

Medication & Supplement Safety



About This Resource

These programs and tools help people with liver disease use medications and supplements safely. Many drugs, vitamins, and herbal products are processed by the liver. When used incorrectly or taken in high doses, they can cause or worsen liver injury. The resources below offer reliable, evidence-based information to support safe choices and informed discussions with your healthcare team.

Medication Safety Resources

- **FDA – Medication Guides & Safety Alerts**

Official updates on medication safety, recalls, and FDA-approved patient guides.

 (888) 463-6332 |  [fda.gov/drugs](https://www.fda.gov/drugs)



- **MedlinePlus – Drug Information**

Trusted summaries of prescription and over-the-counter drugs from the U.S. National Library of Medicine.

 medlineplus.gov/druginformation.html

- **Poison Control (U.S.)**

Free 24/7 confidential help from medical experts for suspected overdose or accidental ingestion.

 (800) 222-1222 |  poison.org

- **Acetaminophen Awareness Coalition**

Practical guidance for safe Tylenol® use and avoiding unintentional overdose.

 knowyourdose.org

Herbal & Supplement Caution

- **NIH Office of Dietary Supplements (ODS)**

Evidence summaries on vitamins, herbal remedies, and “detox” products.

 ods.od.nih.gov

- **LiverTox® (NIH/NIDDK)**

Database detailing medications and supplements associated with drug-induced liver injury (DILI).

 livertox.nih.gov

- **ConsumerLab (subscription)**

Independent testing and reports on supplement purity, potency, and labeling accuracy.

 consumerlab.com

TLC Tips – Smart Medication & Supplement Use

- Tell your healthcare provider about all medicines, vitamins, teas, and herbal or “detox” products you take.

For Support & Questions

Texas Liver Care | (682) 427-0200 | TexasLiverCare.org | info@TexasLiverCare.org | 617 Travis Ave, Fort Worth, TX 76104

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- Avoid combining multiple products containing acetaminophen (Tylenol®) at the same time.
- Do not start supplements marketed for “liver cleansing” or “fat burning” without medical approval.
- Check for drug interactions, especially if you take blood thinners, seizure medications, or transplant immunosuppressants.
- Report new fatigue, nausea, jaundice (yellow eyes/skin), or dark urine immediately — these may signal liver injury.

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