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Did you know that the herbal remedy St. John's Wort can interact with many medications?



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St. John's Wort, an **herbal remedy for depression**, can interact with many medications, including **antidepressants**, **birth control pills,** and **blood thinners.**



This interaction can **reduce their effectiveness** or cause **dangerous side effects**.

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St. John’s Wort induces **liver enzymes** that metabolise many medications faster, decreasing their blood concentration and therapeutic effects, which can lead to **ineffective treatment**.



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TIP

To keep your medications effective, **consider avoiding St. John's Wort**, as it can interfere with their action and lead to worsened symptoms.

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DID YOU FIND THIS HELPFUL?

Let us know in the **comments**!

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