

**SAFE** Kids **HEALTHY** Kids  
**HAPPY** Kids

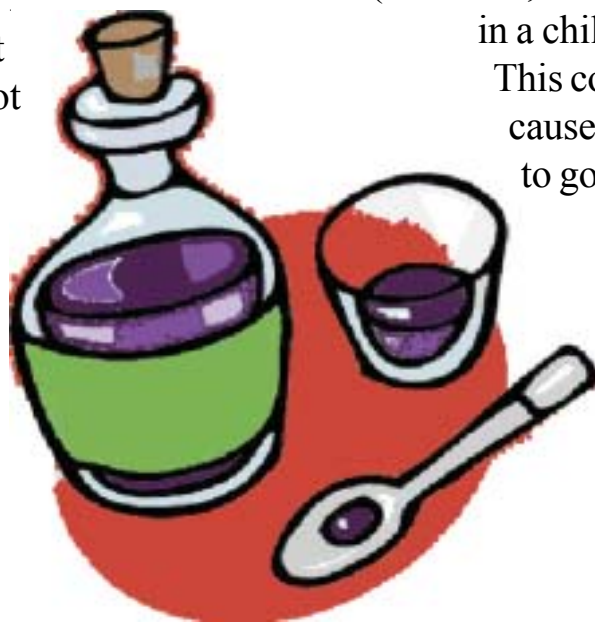
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Parent Help Line



## Herbal and Home Remedies May Put Sick Kids at Risk

Always **talk to your doctor** before giving your child herbal-supplements or before using home remedies. This is most important if your child already takes prescription medication. *Your child's doctor can help you keep your child safe and healthy.*

Many parents and caregivers use herbal supplements and home remedies with sick kids. New research shows that 75% of caregivers did not know or believe that herbal supplements and home remedies could have **bad side effects**.



Caregivers think that because the products say *natural* that they are safer than traditional medicine. One study, published in *Pediatrics*, found that 61% of children on an herbal supplement were also taking a prescription medication. The most dangerous drug interaction reported was the use of ephedra and albuterol (Proventil, Ventolin and Volmax) in a child with asthma.

This combination could cause a child's heart rate to go very fast.

Call the Parent Help Line. We listen. We can find you help.  
544-5808 or 1-888-727-5889 from 10 a.m. to 10 p.m., 7 days a week.