

Every time you take medicine, supplements or any kind of pill you are damaging your

# KIDNEYS

HEAVY METALS  
CONTAMINATION  
ESPECIALLY  
CADMIUM  
CAN CAUSE  
IRREVERSIBLE  
KIDNEY  
DAMAGE

TAKE  
SUPPLEMENTS  
OR VITAMINS  
ONLY FOR A  
VERY SHORT  
DURATION  
TO AVOID KIDNEY  
DAMAGE

## VITAMIN B

In diabetics with advanced kidney disease high doses of Vitamin B (folate, B6 and B12) may worsen kidney function and cause heart attacks

## VITAMIN C

Taking high doses of Vitamin C (1g or more daily), has been associated with an increased risk of kidney stones

## TURMERIC

If you are on an immuno suppressive drug, taking very large amounts of turmeric (curcumin) may lead to kidney damage

## POTASSIUM CALCIUM MAGNESIUM PHOSPHORUS

Too much has the potential to affect kidney function

## HERBAL SUPPLEMENTS

Those on dialysis or received a kidney transplant should avoid herbal supplements

Potassium rich supplements may need to be limited in people with kidney disease.

Alfalfa American Ginseng Bai Zhi (root), Bitter Melon (fruit, leaf) Black Mustard (leaf), Blessed Thistle, Chervit (leaf), Chicory (leaf), Chinese Boxthorn (leaf), Coriander (leaf), Dandelion (root, leaf), Dulse, Evening Primrose, Feverfew, Garlic (leaf), Genipap (fruit) Gotu Kola, Japanese Honeysuckle (flower), Kelp Kudzu (shoot), Lemongrass, Mugwort, Noni, Papaya (leaf, fruit), Purslane Sage (leaf), Safflower (flower), Sassafras, Scullcap, Shepherd's Purse, Stinging Nettle (leaf), Turmeric (rhizome), Water Lotus

Phosphorous rich supplements may need to be limited in people with kidney disease.

American Ginseng Bitter Melon Borage (leaf) Buchu (leaf) Coriander (leaf) Evening Primrose, Feverfew, Flaxseed (seed) Horseradish (root) Indian Sorrel (seed), Milk Thistle Onion (leaf) Pokeweed (shoot) Purslane Shepherd's Purse, Silk Cotton Tree (seed) Stinging Nettle (leaf) Sunflower (seed), Turmeric (rhizome) Water Lotus, Yellow Dock

Herbal supplements that are dangerous for patients on Kidney dialysis, any stage of kidney disease, or who have had a kidney transplant

Astragalus, Barberry, Cat's Claw, Apium Graveolens, Creatine, Goldenrod, Horsetail, Huperzinea, Java Tea Leaf, Licorice Root Nettle, Stinging Nettle, Oregon Grape Root, Parsley Root, Pennyroyal, Ruta Graveolens, Uva Ursi, Yohimbe

**CINNAMON**  **VOGUE**  
PREMIUM CEYLON CINNAMON FROM SRI LANKA