

Precautions and Consent Form for Korean Herbal Diet Medicine

Overview

This herbal medicine is made from 15 types of traditional medicinal herbs. It is expected to be effective in treating obesity by suppressing appetite and enhancing metabolism. It is also effective in reducing swelling (edema).

Ingredients

Saposhnikovia Root (Bofū) / Baikal Skullcap Root (Ōgon) / Rhubarb (Daio) / Ephedra (Maō) / Atractylodes Rhizome (Byakujutsu) / Schizonepeta (Keigai) / Balloon Flower Root (Kikyō) / Gardenia Fruit (Sanshishi) / Angelica Root (Tōki) / Cnidium Rhizome (Senkyū) / Peppermint (Hakka) / Ginger (Shōkyō) / Coix Seed (Yokuinin) / Akebia Stem (Mokutsū) / Plantain Seed (Shazenshi)

Possible Side Effects

Reported side effects include constipation, abdominal pain, palpitations, nausea, fatigue, trembling of hands or feet, orthostatic hypotension, rash, insomnia, dry cough, dry mouth, excessive sweating, tachycardia, loose stools, pseudoaldosteronism (e.g., muscle weakness in limbs), myopathy (e.g., muscle weakness), and liver dysfunction.

If you experience any of the above symptoms, please consult a physician immediately.

Precautions

If you are currently taking any medications prescribed by another hospital or clinic, please consult your physician before starting this herbal medicine.

Contraindicated Combinations (Do Not Use With the Following Medications):

Theophylline, Levothyroxine (Thyroid hormone), Fuscodin, Dilegra, Glycyrrhizic acid. Also, those taking medications for asthma, thyroid hormone replacement, or anti-allergy treatments should not take this herbal medicine.

Contraindications (Do Not Take if Any of the Following Apply):

Diabetes, History of or current heart or cardiovascular disease (e.g., heart attack, stroke), Pregnant or breastfeeding women, Children