

List of Vitamins, Supplements, and Medications to Avoid for 7-10 days to prevent bleeding and bruising, prior to injectables or surgery:

1. OTC Pain Relievers:

1. Aspirin- unless prescribed by an MD
2. Ibuprofen
3. Naproxen

2. Heartburn Medications:

1. Alka-Seltzer
2. Pepto-Bismol
3. Kaopectate

3. Supplements:

1. Fish oil / DHA
2. Vitamin E
3. Turmeric / Curcumin
4. Grape seed extract
5. Melatonin
6. Herbal medicines, such as feverfew, ginkgo biloba, garlic, ginger, ginseng, motherwort, St John's wort, and willow bark, Chinese herbal medicines (Dong Quai)

4. Dietary Additives:

1. Cayenne (pepper, hot sauces)
2. Cinnamon

5. Specific Supplements:

1. Umary (contains turmeric, hyaluronic acid, mushroom extracts; contaminated with naproxen and omeprazole)