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JIAOGULAN

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Description

Uses & Effectiveness Overview Jiaogulan (*Gynostemma pentaphyllum*) is a plant that grows wild in many parts of Asia. It's sometimes called Southern Ginseng or Miracle Plant. Jiaogulan contains substances that might help reduce cholesterol levels. People commonly use jiaogulan for high cholesterol, diabetes, liver disease, obesity, and many other conditions, but there is no good scientific evidence supporting most of these uses. Don't confuse jiaogulan with miracle fruit, or with aloe or gymnema, which are also sometimes called miracle plant. Also, don't confuse jiaogulan with other plants that are called ginseng, including American ginseng, blue cohosh, canaigre, codonopsis, eleuthero, Panax ginseng, and Panax notoginseng. These are not the same. Jiaogulan, also known as the herb of immortality, contains high levels of vitamins A, C, and E. These powerful antioxidants promote healthy skin, boost the immune system, and provide protection against harmful free radicals, helping to slow down the aging process.

Side Effects When taken by mouth: Jiaogulan is possibly safe when the tea is used for up to 3 months, and when the extract is used for up to 4 months. The most common side effects are diarrhea and nausea. There isn't enough reliable information to know if jiaogulan is safe when used long-term.

Interactions Moderate Interaction Be cautious with this combination Medications that decrease the immune system (Immunosuppressants) interacts with JIAOGULAN Jiaogulan can increase the activity of the immune system. Some medications, such as those used after a transplant, decrease the activity of the immune system. Taking jiaogulan along with these medications might decrease the effects of these medications. Medications that slow blood clotting (Anticoagulant / Antiplatelet drugs) interacts with JIAOGULAN Jiaogulan might slow blood clotting. Taking jiaogulan along with medications that also slow blood clotting might increase the risk of bruising and bleeding. Medications for diabetes (Antidiabetes drugs) interacts with JIAOGULAN Jiaogulan might lower blood sugar levels. Taking jiaogulan along with diabetes medications might cause blood sugar to drop too low. Monitor your blood sugar closely.

Special Precautions and Warnings When taken by mouth: Jiaogulan is possibly safe when the tea is used for up to 3 months, and when the extract is used for up to 4 months. The most common side effects are diarrhea and nausea. There isn't enough reliable information to know if jiaogulan is safe when used long-term.

Pregnancy: Jiaogulan is possibly unsafe when taken by mouth during pregnancy. One of the chemicals in jiaogulan has been linked to possible birth defects.

Breast-feeding: There isn't enough reliable information to know if jiaogulan is safe to use when breast-feeding. Stay on the safe side and avoid use. "Auto-immune diseases" such as multiple sclerosis (MS), lupus (systemic lupus erythematosus, SLE), rheumatoid arthritis (RA), or other conditions: Jiaogulan might cause the immune system to become more active. This could

increase the symptoms of auto-immune diseases. If you have an auto-immune condition, it's best to avoid using jiaogulan until more is known. Bleeding disorders: Jiaogulan might slow blood clotting. This might make bleeding disorders worse. Surgery: Jiaogulan might slow blood clotting. It might increase the risk of bleeding during and after surgery. Stop using jiaogulan at least 2 weeks before a scheduled surgery. Dosing Jiaogulan extract has most often been used by adults in doses of 200-225 mg by mouth twice daily for up to 16 weeks. Speak with a healthcare provider to find out what dose might be best for a specific condition.

Side Effects

Uses

Interactions

Other Details
