



the
**'CAN I TAKE THIS
WITH THAT'
GUIDE**

WELCOME

This resource is one small piece of a much larger mission. The Oklahoma Women's Health Collective was created to make trusted women's health education more accessible, approachable, and empowering—because understanding your health should not feel confusing, overwhelming, or out of reach.

We believe better healthcare conversations start with better information, practical tools, and the confidence to ask questions. That includes understanding that vitamins, minerals, herbs, OTC products, and supplements can matter just as much as prescription medications when it comes to your overall care.

This guide was created as an educational tool to help you recognize potential medication and supplement interactions, keep a more complete record of what you take, and feel better prepared to ask questions before adding something new. It is **not** a complete list of possible interactions, and individual risks can vary based on your medications, health history, dose, timing, and other factors.

This resource is for educational purposes only and is not intended to diagnose, treat, prevent, or cure any condition, nor should it replace personalized medical advice, diagnosis, or treatment from a licensed healthcare professional. Do not start, stop, or change a prescription medication or supplement based on this guide alone. For questions about your individual medications, supplements, or possible interactions, talk with your physician, pharmacist, or another qualified healthcare professional.

You deserve clear information, thoughtful support, and a place where your questions belong.

We are so glad you're here.

Oklahoma Women's Health Collective

can i take this with that guide

over the counter doesn't always mean interaction-free

Supplements, OTC medications, and prescriptions can all interact with each other. Those interactions can change how well something works, increase side effects, affect absorption, or interfere with lab results. That's why your healthcare team needs the full list—not just your prescriptions.

Supplement	Why it Might Matter
Magnesium	Can interfere with the absorption of certain antibiotics and osteoporosis medications when taken too close together.
Calcium	Can interfere with the absorption of certain medications and other nutrients. Timing may matter depending on what else you are taking.
Iron	Can reduce the absorption and effectiveness of medications including levothyroxine and levodopa. It can also compete with calcium for absorption.
Zinc	Can interfere with the absorption of certain antibiotics and medications when taken too close together.
Vitamin K	Can affect how the blood thinner warfarin works. Consistency in vitamin K intake can be particularly important for people taking this medication.
St. John's Wort	This one has an extensive interaction list. It can make some medications less effective, including certain antidepressants, birth control, seizure medications, heart medications, HIV medications, and others.
Ginkgo High-Dose Vitamin E	May increase bleeding concerns, particularly when combined with medications that also affect bleeding or clotting.

Wait – What About Biotin?

This one is a little different. Biotin may not interact with your prescription in the traditional sense, but it can interfere with certain laboratory tests and cause inaccurate results. And biotin isn't always sitting in a bottle labeled “BIOTIN.” It may be included in:

- Hair, skin + nail supplements
- Multivitamins
- B-complex vitamins
- Beauty gummies
- Other combination supplements

**If you're having lab work done, make sure your healthcare team knows what supplements you're taking.*

before you add something new know what to ask

You don't need to know every possible interaction—you just need to know when to ask. Before starting a new prescription, vitamin, mineral, herb, or supplement, consider asking your provider:

- ☐ Could this interact with any of my prescription medications?
- ☐ Could it interact with a supplement I am taking?
- ☐ Are there any OTC medications I should avoid while taking it?
- ☐ Does it need to be taken at a different time than any of my existing medications/supplements?
- ☐ Could it interfere with any lab tests I may have done?

★Your Pharmacist is a Great Place to Start

Have an interaction question? *Ask your pharmacist.*

They can help you look at the whole picture—including prescriptions, OTC medications, and supplements—and identify possible interactions or timing issues worth discussing with your provider.

And, whenever possible, using the same pharmacy for your prescriptions can make it easier to identify potential medication interactions before they happen.

★Put Everything on the List

Not just your prescriptions. The FDA recommends telling your healthcare team about *everything* you take, including:

Prescriptions	Over the counter (OTC) medications	Vitamins
Minerals	Herbal supplements	Gummies (yes, they count!)
Powders	Occasional supplements	

*Our free **Medication + Supplement Overview in the Resource Library** gives you one simple place to keep track of **what you take, how much you take, when you take it, and why you take it**. Fill it out once. Update it when something changes. Bring it to your appointments.

stay connected to the COLLECTIVE

scan to join the community — trusted health
education, meaningful events, and support, all in
one place.



created by women, for women.

