

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 checked="" type="radio"/> Yes | <input type="radio"/> No |
| <input type="radio"/> Flaxseed Oil | <input checked="" type="radio"/> Yes | <input type="radio"/> No |
| <input type="radio"/> Evening Primrose Oil | <input checked="" type="radio"/> Yes | <input type="radio"/> No |
| <input type="radio"/> Garlic | <input checked="" type="radio"/> Yes | <input type="radio"/> No |
| <input type="radio"/> Hawthorn | <input checked="" type="radio"/> Yes | <input type="radio"/> No |
| <input type="radio"/> Ginseng | <input checked="" type="radio"/> Yes | <input type="radio"/> No |
| <input type="radio"/> Vitamin E | <input checked="" type="radio"/> Yes | <input type="radio"/> No |
| <input type="radio"/> Homocysteine | <input type="radio"/> Yes | <input checked="" type="radio"/> No |
| <input type="radio"/> Vitamin K | <input type="radio"/> Yes | <input checked="" type="radio"/> No |
| <input type="radio"/> Ginger | <input checked="" type="radio"/> Yes | <input type="radio"/> No |
| <input type="radio"/> Gingko | <input checked="" type="radio"/> Yes | <input type="radio"/> No |
| <input type="radio"/> Coq10 | <input checked="" type="radio"/> Yes | <input type="radio"/> No |
| <input type="radio"/> Melatonin | <input checked="" type="radio"/> Yes | <input type="radio"/> No |
| <input type="radio"/> Red Clover | <input checked="" 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.

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

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

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

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|--|--------------------------------------|--------------------------|
| <input type="radio"/> Echinacea | <input checked="" type="radio"/> Yes | <input type="radio"/> No |
| <input type="radio"/> Quercetin | <input checked="" type="radio"/> Yes | <input type="radio"/> No |
| <input type="radio"/> Nattokinase | <input checked="" type="radio"/> Yes | <input type="radio"/> No |
| <input type="radio"/> Niacinamide (Nicotinamide) | <input checked="" type="radio"/> Yes | <input type="radio"/> No |
| <input type="radio"/> Fever few | <input checked="" type="radio"/> Yes | <input type="radio"/> No |
| <input type="radio"/> N-Acetyl Cysteine | <input checked="" 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.

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