Dietary Supplements Are Often the Culprit in Drug-Prompted Liver Injury

These include herbal supplements and those marketed for weight lifters or dieters, which may contain harmful unlisted ingredients.

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Individuals taking herbal products and other supplements may want to take stock of the fact that these products may contain hidden ingredients that could harm the liver, MedPage Today reports.

Investigators from the Drug-Induced Liver Injury Network, which receives information about cases of drug-induced liver injury, analyzed 1,775 people who experienced such harm to the liver between 2003 and 2015. A total of 375 of these individuals reported that they took at least one dietary supplement.

Results from the study were presented at the Annual Meeting of the American Association for the Study of Liver Diseases in Washington, DC.

A total of 101 of the individuals provided the investigators with 337 samples of their supplements. After analyzing the 272 samples that were suitable for such inquiry, the researchers concluded that 96 products (taken by 71 people) caused the liver injury. Some of the offending supplements contained elements that are toxic to the liver, such as anabolic steroids or certain pharmaceutical drugs.

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