

**Potential health risks with body enhancing supplements and complementary/alternative medicines: natural isn't always safe!**

Some body enhancing supplements and complementary/alternative medicines associated with liver and/or kidney toxicity...



Whey protein



Steroid



Creatine



Hydroxycut



Herbalife products



workout/weight-loss supplements



Green tea extract-containing products



Noni juice



Ma Huang





Kava

... and there are more!

They could cause serious side effects and/or interact with your current medications. Please talk to your doctor, pharmacist, or nurse if you are taking or planning to use any of these products or other supplements to increase muscle mass, improve energy/athletic performance, or lose weight.

## Medication reconciliation form for current supplement use

Date: \_\_\_\_\_

Supplements and examples	Frequency (e.g., daily, weekly, regularly, cycling, as needed)	# months using	Comment
<input type="checkbox"/> <b>Whey protein:</b> _____ 			
<input type="checkbox"/> <b>Creatine:</b> _____ 			
<input type="checkbox"/> <b>Steroid:</b> _____ 			
<input type="checkbox"/> Medications to treat side effects from steroid (e.g., anastrozole, exemestane, letrozole, tamoxifen, isotretinoin, human chorionic gonadotrophin, sildenafil, finasteride, etc) : _____			
<input type="checkbox"/> <b>Work-out/weight loss supplements:</b> _____ 			
<input type="checkbox"/> <b>Green tea extract-containing supplements:</b> _____ 			
<input type="checkbox"/> <b>Other:</b> _____ _____ _____			