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Did you know that grapefruit juice can increase drug exposure by up to 13 times?







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Grapefruits block the enzyme CYP3A4, which is responsible for breaking down drugs before they enter the bloodstream.



This results in higher drug levels in the body and an **increased risk of side effects**.

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For instance, in the case of **simvastatin**, grapefruit juice can lead to a **13-fold** increase in plasma levels!



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TIP

If you're taking medication and are **unsure** about potential interactions, **it's best to avoid grapefruit altogether**.



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DID YOU FIND THIS HELPFUL?

Let us know in the **comments**!

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