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Did you know that drinking milk can reduce the effectiveness of certain antibiotics?



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Calcium in milk and other dairy products can interfere with the **absorption of some antibiotics**, such as tetracyclines and fluoroquinolones.

It forms insoluble complexes with the drug, **reducing how much enters your bloodstream** and potentially making the antibiotic less effective.



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When antibiotics like tetracycline bind to calcium, it can prevent the medication from **reaching therapeutic levels in the body**.



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TIP

If you're taking antibiotics, check the **patient information leaflet** or consult your **doctor or pharmacist**. .



You may need to avoid milk, cheese, or other calcium-rich foods **for 1–2 hours around your dose** to ensure your medication works effectively.

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DID YOU FIND THIS HELPFUL?

Let us know in the **comments**!

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