake/nutrition.
Aspirin	GOOD TO KNOW	Cayenne	Reduces aspirin absorption. Separate 2 h.
Iron	GOOD TO KNOW	Green Tea	Reduces iron absorption. Separate 2 h.
Lithium	GOOD TO KNOW	BioPerine	Theoretical. Monitor.
NSAIDs, aspirin	GOOD TO KNOW	Chromium	Increase chromium absorption. None.
P-gp substrates	GOOD TO KNOW	Rhodiola	Inhibits P-gp. Monitor.
Seizure disorders	GOOD TO KNOW	L-Carnitine	Rare seizure reports. Caution.
Stimulants	GOOD TO KNOW	Rhodiola	Additive stimulation. Monitor.
Thyroid hormone	GOOD TO KNOW	L-Carnitine	May blunt thyroid hormone action. Monitor TSH.
Valproate	GOOD TO KNOW	L-Carnitine	Beneficial — valproate depletes carnitine. None.

Warnings

Contains caffeine and cayenne — screen for caffeine sensitivity, blood pressure, GERD, and heart conditions. Always take WITH food. Not for pregnancy or nursing. Rhodiola: caution with MAOIs/SSRIs.

GLP-1 WEIGHT MANAGEMENT PROTOCOL

Metabolic Boost PM

GLP-1 Protocol · Afternoon Craving & Cortisol Support

About This Formula

The afternoon anchor of every GLP-1 phase. KSM-66® ashwagandha and resveratrol for cortisol and metabolic support, 5-HTP and Affron® saffron for evening cravings and mood, and cayenne for gentle thermogenesis. Take between 3:00 and 5:00 PM with a small fat-containing snack. Requires screening for antidepressant use — see interactions.

When to take: 3:00–5:00 PM, with a small fat-containing snack.

Part of: GLP-1 Phase 1 · Starter · GLP-1 Phase 2 · Advanced · GLP-1 Phase 3 · Complete

Ingredients

- Ashwagandha KSM-66®
- Resveratrol (trans) 98%
- 5-HTP (Griffonia seed)
- Saffron extract (Affron®)
- Cayenne 40,000 HU

Talk to Your Provider If You Take or Have Any of the Following

Ask about: Bleeding / anticoagulants · Blood glucose / diabetes meds · Blood pressure meds · Sedatives / CNS depressants · Serotonergic drugs (SSRIs, MAOIs, tramadol) · Immunosuppressants / MS DMTs · CYP450 / P-gp drug levels · Thyroid medication · Lithium / diuretics · Hormone-sensitive conditions · Pregnancy · Stop 2 weeks pre-surgery

Medication or condition	Level	Ingredient(s) involved	What to know / what to do
Carbidopa (Parkinson's)	TALK TO YOUR PROVIDER FIRST	5-HTP	Scleroderma-like illness reports; increases 5-HTP levels. Avoid.
Cocaine (stimulant use)	TALK TO YOUR PROVIDER FIRST	Cayenne	Increased cardiovascular toxicity. Avoid.
Pregnancy	TALK TO YOUR PROVIDER FIRST	Ashwagandha, Saffron	Possible abortifacient (traditional use). Contraindicated.
SSRIs, SNRIs, MAOIs, tricyclics, trazodone, bupropion, lithium	TALK TO YOUR PROVIDER FIRST	5-HTP	SEROTONIN SYNDROME — additive serotonin. CONTRAINDICATED — mandatory screening before Boost PM.
Tramadol, meperidine, methadone, fentanyl, dextromethorphan, triptans, ondansetron, linezolid, St. John's Wort	TALK TO YOUR PROVIDER FIRST	5-HTP	Serotonergic — serotonin syndrome. Contraindicated.
Anticoagulants / antiplatelets	MONITOR / ADJUST	Resveratrol, Cayenne	Antiplatelet. Monitor; stop 2 weeks pre-op.
Bipolar disorder	MONITOR / ADJUST	Saffron	Mania trigger reports. Avoid.
Bleeding disorders / surgery	MONITOR / ADJUST	Resveratrol	Bleeding. Stop 2 weeks pre-op.
CYP3A4, CYP2C9, CYP1A2 substrates	MONITOR / ADJUST	Resveratrol	Inhibits multiple CYPs — raises levels of statins, calcium channel blockers, warfarin, etc.. Consult pharmacist.

Medication or condition	Level	Ingredient(s) involved	What to know / what to do
Down syndrome	MONITOR / ADJUST	5-HTP	Seizure reports. Avoid.
Estrogen / hormone-sensitive cancers	MONITOR / ADJUST	Resveratrol	Phytoestrogen (SERM-like). Oncologist approval.
GERD, gastritis, ulcers	MONITOR / ADJUST	Cayenne	Irritant. Avoid or take with food.
Hepatotoxic drugs / liver disease	MONITOR / ADJUST	Ashwagandha	Rare case reports of drug-induced liver injury. Discontinue if jaundice, dark urine, RUQ pain.
Immunosuppressants	MONITOR / ADJUST	Ashwagandha	Immunostimulant. Consult prescriber; caution in autoimmune disease incl. MS on DMTs.
Pregnancy / nursing	MONITOR / ADJUST	5-HTP	Insufficient data. Avoid.
SSRIs, MAOIs, other serotonergic drugs	MONITOR / ADJUST	Saffron	Serotonergic — additive with 5-HTP in the same formula. Same screening as 5-HTP.
Sedatives, benzodiazepines, alcohol	MONITOR / ADJUST	5-HTP	Additive drowsiness. Caution.
Sedatives, benzodiazepines, barbiturates, alcohol	MONITOR / ADJUST	Ashwagandha	Additive CNS depression / GABA-ergic. Avoid combining; no driving after evening dose.
Surgery	MONITOR / ADJUST	5-HTP	Serotonergic — stop 2 weeks pre-op. Stop pre-op.
Theophylline	MONITOR / ADJUST	Cayenne	Increases absorption/levels. Monitor.
Thyroid hormone (levothyroxine) / hyperthyroidism	MONITOR / ADJUST	Ashwagandha	Raises T3/T4; can push toward hyperthyroid or reduce need for medication. Monitor TSH; avoid in Graves/hyperthyroidism.
ACE inhibitors	GOOD TO KNOW	Cayenne	Increased cough. Note.
Anticoagulants	GOOD TO KNOW	Saffron	Antiplatelet. Monitor.
Antidiabetic drugs	GOOD TO KNOW	Ashwagandha, Resveratrol, Cayenne	Mild glucose lowering. Monitor.
Antihypertensives	GOOD TO KNOW	Ashwagandha, 5-HTP, Saffron, Cayenne	Mild BP lowering. Monitor.
Aspirin	GOOD TO KNOW	Cayenne	Reduces aspirin absorption. Separate 2 h.
Sedatives	GOOD TO KNOW	Saffron	Mild additive. Monitor.

Warnings

5-HTP: MANDATORY serotonergic screening — do NOT combine with SSRIs, SNRIs, MAOIs, tramadol, triptans, or St. John's Wort (serotonin syndrome risk). Cayenne: caution with GERD. Not for pregnancy or nursing. Ashwagandha: thyroid medication caution.

PART EIGHT

MS Complete Protocol™

Repair · Protect · Restore

Myelin Shield™ REPAIR AM · Myelin Shield™ PROTECT PM

MS COMPLETE PROTOCOL™

Myelin Shield™ REPAIR AM

MS Complete Protocol™ · Morning Remyelination Support

About This Formula

Tier 2 of the MS Complete Protocol™. Boswellia (30% AKBA), Quercefit® quercetin phytosome, Cognizin® citicoline, and gotu kola target inflammatory pathways and nerve repair, supported by vitamins C, D3, and K2. Take with breakfast and a source of dietary fat — do not take on an empty stomach.

When to take: With breakfast plus dietary fat (eggs, avocado, nuts).

Part of: MS Complete Protocol™ (Tier 2 · Morning)

Ingredients

- Boswellia Serrata 30% AKBA
- Quercefit® Quercetin Phytosome
- Cognizin® Citicoline
- Gotu Kola extract 10% asiaticosides
- Vitamin C
- Vitamin D3
- Vitamin K2 MK-7
- BioPerine®

Talk to Your Provider If You Take or Have Any of the Following

Ask about: Bleeding / anticoagulants · Blood glucose / diabetes meds · Sedatives / CNS depressants · Immunosuppressants / MS DMTs · CYP450 / P-gp drug levels · Thyroid medication · Lithium / diuretics · Hormone-sensitive conditions · Pregnancy

Medication or condition	Level	Ingredient(s) involved	What to know / what to do
Warfarin	TALK TO YOUR PROVIDER FIRST	Vitamin K2, Vitamin C	Directly antagonizes warfarin — lowers INR. Do NOT use with warfarin (or fixed dose only with INR monitoring).
Anticoagulants / antiplatelets	MONITOR / ADJUST	Boswellia, Quercetin	Antiplatelet. Monitor.
CYP2C8/2C9/2C19/2D6/3A4 substrates	MONITOR / ADJUST	Boswellia	In-vitro inhibition of many CYPs. Consult pharmacist for narrow-index drugs.
Calcipotriene, calcitriol	MONITOR / ADJUST	Vitamin D3	Additive vitamin D. Avoid duplication.
Chemotherapy (doxorubicin, cisplatin, tamoxifen)	MONITOR / ADJUST	Quercetin	Antioxidant/interaction. Oncologist approval.
Chemotherapy / radiation	MONITOR / ADJUST	Vitamin C	Antioxidant. Oncologist approval.
Cyclosporine, tacrolimus, digoxin, DOACs, other P-gp/CYP3A4 substrates	MONITOR / ADJUST	Quercetin	Inhibits CYP3A4, CYP2C9, P-gp — raises drug levels (esp. with BioPerine). Consult pharmacist.
Digoxin	MONITOR / ADJUST	Vitamin D3	Hypercalcemia potentiates digoxin toxicity. Monitor calcium.

Medication or condition	Level	Ingredient(s) involved	What to know / what to do
Digoxin, cyclosporine, tacrolimus, HIV protease inhibitors, DOACs (apixaban, rivaroxaban)	MONITOR / ADJUST	BioPerine	P-gp inhibition increases absorption. Monitor levels/bleeding.
Hepatotoxic drugs / liver disease	MONITOR / ADJUST	Gotu Kola	Rare hepatotoxicity reports. Monitor LFTs if long-term.
Kidney disease	MONITOR / ADJUST	Quercetin	Very high-dose IV quercetin has been nephrotoxic; typical oral amounts are generally fine. Caution in CKD.
Phenytoin, carbamazepine, theophylline, propranolol, nevirapine, rifampicin, midazolam	MONITOR / ADJUST	BioPerine	Piperine inhibits CYP3A4, CYP2D6, P-gp and glucuronidation — RAISES levels of many drugs. Any narrow-therapeutic-index drug: consult pharmacist.
Pregnancy	MONITOR / ADJUST	Boswellia	Emmenagogue traditionally. Avoid.
Quinolone antibiotics (ciprofloxacin, levofloxacin)	MONITOR / ADJUST	Quercetin	Competes at DNA gyrase — reduces antibiotic effect. Separate/avoid during course.
Sarcoidosis, hyperparathyroidism, hypercalcemia, kidney stones	MONITOR / ADJUST	Vitamin D3	Monitor 25-OH-D and calcium. Periodic labs.
Sedatives / CNS depressants	MONITOR / ADJUST	Gotu Kola	Additive sedation. Caution.
Thiazide diuretics	MONITOR / ADJUST	Vitamin D3	Reduces calcium excretion — hypercalcemia. Monitor calcium.
Uva ursi (Renal Tea)	MONITOR / ADJUST	Vitamin C	Acidifies urine — reduces uva ursi effect. Don't combine same day.
Aluminum antacids	GOOD TO KNOW	Vitamin C, Vitamin D3	Increases aluminum absorption. Separate 2 h.
Anti-inflammatory drugs (NSAIDs, leukotriene inhibitors like montelukast)	GOOD TO KNOW	Boswellia	Additive 5-LOX inhibition (may be beneficial). None.
Antibiotics (broad-spectrum), orlistat, cholestyramine, mineral oil	GOOD TO KNOW	Vitamin K2	Reduce vitamin K. None.
Anticholinergic drugs / cholinesterase inhibitors	GOOD TO KNOW	Cognizin	Cholinergic. Monitor.
Antidiabetic drugs	GOOD TO KNOW	Gotu Kola	May raise glucose/cholesterol at high dose. Monitor.
Corticosteroids, phenytoin, phenobarbital, orlistat, cholestyramine	GOOD TO KNOW	Vitamin D3	Reduce vitamin D levels/absorption. May need more.
DOACs (apixaban, rivaroxaban)	GOOD TO KNOW	Vitamin K2	No mechanistic interaction (not vitamin K dependent). None.
Estrogen / OCPs	GOOD TO KNOW	Quercetin, Vitamin C	Phytoestrogen. Monitor.
Immunosuppressants / MS DMTs	GOOD TO KNOW	Boswellia	Immunomodulating. Neurologist aware.
Iron	GOOD TO KNOW	Vitamin C	Increases iron absorption — hemochromatosis caution. Avoid excess in iron overload.
Kidney stones (oxalate)	GOOD TO KNOW	Vitamin C	High doses raise oxalate. the amount here is low.
Levodopa	GOOD TO KNOW	Cognizin	Citicoline may enhance dopamine — allows lower levodopa dose (beneficial, but monitor). Neurologist aware.
Lithium	GOOD TO KNOW	BioPerine	Theoretical. Monitor.

Medication or condition	Level	Ingredient(s) involved	What to know / what to do
Losartan, diclofenac, other CYP2C9 drugs	GOOD TO KNOW	Quercetin	Raises levels. Monitor.

Warnings

Customer must consult neurologist before use, especially on disease-modifying therapies. Vitamin K2 interacts with warfarin. Vitamin D3: advise periodic 25-OH-D monitoring. Boswellia/quercetin: anticoagulant caution. Not for pregnancy or nursing.

MS COMPLETE PROTOCOL™

Myelin Shield™ PROTECT PM

MS Complete Protocol™ · Afternoon Neuroprotection

About This Formula

Tier 3 of the MS Complete Protocol™. Quercefit® quercetin, curcumin, black seed extract, and rosemary ursolic acid for immune modulation and antioxidant defense, with methylcobalamin B12 for nerve health. Take between 3:00 and 5:00 PM with a small fat-containing snack.

When to take: 3:00–5:00 PM, with a small fat-containing snack.

Part of: MS Complete Protocol™ (Tier 3 · Afternoon)

Ingredients

- Quercefit® Quercetin Phytosome
- Curcumin 95% + BioPerine®
- Black Seed extract 5% thymoquinone
- Ursolic Acid 50% (rosemary)
- Vitamin B12 Methylcobalamin
- BioPerine®

Talk to Your Provider If You Take or Have Any of the Following

Ask about: Bleeding / anticoagulants · Blood glucose / diabetes meds · Blood pressure meds · Sedatives / CNS depressants · Immunosuppressants / MS DMTs · CYP450 / P-gp drug levels · Lithium / diuretics · Hormone-sensitive conditions · Pregnancy · Stop 2 weeks pre-surgery

Medication or condition	Level	Ingredient(s) involved	What to know / what to do
Anticoagulants / antiplatelets	MONITOR / ADJUST	Quercetin, Turmeric, Black Seed	Antiplatelet. Monitor.
Antidiabetic drugs	MONITOR / ADJUST	Black Seed, Turmeric, Ursolic	Lowers glucose. Monitor.
Antihypertensives	MONITOR / ADJUST	Black Seed	Lowers BP. Monitor.
Chemotherapy (cyclophosphamide, doxorubicin, camptothecin)	MONITOR / ADJUST	Turmeric	Antioxidant may blunt some agents. Oncologist approval.
Chemotherapy (doxorubicin, cisplatin, tamoxifen)	MONITOR / ADJUST	Quercetin	Antioxidant/interaction. Oncologist approval.
Cyclosporine, CYP3A4/2D6/2C9 substrates	MONITOR / ADJUST	Black Seed	Reduces cyclosporine levels; CYP inhibition. Monitor levels.
Cyclosporine, tacrolimus, digoxin, DOACs, other P-gp/CYP3A4 substrates	MONITOR / ADJUST	Quercetin	Inhibits CYP3A4, CYP2C9, P-gp — raises drug levels (esp. with BioPerine). Consult pharmacist.
Digoxin, cyclosporine, tacrolimus, HIV protease inhibitors, DOACs (apixaban, rivaroxaban)	MONITOR / ADJUST	BioPerine	P-gp inhibition increases absorption. Monitor levels/bleeding.

Medication or condition	Level	Ingredient(s) involved	What to know / what to do
Gallbladder disease / bile duct obstruction	MONITOR / ADJUST	Turmeric	Stimulates bile flow. Avoid with gallstones.
Immunosuppressants / MS DMTs	MONITOR / ADJUST	Black Seed	Immunomodulating. Neurologist aware.
Kidney disease	MONITOR / ADJUST	Quercetin	Very high-dose IV quercetin has been nephrotoxic; typical oral amounts are generally fine. Caution in CKD.
Leber's hereditary optic neuropathy	MONITOR / ADJUST	Vitamin B12	Cyanocobalamin contraindicated (methylcobalamin used here — acceptable). Confirm methyl form.
Phenytoin, carbamazepine, theophylline, propranolol, nevirapine, rifampicin, midazolam	MONITOR / ADJUST	BioPerine	Piperine inhibits CYP3A4, CYP2D6, P-gp and glucuronidation — RAISES levels of many drugs. Any narrow-therapeutic-index drug: consult pharmacist.
Pregnancy	MONITOR / ADJUST	Black Seed	Uterine relaxant/contraction reports at high dose. Avoid.
Quinolone antibiotics (ciprofloxacin, levofloxacin)	MONITOR / ADJUST	Quercetin	Competes at DNA gyrase — reduces antibiotic effect. Separate/avoid during course.
Surgery	MONITOR / ADJUST	Black Seed	Bleeding, glucose, sedation. Stop 2 weeks pre-op.
Tacrolimus, sulfasalazine, other CYP3A4/P-gp substrates	MONITOR / ADJUST	Turmeric	Curcumin + piperine inhibit CYP3A4/P-gp — raises drug levels. Consult prescriber; case report of tacrolimus toxicity.
Anticoagulants	GOOD TO KNOW	Ursolic	Theoretical antiplatelet. Monitor.
Chloramphenicol	GOOD TO KNOW	Vitamin B12	Blunts B12 response. None.
Cobalt allergy	GOOD TO KNOW	Vitamin B12	Hypersensitivity. Avoid.
Estrogen / OCPs	GOOD TO KNOW	Quercetin	Phytoestrogen. Monitor.
GERD	GOOD TO KNOW	Turmeric	May worsen reflux at high dose. Take with food.
Iron deficiency	GOOD TO KNOW	Turmeric	Chelates iron. Separate from iron.
Lithium	GOOD TO KNOW	BioPerine	Theoretical. Monitor.
Losartan, diclofenac, other CYP2C9 drugs	GOOD TO KNOW	Quercetin	Raises levels. Monitor.
Metformin, PPIs, H2 blockers, colchicine	GOOD TO KNOW	Vitamin B12	Deplete B12 — supplementation beneficial. None.
Potassium supplements	GOOD TO KNOW	Vitamin B12	Reduce B12 absorption. None.
Rosemary + iron	GOOD TO KNOW	Ursolic	Rosemary extract reduces iron absorption. Separate.
Sedatives	GOOD TO KNOW	Black Seed	Additive CNS depression. Monitor.
Serotonergic drugs	GOOD TO KNOW	Black Seed	Serotonergic activity in animal studies. Monitor.

Warnings

Customer must consult neurologist before use. Curcumin, quercetin, and black seed may potentiate anticoagulants/antiplatelets. Black seed may lower blood glucose and BP. Not for pregnancy or nursing.

The Protocols

Our three signature protocols bundle formulas that work at different times of day. Every bundle is available as a one-time purchase or as a monthly subscription with free shipping — current pricing is always on shop.naturalorganicllc.com.

GLP-1 Weight Management • Phase 1 • Starter

- Morning — Metabolic Core AM with breakfast
- Afternoon — Metabolic Boost PM, 3–5 PM with a small fat snack
- Includes the lemon-chia water protocol and diet guide

Begin here. Stay on Phase 1 for at least 30 days with good tolerance before advancing.

GLP-1 Weight Management • Phase 2 • Advanced

- Morning — Metabolic Core AM with breakfast
- Noon — Metabolic Ignite (Advanced) with lunch
- Afternoon — Metabolic Boost PM, 3–5 PM
- Includes the lemon-chia water protocol and diet guide

Advance after 30+ days on Phase 1, a two-week plateau, antidepressant screening (5-HTP), and at least 64 oz of water daily.

GLP-1 Weight Management • Phase 3 • Complete

- Morning — Metabolic Core AM with breakfast
- Noon — Metabolic Ignite (Complete) with lunch
- Afternoon — Metabolic Boost PM, 3–5 PM
- Includes the lemon-chia water protocol and diet guide

The full protocol. Screening for caffeine sensitivity, blood pressure, and heart conditions is required.

Cognitive & Longevity Protocol

- Morning — Myco Shield™ (powder or capsules)
- Bedtime — Mitochondrial Restore with a fat snack (powder or capsules)

MS Complete Protocol™

- Morning — Myelin Shield™ REPAIR AM with breakfast + fat
- Afternoon — Myelin Shield™ PROTECT PM, 3–5 PM with a fat snack
- Bedtime — Mitochondrial Restore with a fat snack
- Includes the Complete Protocol Guide with 32 peer-reviewed references

Consult your neurologist before starting, especially if you take disease-modifying therapy.

Before You Order: A Checklist to Bring to Your Provider

If any of these apply to you, look up each product you are considering in this guide and bring the ingredient list to your provider or pharmacist. Where a table says "Talk to your provider first," please do exactly that.

If you take or have	Examples	What to check
Blood thinners or antiplatelets	Warfarin, apixaban, rivaroxaban, clopidogrel, daily aspirin or NSAIDs	Ginkgo, dong quai, vitamin K2 (REPAIR AM), garlic, turmeric, quercetin, boswellia, red clover, resveratrol, cayenne, fenugreek; CoQ10 can lower warfarin's effect
Diabetes medication	Insulin, metformin, sulfonylureas, GLP-1 injections	Berberine, gymnema, bitter melon, alpha lipoic acid, cinnamon, banaba, chromium, white kidney bean, olive leaf, black seed — blood sugar can drop too low
Blood pressure or heart medication	ACE inhibitors, ARBs, beta-blockers, calcium channel blockers, digoxin, nitrates, sildenafil	Hawthorn (especially with digoxin), hibiscus, olive leaf, garlic, forskolin, motherwort, soursop, black seed, vitamin D3
Antidepressants or psychiatric medication	SSRIs, SNRIs, MAOIs, tricyclics, lithium, tramadol, triptans, St. John's Wort	Metabolic Boost PM (5-HTP + saffron) must NOT be combined with these, and Mitochondrial Restore (saffron) needs provider approval alongside them; rhodiola, ginkgo, vitex; lithium with any diuretic herb
Sedatives, sleep medication, or alcohol	Benzodiazepines, Z-drugs, opioids, antihistamines	Evening Calm & Sleep, ashwagandha, gotu kola, 5-HTP
Immunosuppressants, transplant, or autoimmune disease	Cyclosporine, tacrolimus, methotrexate, biologics, MS disease-modifying therapies, steroids	All mushroom products, astragalus, ashwagandha, black seed, boswellia; berberine, curcumin, quercetin, and BioPerine® can raise cyclosporine and tacrolimus levels
Thyroid medication	Levothyroxine, methimazole, PTU	Ashwagandha, lemon balm, chromium and fenugreek (take 4 hours apart), alpha lipoic acid, maca
Seizure disorder	Any anticonvulsant	Ginkgo, evening primrose, sage, hyssop, rhodiola, BioPerine®
Hormone-sensitive condition	Breast, uterine, or prostate cancer; endometriosis; tamoxifen; aromatase inhibitors; birth control; HRT; IVF	Red clover, dong quai, black cohosh, vitex, shatavari, tribulus, resveratrol, sage, hibiscus, soursop
Kidney disease or kidney stones	CKD, dialysis, oxalate stones	Creatine, chaga, uva ursi (do not use), horsetail, dandelion, quercetin, chromium, vitamin C
Liver disease	Hepatitis, cirrhosis, elevated liver enzymes	Black cohosh, ashwagandha, gotu kola, green tea EGCG on an empty stomach, valerian, uva ursi
Gallbladder	Gallstones, bile duct obstruction	Turmeric, artichoke, dandelion, ginger
Pregnancy, nursing, or trying to conceive	—	Almost every product — please do not start any N&O LLC product without your provider's approval
Surgery scheduled	Within 2 weeks	Stop products with bleeding or sedation effects 14 days before: ginkgo, garlic, turmeric, quercetin, boswellia, resveratrol, valerian, passionflower, magnolia, 5-HTP, black seed
Parkinson's disease	Levodopa, carbidopa, dopamine agonists	Soursop (Cellular Repair Tea) — avoid; 5-HTP with carbidopa — avoid; vitex
Caffeine sensitivity, arrhythmia, or anxiety	—	Green tea EGCG (Ignite, Core AM, Cellular Health), matcha (Mycos Shield), black tea (Cellular Repair Tea) — a decaf option is available
Antibiotics right now	Ciprofloxacin, levofloxacin, tetracyclines	Quercetin, dandelion, berberine — separate timing or pause

If you take or have	Examples	What to check
Any narrow-margin medication	Digoxin, phenytoin, theophylline, cyclosporine, tacrolimus, HIV medication, chemotherapy	BioPerine® (black pepper extract) is in several products and can raise blood levels of these drugs — ask your pharmacist

Thank You

Thank you for trusting N&O LLC. Every formula in this guide was built by hand, in small batches, in Phoenix, Arizona, from research and from love. If you have a question about any product, an ingredient, or how it fits with something your provider has prescribed, we would rather you ask than guess.

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**These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease. Consult your healthcare provider before starting any supplement regimen, especially if you are taking medications or have a medical condition. Dr. Paulette Y. Jones holds a Doctor of Nursing Practice in Leadership (DNP-L) and is a Registered Nurse. N&O LLC does not provide medical advice, diagnosis, or treatment.*



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Product Guide & Interactions · Customer Edition · August 2026

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