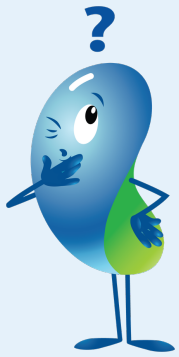
THE KIDNEY EXPERTS

Supplements and herbals: bring the bottles



Vitamins, herbs, and supplements

They come as pills, powders, teas, and drinks. You can buy them in lots of stores, and online.

Natural does not always mean safe.

With kidney disease, some can harm your kidneys. Some can also mix badly with your other pills.

They can build up.

Some leave your body through your kidneys. So with kidney disease, they can build up. That's true for some vitamins, too.

Kidney detox or kidney cleanse? Skip it.

There's little proof they work. And some can hurt your kidneys.

Bring all your bottles to every visit.

- Vitamins
- Herbs and supplements
- Pills from the store
- A picture of the label works, too.

Thinking about something new?

Ask us first. And don't start or stop a vitamin on your own.

Bring your questions to every visit.

From Neff Roligée and The Kidney Experts

The Kidney Experts
This handout is for learning only. It does not replace advice from your care team.
Neff is The Kidney Experts' mascot.
Reviewed by Shree Mulay, MD.

Scan to watch Neff's video.