

Warfarin (Jantoven[®]) and Your Diet: What You Need to Know

Warfarin (Jantoven[®])

Warfarin (Jantoven) is a medicine used to prevent blood clots. You are taking warfarin if you had a stroke, blood clot in your legs or lungs, or some heart problems such as heart attack or surgery.

Some vitamins, herbal products and supplements can change the effect of warfarin.

Important: Talk with your health care provider before you add or stop taking a supplement.

Vitamin K

Many foods that can change how warfarin works in your body, especially those with high amounts of vitamin K. Warfarin slows down blood clotting and vitamin K helps blood to clot.

Limit these foods to small amounts if you do not normally eat them. If you do normally eat these foods, do not change the amount you eat.

- Foods high in vitamin K are:
 - beet greens
 - collard greens
 - kale, fresh or frozen
 - spinach
 - turnip greens
 - swiss chard

- mustard greens
- parsley, raw
- endive, raw
- broccoli
- Brussels sprouts.

- One serving size is ½ to 1 cup.
- If you want to make a major change in your diet, talk with your health care provider. You may need to have your INR*/CFX** tested more often for a while.
- Green tea may contain high levels of vitamin K. Drink no more than 1 to 2 cups of green tea a day.
- A dietitian can help you choose foods to keep your INR/CFX stable.

Vitamin E

High doses of vitamin E — received only through a supplement — have been shown to increase the risk of bleeding. The affect of vitamin E on warfarin is unknown. Talk with your health care provider *before* taking any vitamin E supplements.

Fish Oil Supplements

Omega-3 fatty acid supplements may increase the anticoagulant effect of warfarin. This means they may slow blood clotting. Talk with your health care provider *before* taking omega-3 fatty acid supplements.

***International Normalized Ratio.** A test to determine your blood clotting ratio. Often used with people who take warfarin.

****Chromogenic factor X (CFX) monitoring.** Often used with people who take warfarin.

Alcohol

Alcohol may change the effects of warfarin. Remember, have no more than one alcoholic beverage a day.

One drink equals:

- 12 ounces beer
- 4 ounces wine
- 1 ounce hard liquor.

Cranberry Products

There have been reports that cranberry products may affect the anticoagulant effects of warfarin. Talk with your health care provider before eating or drinking cranberry products.

Vitamins, Herbs and Other Nutritional Supplements

There are many medicines, vitamins, herbs and nutritional supplements that can change how well warfarin works in your body. Talk with your health care provider before you make any changes to your medicines.

Call your health care provider if you are currently taking, or are thinking about taking, any of the following (not a complete list):

- alfalfa
- arnica
- bilberry
- butcher's broom
- cat's claw
- coenzyme Q10
- dong quai
- feverfew
- forskolin
- garlic
- ginger

- ginkgo
- horse chestnut
- inositol hexaphosphate
- licorice
- meililot (sweet clover)
- red clover
- St. John's wort
- sweet woodruff
- turmeric
- willow bark
- wheat grass
- multivitamin with vitamin K.

Safety of Herbal Products

Herbal products do not go through the same safety testing as do prescription and over-the-counter medicines.

Ingredients vary and that can affect how strong and how pure the products are. Also, herbal product labels are not always accurate.

Information about herbal products is always changing.

Important: talk with your health care provider about any herbal product or dietary supplement you are taking or thinking about taking. Your health care provider can tell you if the supplement may interact with your medicine(s).