



Healer Respite Drug Interactions

Like other botanical supplements, hemp products may influence how certain prescription medications work. If you're taking medications, it's best to talk with your healthcare provider before starting hemp. Healer offers free nurse consultations to discuss any potential interactions and help you understand the benefits you might expect with Respite Gummies—no purchase required. **[Schedule a FREE nurse call today \(Click Here\)](#)**

When used as directed, drug interactions with Healer Respite are highly unlikely.

Each gummy contains less than 15 mg of total cannabinoids, and even the highest recommended daily dose (Stage 2) is just 35 mg—a level generally considered low and associated with minimal interaction risk. In a long-term study of 19 elderly patients with behavioral challenges taking multiple medications and an average of 40 mg of total cannabinoids daily, researchers found only slight changes in drug metabolism and identified no clinically significant interactions.^[1]

Several online drug interaction checkers are available to help patients and healthcare providers assess potential interactions with THC and CBD, the two most common cannabinoids in hemp products. One publicly accessible tool, developed by Penn State University College of Medicine, can be found at <https://cann-dir.psu.edu/>. By selecting “THC/CBD” as the therapeutic class and entering your other medications, the report will indicate whether cannabinoids may increase, decrease, or both increase and decrease the effects of each drug.

It's important to understand that these tools only flag potential interactions—they do not confirm that an interaction will occur. The likelihood of an interaction increases with higher doses of hemp-derived cannabinoids, higher doses of the medication(s), and when multiple medications are taken together.

Common Alzheimer's medications:

Cannabinoids are unlikely to affect memantine (Namenda) and may slightly increase or decrease the effects of donepezil (Aricept), though these changes are not typically clinically relevant.

Blood pressure medications:

Cannabinoids have the potential to lower blood pressure, though with low doses taken orally the effect is usually small. People who are taking blood pressure drugs, especially those on multiple agents and those with a current blood pressure that is borderline low, should use caution when adding Healer Respite.



Blood thinner medications:

Cannabinoids can either increase or decrease the effects of certain blood thinners. People taking warfarin (Coumadin) should have their INR checked after starting hemp products and may need a dosage adjustment. Those taking clopidogrel (Plavix) may experience reduced drug activity when taken with hemp cannabinoids. While interactions with other blood thinners are possible, published case reports to date have only involved warfarin.

Cholesterol medications:

Cannabinoids may increase the blood levels of statin medications used to lower cholesterol. This interaction is most relevant for people taking the maximum statin dose or those already experiencing side effects such as muscle pain or headaches.

Antihistamines and other Anticholinergic Medications:

Antihistamine medications are commonly used to treat allergies and sleep disturbances (e.g. diphenhydramine, an active ingredient in Benadryl, Unisom, and Tylenol PM). Other anticholinergic medications can be used to treat bladder symptoms and depression. They are associated with significant risks in older adults, including cognitive impairment, confusion, delirium, dizziness, blurred vision, dry mouth, constipation, urinary retention, and an increased risk of falls and fractures. The risks are especially high in people with dementia.

The cannabinoids in Healer Respite could potentially increase the risk of these medications when used together. We recommend talking to your prescriber about stopping these medications (including those purchased over-the-counter) before starting Healer Respite; if this is not possible, please monitor carefully.

Pain Medications:

Cannabinoids can enhance the pain-relieving and sedating effects of opioid medications without increasing dangerous side effects such as slowed heart rate or breathing. This combination may allow some people to reduce their opioid dosage; however, any changes should be made only in consultation with your prescribing clinician. Cannabinoids are safe to take with non-steroidal anti-inflammatory medications (NSAIDs) and acetaminophen (Tylenol).

Anxiety and sleep medications:

Cannabinoids can enhance the effects of benzodiazepines, which may increase sedation and the risk of falls, but can also help people reduce their doses of these medications. Any dosage changes should be made only under your prescriber's guidance.



Antidepressant medications:

While some potential interactions between cannabinoids and antidepressants have been noted, none have been reported as clinically significant, and hemp products are generally considered safe to use alongside them. Tricyclic antidepressants, like amitriptyline, have anticholinergic properties and a higher risk of adverse effects and interactions - see above

Disclaimer:

These statements have not been evaluated by the Food and Drug Administration. Respite Gummies are not intended to diagnose, treat, cure, or prevent any disease. This information is for educational purposes only and is not a substitute for professional medical advice. Always consult your healthcare provider before starting, stopping, or changing any medication or supplement.

[1] Pautex, Sophie, et al. "Cannabinoids for behavioral symptoms in dementia: Safety and feasibility in a long-term pilot observational study in nineteen patients." *Frontiers in Aging Neuroscience* 14 (2022): 957665.