

HERBS & NUTRIENTS THAT INCREASE BLEEDING RISK



If you are scheduled for an upcoming surgery of any type, compounds that you may be taking in your daily supplements can increase bleeding and bruising, and make it hard for your surgical wounds to close. Check the labels of your supplements for the following natural compounds and stop taking them a week prior to your surgery date.

Also take note that if you are taking a pharmaceutical blood thinning agent (Coumadin, Heparin, Eliquis, Xarelto, etc.), or have a known clotting disorder, you should check with your provider about the appropriateness of using any of these compounds.

- Bromelain
- Centella asiatica
- Curcumin
- Dong quai
- Feverfew
- Garlic
- Ginkgo
- Ginger
- Ginseng
- Glycosaminoglycans (chondroitin, hyaluronic acid)
- Grapeseed extract
- Gugulipid
- Horse chestnut
- Meadowsweet
- Omega 3 fatty acids (fish oil, flax oil, borage oil, or any oil that says Omega 3, 6, or 9)
- Pine bark extract
- Red clover
- Saw palmetto
- Vitamin E (high dose)
- White willow bark
- Yellow clover

