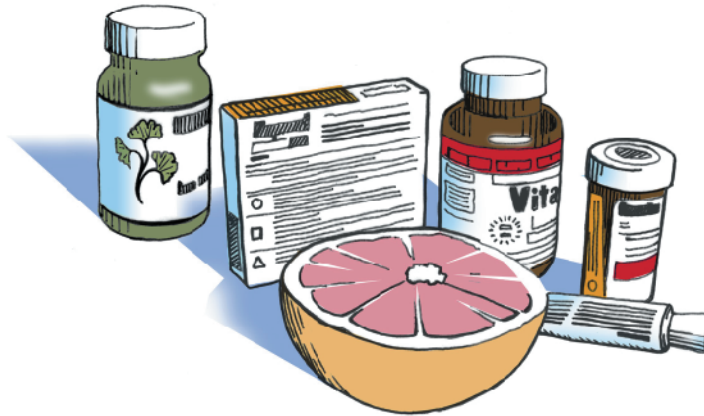


What are you adding to the mix?



Prescription and over-the-counter medicines don't always mix well with each other. Dietary supplements (including vitamins and herbals) and some foods and beverages can cause problems with your medicines. In fact, every time you add one more product, the chance of unwanted side effects increases.

Tell your doctor, pharmacist or other health care professional everything you are using, and *before* you add something new to the mix. Your health professionals can help you with what mixes well--and what doesn't.

Speak up
Ask questions
Find the facts
Evaluate your choices
Read labels



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