

## SURVEY STUDY ANSWER KEY

Mark if the following products (either on their own or by interaction with other medications) may increase the risk of bleeding?

<input type="radio"/> Fish oil and derivatives	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Flaxseed Oil	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Evening Primrose Oil	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Garlic	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Hawthorn	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Ginseng	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Vitamin E	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Homocysteine	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Vitamin K	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Ginger	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Gingko	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Coq10	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Melatonin	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Red Clover	<input type="radio"/> Yes	<input type="radio"/> No

Drinking alcohol can impair blood clotting and increase the risk of excess bleeding. True or False?  True  False

Which of these common mineral supplements (either on their own or by interaction with other medications) may increase the risk of bleeding?

Iron  Calcium  Magnesium

The following supplements are often taken to improve blood sugar management. Please mark if the supplement (either on their own or by interaction with other medications) may increase the risk of bleeding.

<input type="radio"/> Chromium Picolinate	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Cinnamon	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Alpha Lipoic Acid	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Curcumin (Turmeric)	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Green tea and Epigallocatechin gallate	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Flax seed	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Berberine	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Magnesium	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Ashwagandha	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Resveratrol	<input type="radio"/> Yes	<input type="radio"/> No

These over-the-counter products are often taken for arthritis pain or to reduce inflammation. Please mark if the supplement (either on their own or by interaction with other medications) may increase the risk of bleeding.

<input type="radio"/> Ibuprofen	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Naproxen	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Turmeric (curcumin)	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Glucosamine/Chondroitin	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Omega 3 fatty acids	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Aspirin or Willow Bark Extract	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Capsaicin	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Green Tea Extract	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Cannabidiol (CBD)	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Cannabis (THC) products	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Collagen	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Feverfew	<input type="radio"/> Yes	<input type="radio"/> No

These supplements are often taken to improve urinary or digestive health. Please mark if the supplement (either on their own or by interaction with other medications) may increase the risk of bleeding.

<input type="radio"/> Saw palmetto	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Dong quai (Angelica sinensis)	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Probiotics	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Digestive enzymes (papain and bromelain)	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Aloe	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Taurine	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Psyllium	<input type="radio"/> Yes	<input type="radio"/> No

These supplements are often taken to improve immunity. Please mark if the supplement (either on their own or by interaction with other medications) may increase the risk of bleeding.

<input type="radio"/> Echinacea	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Quercetin	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Nattokinase	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Niacinamide (Nicotinamide)	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Feverfew	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> N-Acetyl Cysteine	<input type="radio"/> Yes	<input type="radio"/> No

These products are commonly used to help improve sleep or anxiety. Please mark if the supplement (either on their own or by interaction with other medications) may increase the risk of bleeding.

<input type="radio"/> Melatonin	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> St John's Wort	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Chamomile	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Magnesium	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Diphenhydramine	<input type="radio"/> Yes	<input type="radio"/> No