

Nutritional Supplement	Claims	Side effects	When not to take it	Is it safe to take otherwise?
Essiac	Antioxidant, Immune enhancing, Stimulate secretion of GI motility	Increased stool, flu-like symptoms, slight headaches, swollen glands	It should be avoided with certain chemotherapy agents and with radiation therapy. Data has shown stimulation of breast cancer cells. There are multiple potential interactions with chemotherapy due to its effects on the liver metabolism of some of these agents.	Not recommended due to lack of evidence to support claims.
Hydrogen peroxide therapy (oxygen therapy)	Given orally, intravenously or by colonic irrigation	Lethal gas embolism, tear in the bowel	Alone or in conjunction with any other therapy	Not recommended due to potential harm
Curcumin (Turmeric)	Anti-inflammatory, stimulated bile production	Nausea or diarrhea but generally well tolerated	It should be avoided during chemotherapy and radiation therapy. Curcumin has some estrogenic properties and should be avoided in breast cancer patients. Curcumin has shown to decrease platelet function, so it should be avoided by those on blood-thinning therapies.	Likely safe
Juice Plus	Antioxidant and immune enhancing properties	GI distress and hive-like rash	Due to antioxidant properties, it should be avoided with certain chemotherapy agents and with radiation therapy.	Likely safe
Ashwagandha	Anti-inflammatory and immune enhancing effects	GI upset, diarrhea, vomiting, overactive thyroid	Take with caution with barbiturates. Due to potential antioxidant properties, it should be avoided with certain chemotherapy agents and with radiation therapy.	Likely safe short-term
Noni	Antioxidant effects	Liver toxicity, high blood potassium levels,	Due to antioxidant properties, it should be avoided with certain chemotherapy agents and with radiation therapy.	Likely unsafe
Acai berry	Antioxidant properties	None reported	Due to antioxidant properties, it should be avoided with certain chemotherapy agents and with radiation therapy.	Likely safe

Fish oil/Omega-3 Fatty Acids	Anti-inflammatory, antioxidant and antithrombotic effects	Halitosis, heartburn, dyspepsia, nausea, loose stools, and rash	Do not take during antiplatelet, antihypertensive and anticoagulant therapies. Due to antioxidant properties, it should be avoided with certain chemotherapy agents and during radiation therapy.	3 gm. per day or less is likely safe
Flax Seed	Estrogenic, anti-inflammatory properties	Bloating, flatulence, abdominal pain, diarrhea, constipation, dyspepsia, and nausea, higher risk with higher doses	Do not take if you have breast or endometrial cancers. Take with caution with metoprolol, ketoprofen, furosemide, antidiabetic, antibiotic and acetaminophen medications.	Likely safe
Astragalus	Immune enhancing	Inflammation in the nose, throat and GI tract. Nausea.	Don't take while taking cyclophosphamide, immunosuppressants and lithium. Individuals with lymphoma should avoid due to the possibility of stimulating B cells.	Possibly safe when taken in small doses over a short term