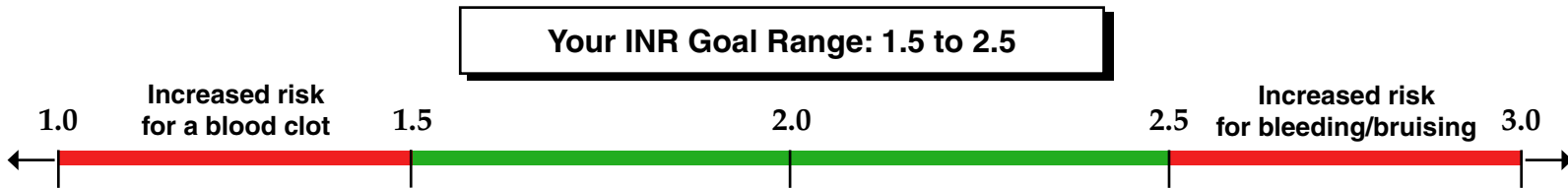


# INR (International Normalized Ratio)



## Things That Can Raise or Lower Your INR

- medicines (prescription, over-the-counter)
- missing or taking extra doses of warfarin
- vitamins, herbals and other nutritional supplements (including nutrition beverages)
- creams or patches applied to the skin
- illness
- stress
- physical activity
- foods with vitamin K
- alcohol or other beverages (tea, juice)
- tobacco products
- joint injections (shots).