

3 “S”s for taking supplements

Many people use vitamins, herbs, and other supplements. But sometimes, supplements aren't safe or helpful. Follow these 3 S's before you take vitamins, herbs, or natural remedies.

1

SAY SOMETHING TO YOUR DOCTOR.

Supplements can interact with medications. Some are not safe if you have health conditions. Your doctor can tell you whether certain supplements are safe for you.

2

SKIP THEM IF PREGNANT OR BREASTFEEDING.

Some supplements are not safe for women who are pregnant or breastfeeding. Always ask your obstetrician or gynecologist before taking supplements.

3

STOP TAKING THEM BEFORE SURGERY.

Some supplements can cause problems if you take them before surgery. They may make bleeding worse or change how you respond to medicines. You may need to stop them two weeks or more before your surgery.

