

Drug Interactions And Side Effects Of Ginseng For Lactating Mothers



Drugs that may interact with ginseng

Caffeine



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Antidepressants



Antidiabetic medications



Blood thinning medications



Pain medications



Side effects of ginseng

Hypertension



Depression



Breast pain



Headache



Insomnia



Image Source: Shutterstock

References:

1. Asian ginseng; Mount Sinai
2. Safety And Efficacy Of Panax Ginseng During Pregnancy And Lactation; Lactania
3. Ginseng; National Institutes of Health
4. Ginseng; National Institutes of Health