

Easy B Facts

Herbs & Vitamins

Some people with hepatitis B (HBV for short) are interested in herbs and vitamins. Some herbs and vitamins can be taken safely while

some herbs and vitamins should be used with caution or completely avoided. ***Always talk to your doctor before trying herbs or vitamins.***

There may be herbs that will help people to live better with HBV, but no research has found that herbs will cure HBV. Talk with your doctor to see if you should take a multivitamin. If you do take a daily vitamin make sure that it does not contain iron unless your doctor has said it is okay – look for vitamins made for seniors. ***Do not take more than 5000 IU of vitamin A because it can harm the liver, unless your doctor says it's okay.***

Remember...

- Just because something is natural doesn't mean it is safe. Snake venom is natural.
- Do not take more than the dose on the label. More is not better.
- If you use herbs or vitamin E, stop taking these at least a week before any medical procedure.

Get your advice from experts. Just because an herb helped a relative or a friend does not mean that herb will be safe for you.



HBV ADVOCATE

www.hbvadvocate.org

**Hepatitis C
Support Project**

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