Is it safe to take herbs or other supplements with hepatitis C treatment?

January 17, 2017 By Lucinda K. Porter RN

We don't know for sure, but we do know that certain herbs may interact with treatment for hepatitis C virus (HCV). For instance, St John's wort should not be taken with direct acting antivirals, such as Harvoni, Epclusa and similar hep C medicines.

Supplements are usually metabolized in the liver or small intestines. If they are taken with HCV medicines that depend on the same pathway for metabolization, you may risk getting too little of the hep C drug.

Unfortunately, there isn't much research on the subject. Without solid evidence, most experts advise against taking supplements during HCV treatment. For more information, click on natural remedies and hep C.

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