

Herbs & Vitamins

EASY C FACTS

Some people with Hep C are interested in herbs and vitamins. There are some herbs and vitamins that can be taken safely and some herbs and vitamins that should be used with caution or completely avoided. ***Always talk to your doctor before trying herbs or vitamins.***

There may be herbs that will help people to live better with Hep C, but no research has found that

herbs will cure Hep C. Talk with your doctor to see if you should take a multivitamin. If you do take a daily vitamin make sure that it does not contain iron unless your doctor has said it is ok – look for vitamins made for seniors. ***Do not take more than 5000 i.u. of vitamin A because it can harm the liver, unless your doctor says it's okay.***

Remember.....

- ◆ Just because something is natural doesn't mean it is safe. Snake venom is natural.
- ◆ Do not take more than the dose on the label. More is not better.
- ◆ If you use herbs or vitamin E, stop taking these at least a week before any medical procedure.
- ◆ Get your advice from experts. Just because an herb helped a relative or a friend does not mean that herb will be safe for you.

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 HEPATITIS C
SUPPORT PROJECT