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Did you know that nutritional supplements can completely interfere with the absorption of some medications?







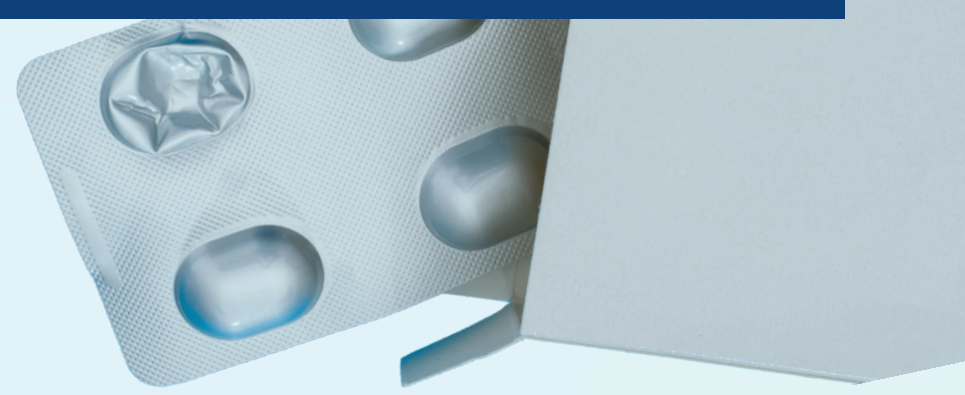
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Nutritional supplements often contain various ingredients that can bind to certain medications, reducing their absorption.

For example, **magnesium** or **calcium cations** can bind to drugs like **L-thyroxine**, **alendronic acid**, and **some antibiotics**.





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The resulting complexes are absorbed less efficiently, or not at all, in the gastrointestinal tract, **leading to lower plasma levels** and a **diminished therapeutic effect**.

This interaction can occur even with supplements you might not expect to interfere with your medication.



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TIP

Want to know if your medication is affected? Check the **patient information leaflet** or **consult your pharmacist or physician**.



Let your pharmacist and physician know about any supplements you're taking. In many cases, these interactions can be avoided simply by **adjusting the timing** of your medication and supplements.

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DID YOU FIND THIS HELPFUL?

Let us know in the **comments**!

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