

❖ **ALCOHOL AND MEDICATIONS**

I have been asked MANY times whether or not it is safe to combine alcohol with certain medications...and I love being asked the question! To me, it means that people are thinking about their health and not causing unnecessary harm to their bodies.

I have tried to list as many over-the-counter, prescription and natural health products that I could think of and whether or not they are safe to combine with alcohol. Some responses are from a definite and known interaction, and some I have responded according to a theoretical/potential interaction and the reasoning behind it because there are not always studies testing that exact combination! So I have tried to make a recommendation based on how the medication works and potentially what harm can be done.

Are there any General Rules I can go by to help me decide if I should drink or not with my medication?

Although some people may think that this is too harsh and strict, there are some 'general rules' that you should consider avoiding the combination with alcohol;

- × Any Cold and Flu remedies (it will interact with the Paracetamol in it as well as cause dehydration/delayed recovery)
- × Any product with Paracetamol in it (it can severely damage the liver)
- × Any anti-inflammatories (there is an increased risk of bleeding in the stomach and extra pressure on the kidneys)
- × Heart burn treatments (alcohol can increase the acidity, relax the sphincter to increase heartburn and reflux)
- × Anything for pregnancy (ideally you would not be drinking alcohol whilst pregnant)
- × Any urinary tract infection treatments (alcohol can dehydrate you and worsen your symptoms and recovery)
- × Any 'detoxes'/'cleansers' as it will put more work load on the liver
- × Any diuretics as it will have an additive effect
- × Anything that causes drowsiness such as; codeine for pain, anti-histamines or cough syrups (it will have an additive effect and may impair your breathing)
- × Immune boosters (alcohol is dehydrating and may delay recovery)
- × Any mood treatments/anti-depressants (alcohol may act as a depressant or cause excessive drowsiness)
- × Menopause/hot flash fixes as it may bring on hot flashes. Also may contain Black Cohosh which can become dangerous for the liver
- × Multi-vitamins may reduce the energy and feeling of vitality
- × Energy products (in theory has the opposite effect)
- × Anti-oxidants (these work to repair the body and delay aging whereas alcohol may dehydrate and cause oxidative damage to cells)

The tables (over-the-counter, prescription and natural health medications) below; work by this key as to whether or not it is safe to use alcohol with it or not. They are listed by the name of the active ingredient in alphabetical order and the common brand names listed next to it.

Option 1:

Alcohol + Drug = Appears safe to use

Option 2:

Alcohol + Drug = Best to avoid (if it is ok but may make the condition that you're using it for worse or the side-effects from the medication worse)

Option 3:

Alcohol + Drug = Do not take at all (Don't even think about it)

❖ OVER-THE-COUNTER MEDICATIONS

<u>DRUG</u>	<u>OUTCOME</u>	<u>BRAND NAMES</u>
ALUMINIUM HYDROXIDE	Option 2 (could worsen heartburn)	Alu-tab, Gelusil, Mylanta, Gastrogel, Gaviscon
AMOROLFINE	Option 1	Loceryl
ASPIRIN	Option 3 (could ulcerate stomach and damage liver/kidneys)	Aspro clear, Disprin, Solprin, Codis,, Aspalgin, Cartia, Astrix, Mayne Aspirin
AZELASTINE	Although topical may increase effects of alcohol	Azep nasal spray, Eyezep eye drops
BECLOMETHASONE	Option 1	Beconase Allergy and hayfever control
BENZOYL PEROXIDE	Option 1	Brevoxyl, Clean and Clear, Clearasil, Benzac, Panoxyl, Oxy vanishing cream
BIFONAZOLE	Option 1	Canesten Once Daily cream
BISACODYL	Option 3 (It may cause dehydration if a violent effect occurs or may worsen constipation.)	Bisalax, Dulcolax.
BROMHEXINE	Option 2 (delay recovery)	Bisolvon Chesty, Benadryl Chesty Forte, Duro-tuss Chesty, Robutussin Chesty
BUDESONIDE	Option 1	Rhinocort hayfever
CALCIUM	Option 2 (if using for heartburn) or Option 1 if using for bones	Andrew Tum's, Caltrate, Gaviscon, Mylanta, Citracal, Cal-Sup.
CETIRAZINE	Option 3 (may increase the drowsiness of alcohol)	Zyrtec, Alzene
CHLORAMPHENICOL	Option 1	Chlorsig
CLOBETASONE	Option 1	Becoderm-C- Flare up, Eumovate
CLOTRIMAZOLE	Option 1	Canesten, Clonea, Hydrozole
CODEINE	Option 3 (will increase drowsiness and effects of alcohol, possibly impairing breathing)	Nurofen Plus, Panafen Plus, Panadeine, Panadeine Extra, Mersyndol, Aspalgin, Codis, Disprin Forte, Mydol, Mydol 15, Codapane, Dolased
CROTAMITON	Option 1	Eurax
CYPROHEPTADINE	Option 3 (will increase drowsiness and effects of alcohol, possibly impairing breathing)	Periactin
DESLORATIDINE	Option 1	Aerius
DEXCHLORPHENIRAMINE	Option 3 (will increase drowsiness and effects of alcohol, possibly impairing breathing)	Polaramine
DEXTROMETHORPHAN	Option 3 (will increase drowsiness and effects of alcohol, possibly impairing breathing)	Bisolvin Dry, Benadryl Dry forte, Robutussin DX, Tussinol for dry coughs, Codral cold flu and coughs.
DICLOFENAC	Option 3 (could ulcerate stomach and damage liver/kidneys)	Voltaren rapid, Voltaren emulgel
DIHYDROCODEINE	Option 3 (will increase drowsiness and effects of alcohol, possibly impairing breathing)	Rikodeine
DIPHENHYDRAMINE	Option 3 (will increase drowsiness and effects of alcohol, possibly impairing breathing)	Unisom sleep gels, Snuzaid
DIPHENOXYLATE	Option 3 (will increase drowsiness and effects of alcohol, possibly impairing breathing)	Lomotil
DOCUSATE	Option 3 (It may cause dehydration if a violent effect occurs or may worsen constipation.)	Coloxyl, Coloxyl and Senna, Sennesoft
DOXYLAMINE	(will increase drowsiness and effects of alcohol, possibly impairing breathing)	Restavit, Mersyndol Night, Dozile, Dolased, Mydol
ECONAZOLE	Option 1	Pevaryl
FAMCICLOVIR	Option 2 (may be taxing on the liver; best to avoid if possible)	Famvir
FEXOFENADINE	Option 1	Telfast, Fexotabs, Xergic
FLUCONAZOLE	Option 3 (can be taxing to the liver; best to avoid)	Diflucan one, Canesoral, Trust Femzole
FLUTICASONE	Option 1	Beconase, Flixonase
FOLIC ACID	If using for pregnancy Option 3 as you should be avoiding alcohol. If using for other conditions Option 1	Megafof, Blackmore's Folate, Nature's Own Folate, Swisse Folate
GLUCAGON	Option 3	Glucagon Hypokit

GLYCEROL	Option 3 (It may cause dehydration if a violent effect occurs or may worsen constipation.)	Glycerol suppositories
GLYCERYL TRINITRATE	Option 3	Anginine, Lycinate, Nitrolingual Spray
GUAIPHENASIN	Option 2 (delay recovery)	Benadryl chesty Forte
HEXAMINE HIPPURATE	Option 3 (can't be used if dehydrated)	Hiprex
HYDROCORTISONE	Option 1 if used topically, Option 2 if used orally as it may increase fluid retention	Dermaid, Sigmacort, Hysone, Cortef
HYOSCINE BUTYLBROMIDE	Option 2 (may make cramping worse)	Buscopan, Buscopan Forte
IBUPROFEN	Option 3 (could ulcerate stomach and damage liver/kidneys)	Nurofen, Rafen, Advil, Herron Blue, Dimetapp pain and fever relief.
IPRATROPIUM	Option 2 (delay recovery)	Atrovent nasal spray
IRON	Option 2 (may cause bleeding in stomach or increase constipation side effect of iron)	Ferrogradument, FGF, Ferro-F, Fefol, Ferrograd C, Swisse Iron Plus,
KETOCONAZOLE	Topically Option 1, orally Option 3 (taxing on the liver)	DakaGOLD, Nizoral
KETOTIFEN	Option 1	Zaditen
LACTULOSE	Option 3 (It may cause dehydration if a violent effect occurs or may worsen constipation.)	Actilax, Duphulac, Genlac, GenRx lactulose
LEVOCETIRAZINE	Option 2 (may increase drowsiness and effects of alcohol, possibly impairing breathing)	Xyzal
LEVONORGESTREL	Option 3 (may increase nausea/vomiting, extra taxing on the liver and if the tablet does not work then you should be drinking whilst pregnant)	Postinor-1, Norlevo-1, Levonelle-1
LIQUID PARAFFIN	Option 3 (It may cause dehydration if a violent effect occurs or may worsen constipation.)	Parachoc, Agarol
LOPERAMIDE	Option 3 (will increase drowsiness and effects of alcohol, possibly impairing breathing)	Imodium, Gastro Stop
LORATIDINE	Option 1	Claratyne
MAGNESIUM HYDROXIDE	Option 2 (could worsen heartburn)	Mylanta, Gastrogel, Gelusil, Gaviscon, Rennie
MEBENDAZOLE		
MEFANAMIC ACID	Option 3 (could ulcerate stomach and damage liver/kidneys)	Ponstan
METOCLOPRAMIDE	(will increase drowsiness and effects of alcohol, possibly impairing breathing)	Anagrain, Metomax, Maxolon, Pramin
MICONAZOLE	Option 1	Daktarin, Resolve, Resolve Plus
NAPHAZOLINE	Option 1	Murine, Albalon, Naphcon-A, Visine Allergy
NAPROXEN	Option 3 (could ulcerate stomach and damage liver/kidneys)	Naprogenic, Naprosyn, Proxen
NICOTINE	Option 2 (may increase cravings if it is a trigger for you)	Nicorette, Nicabate, Nicotinell, QuitX
NYSTATIN	Option 1 if used topically. <i>Option 2 if used orally (alcohol may affect the normal acidity of the mouth delaying recovery)</i>	Nilstat
OMEPRAZOLE	Option 2 (could worsen heartburn)	Losec, Acimax, Probitor
ORLISTAT	Option 2 (can cause fluid retention which can impair weight loss, and affect healthy liver function)	Xenical
OXYMETAZOLINE	Option 2 (delay recovery)	Drixine, Logicin, Vicks Sinex, Dimetapp
PANTOPRAZOLE	Option 2 (could worsen heartburn)	Somac
PARACETAMOL	Option 3 (it can cause severe liver damage if you combine the two; they should never be used under any circumstances within 4-6 hours of each other)	Panadol, Panamax, Febridol, Herron Paracetamol, Panadol Osteo, Panadeine, Panadeine Extra, Panamax Co, Codalgin, Codapane, Mydol, Mydol 15, Mersyndol, Dolased, Anagrain, Metomax, Codral, Sudafed, Dimetapp cold and flu, Demazin cold and flu, Lemsip
PHENIRAMINE	Option 3 (will increase drowsiness and effects of alcohol, possibly impairing breathing)	Avil
PHENYEPHRINE	Option 2 (will delay recovery)	Sudafed PE
PHOLCODINE	Option 3 (will increase drowsiness and	Duro-tuss Dry cough, Benadryl Tickly cough

	effects of alcohol, possibly impairing breathing and delay recovery)	
POLYETHYLENE GLYCOL LAXATIVES	Option 3 (It may cause dehydration if a violent effect occurs or may worsen constipation.)	Movicol, Glycoprep-C, ColonLTELy
PROCHLORPERAZINE	Option 3 (will increase drowsiness and effects of alcohol, possibly impairing breathing)	Nausetil, Stemetil, Stemizine
PROMETHAZINE	Option 3 (will increase drowsiness and effects of alcohol, possibly impairing breathing)	Phenergan
PROPAMIDINE	Option 1	Brolene
PSEUDOEPHEDRINE	Option 2 (delay recovery)	Sudafed, Telfast Gold, Claratyne-D
PYRANTEL	Option 1	Combantrin, Anthel
RAPEPRAZOLE	Option 2 (could worsen heartburn)	Pariet
RANITIDINE	Option 2 (could worsen heartburn)	Zantac
SALBUTAMOL	If using for an acute attack then Option 3 (may impair breathing)	Ventolin, Asmol
SENNA	Option 3 (It may cause dehydration if a violent effect occurs or may worsen constipation.)	Sennokot, Laxettes, Sennetabs
SORBITOL	Option 3 (It may cause dehydration if a violent effect occurs or may worsen constipation.)	Sorbilax
TERBINAFINE	Option 1 (topically), Option 3 if orally	Lamisil
TERBUTALINE	If using for an acute attack then Option 3 (may impair breathing)	Bricanyl
TETRAHYDRAZOLINE	Option 1	Murine sore eyes, Visine Advanced and Original
TOLFANATE	Option 1	Tinaderm, Mycil
TRAMAZOLINE	Option 2 (may delay recovery)	Spray-Tish
TRILOPIDINE	Option 3 (will increase drowsiness and effects of alcohol, possibly impairing breathing)	Codral Nighttime
TRIMEPRAZINE	Option 3 (will increase drowsiness and effects of alcohol, possibly impairing breathing)	Vallergan
VITAMIN B12	Option 1	Blackmore's Vitamin B12, Nature's Own B12
XYLOMETAZOLINE	Option 2 (may delay recovery)	Otrivin

❖ PRESCRIPTION DRUGS

<u>DRUG</u>	<u>OUTCOME</u>	<u>BRAND</u>
ACAMPROSATE	Option 3 (using for alcohol addiction)	Campral
ACICLOVIR	Option 1	Zovirax
ALENDRONATE	Option 2 (not excessively as it can increase the risk of falls)	Fosamax, Alendro
ALLOPURINOL	Option 2 (alcohol can trigger gout)	Progout, Zyloprim
AMITRIPTYLINE	Option 3 (will increase drowsiness and effects of alcohol, possibly impairing breathing)	Endep
AMOXYCILLIN	Option 2 (may increase nausea or an upset stomach but ok)	Amoxil, Alphamox
AMPHOTERICIN	Option 2 (may upset the acidity in the mouth and delay recovery)	Fungilin
ATENOLOL	Option 2 (occasional use, may cause fluid retention and increase BP)	Noten, Tenormin
ATORVASTATIN	Option 1	Lipitor, Trovas, Lorstat
AZITHROMYCIN	Option 2 (may increase nausea or upset stomach but ok)	Zedd, Zithromax
BACLOFEN	Option 3 (will increase drowsiness and effects of alcohol, possibly impairing breathing)	Clofen
BRENDA	Option 1	Brenda
CADUET	Option 2 (occasional use, may cause fluid retention and increase BP)	Caduet
CEFACLOR	Option 2 (may increase nausea or an upset stomach but ok)	Keflor, Ceclor, Karlor
CELECOXIB	Option 3 (can ulcerate the stomach and damage liver/kidneys)	Celebrex

CEPHALEXIN	Option 2 (may increase nausea or an upset stomach but ok)	Keflex, Ialex, Ibilex
CHARCOAL	Option 2 (if used for diarrhoea it may cause dehydration)	Charcotabs
CIPROFLOXACIN	Option 2 (may increase nausea or an upset stomach, if no liver damage then occasional use is ok)	Ciproxin, Ciprol
CITALOPRAM	Option 2 (may make you feel more light headed and dizzy)	Cipramil, Celapram
CLARITHROMYCIN	Option 2 (may increase nausea or upset stomach, but ok)	Klacid
CLINDAMYCIN	Option 2 (may increase nausea or upset stomach, but ok)	Cleocin, Dalacin
CLOPIDOGREL	Option 1 (unless you have bleeding stomach)	Plavix
COLCHICINE	Option 2 (alcohol tends to increase and exacerbate gout)	Colgout, Lengout
DIANE	Option 1	Diane
DIAZEPAM	Option 3 (will increase drowsiness and effects of alcohol, possibly impairing breathing)	Valium, Antenex
DICLOXACILLIN	Option 2 (may increase nausea or upset stomach, but ok)	Distaph, Diclocil
DOTHIEPIN	Option 3 (will increase drowsiness and effects of alcohol, possibly impairing breathing)	Dothep, Prothiaden
DOXYCYCLINE	Option 2 (may increase nausea or upset stomach, but ok)	Doryx
DULOXETINE	Option 3 (will increase drowsiness and effects of alcohol, possibly impairing breathing)	Cymbalta
ERYTHROMCIN	Option 2 (may increase nausea or upset stomach, but ok)	Eryc, EES, E-mycin
ESCITALOPRAM	Option 2 (may make you feel light headed and dizzy)	Lexapro
ESOMEPRAZOLE	Option 2 (may worsen heartburn symptoms)	Nexium
ESTELLE	Option 1	Estelle
FLUCLOXACILLIN	Option 2 (may increase nausea or upset stomach, but ok)	Staphylex, Flopen
FLUOXETINE	Option 2 (may make you feel light headed or dizzy)	Prozac, Lovan
FLUVOXAMINE	Option 2 (may make you feel light headed or dizzy)	Luvox, Movox
FRUSEMIDE	Option 2 (may increase fluid retention and exert pressure on the kidneys by acting as an extra diuretic)	Lasix, Uremide, Urex
ISOTRETINOIN	Option 2 (may increase any upset stomach and put extra load on the liver)	Roaccutane, Oratane
LAILA	Option 1	Laila
LEVLEN	Option 1	Levlen
LOETTE	Option 1	Loette
LOGYNON	Option 1	Logynon
MELOXICAM	Option 3 (may ulcerate the stomach and damage the kidneys/liver)	Mobic, Moxicam
METFORMIN	Option 2 (alcohol should be consumed in moderation in diabetes)	Diabex, Formet, Diaformin
METHYLPHENIDATE	Option 2 (may make you feel light headed or dizzy)	Ritalin
METRONIDAZOLE	Option 3 (will make you sweat, nauseous, shaky)	Flagyl, Metronide, Metrogyl
MICROGYNON	Option 1	Microgynon
MINOCYCLINE	Option 2 (may increase nausea or upset stomach, but ok)	Akamin, Minomycin
MIRTAZAPINE	Option 3 (will increase drowsiness and effects of alcohol, possibly impairing breathing)	Avanza, Mirtazon, Axit
NITRAZEPAM	Option 3 (will increase drowsiness and effects of alcohol, possibly impairing breathing)	Alodorm, Mogadon

	breathing)	
OESTROGEN	Option 2 (may increase hot flashes in some women)	
OXAZEPAM	Option 3 (will increase drowsiness and effects of alcohol, possibly impairing breathing)	Alepam, Serepax
OXYCODONE	Option 3 (will increase drowsiness and effects of alcohol, possibly impairing breathing)	Endone, Oxycontin
PAROXETINE	Option 2 (may make you feel light headed or dizzy)	Aropax, Paxtine
PENICILLIN V	Option 2 (may increase nausea or upset stomach, but ok)	Cilicaine, Abboicillin VK
PHENTERMINE	Option 2 (can cause fluid retention and may delay weight loss)	Duromine, Metermine
PRAVASTATIN	Option 1	Pravachol, Cholstat
PREDNISON/ PREDNISOLONE	Option 2 (may increase fluid retention)	Panafcort, Sone/ Panafcortelone, Solone
PROGESTOGEN	Option 2	
ROSUVASTATIN	Option 1	Crestor
SERTRALINE	Option 2 (may make you feel light headed or dizzy)	Zoloft, Sertra, Eleva
SIMVASTATIN	Option 1	Zocor, Lipex, Simvar, Zimstat
SILDENAFIL	Option 2 (alcohol may reduce your ability to get an erection)	
TADALAFIL	Option 2 (alcohol may reduce your ability to get an erection)	Cialis
TEMAZEPAM	Option 3 (will increase drowsiness and effects of alcohol, possibly impairing breathing)	Temaze, Normison, Temtabs
TIBOLONE	Option 2 (may increase hot flashes in some women)	Livial, Xyvion
TINIDAZOLE	Option 3 (will make you sweat, nauseous, vomit)	Simplotan, Fasigyn
TRAMADOL	Option 3 (will increase drowsiness and effects of alcohol, possibly impairing breathing)	Tramal, Zydol, Tramedo
TRANEXAMIC ACID	Option 1	Cyklokapron
TRIFEME	Option 1	Trifeme
TRIMETHOPRIM	Option 2 (may increase nausea or upset stomach and may cause dehydration; but occasional or short-term use is ok)	Alprim, Triprim
VENLAFAXINE	Option 2 (may make you feel light headed or dizzy)	Efexor, Venlafax
YASMIN	Option 1	Yasmin
YAZ	Option 1	Yaz
ZOLPIDEM	Option 3 (absolute NO-NO will increase drowsiness and effects of alcohol, possibly impairing breathing as well as increase the risk of sleep walking and unusual behaviours)	Stilnox, Stildem

❖ NATURAL HEALTH PRODUCTS:

<u>VITAMIN/SUPPLEMENT</u>	<u>OUTCOME</u>
ALOE VERA	Option 2 if being used for IBS as it may upset the stomach, and may dehydrate the skin if using for burns
ASTRAGALUS	Option 2 (may delay recovery since dehydrating)
BILBERRY	Option 2 (may reduce the antioxidant abilities)
COQ10	Option 2 (may reduce the antioxidant and energy producing abilities)
CALENDULA	Option 1
CELERY	Option 2 (may increase fluid retention and increased diuretic activity)
CLOVE OIL	Option 1
CRANBERRY	Option 2 (may worsen UTI's as it is dehydrating and change the acidity of urine)
CHONDROITIN	Option 1
CREATINE	Option 2
ECHINACEA	Option 2 (may delay recovery since dehydrating)

ELDERBERRY	Option 2 (may delay recovery since dehydrating)
FISH OIL	Option 1
FLAXSEED OIL	Option 1
PRIMROSE OIL	Option 1
HORSERADISH	Option 2 (may delay recovery since dehydrating)
TUMERIC (CURCUMIN)	Option 1
GARLIC	Option 2 (may delay recovery since dehydrating)
GUARANA	Option 2 (alcohol has a depressive and sedation effect which is the opposite to guarana)
JUNIPER	Option 2 (may cause fluid retention and increased diuretic activity)
MAGNESIUM	Option 1
POTASSIUM	Option 1
RED RASBERRY	Option 3 (This is often used to in pregnancy; so should not be drinking alcohol anyhow)
ST JOHN'S WORT	Option 2 (may increase drowsiness)
SAW PALMETTO	Option 2 (may act as a diuretic and increase the need to go to the bathroom)
SKULL CAP	Option 1
SLIPPERY ELM	Option 2 (if being used as a colon cleanser may act as a diuretic and dehydrating)
VALERIAN	Option 3 (should not be used together as may cause increased sedation)
SILICONE	Option 1
SODIUM	Option 2 (may increase fluid retention and diuretic ability)
GINKGO BILOBA	Option 2 (may increase drowsiness)
GINSENG	Option 2 (may increase drowsiness)
GLUCOSAMINE	Option 1
GREEN TEA	Option 2 (may reduce the antioxidant abilities)
KELP	Option 1
LECITHIN	Option 1
MELATONIN	Option 3 (should not be used together as may cause increased sedation)
MSM	Option 1
OLIVE LEAF EXTRACT	Option 2 (may delay recovery since dehydrating)
SELENIUM	Option 1
GREEN LIPPED MUSSEL	Option 1
SPIRULINA	Option 2 (may increase drowsiness and reduce the energy producing ability)
CHROMIUM PICOLATE	Option 2 (alcohol tends to have high calories and ideally would be minimised during weight loss)
MILK THISTLE	Option 3 (trying to detox the liver so should be avoided)
VITAMIN A	Option 2 (do not consume either in large amounts as both can be hazardous to the liver)
VITAMIN B	Option 2 (may reduce the energy producing abilities of the b vitamins)
VITAMIN C	Option 2 (may delay recovery since dehydrating)
VITAMIN E	Option 2 (may reduce the antioxidant abilities and cardio-protective abilities)
VITAMIN K	Option 1
ZINC	Option 2 (may reduce the recovery due to dehydrating)
VITAMIN D	Option 2 (not in excess as the drowsiness may increase falls)
IODINE	Option 1
SCHIZANDRA	Option 1
BIOFLAVINOIDS	Option 2 (may reduce the antioxidant abilities)
BORON	Option 1
BLACK COHOSH	Option 2 (not in excess as it can be hazardous to the liver and may increase hot flashes)
RED CLOVER	Option 2 (may increase hot flashes)
SWISSE WOMEN'S MULTI OR ULTIVITE	Option 2 (may reduce the energy producing abilities)
SWISSE ULTIBOOST IRON	Option 2 (if you have an active bleed in your stomach then alcohol may make it worse)
SWISSE PREGNANCY + ULTIVITE	Option 3
ELEVIT	Option 3
BLACKMORE'S PREGNANCY AND BREASTFEEDING GOLD	Option 3
CENOVIC PREGNANCY AND BREASTFEEDING	Option 3
ETHICAL NUTRIENTS PREGNANCY AND BREASTFEEDING	Option 3
PROBIOTICS	Option 2 (alcohol can upset the normal balance in the stomach and possibly increase acidity)
SWISSE ULTIBOOST SLEEP	Option 3 (alcohol can produce additive drowsiness and may affect breathing)
SWISSE ULTIBOOST MOOD	Option 3
SWISSE ULTIBOOST RELAX AND SLEEP	Option 3 (alcohol can produce additive drowsiness and may affect breathing)
BLACKMORE'S CELERY 3000	Option 2 (may cause fluid retention and alcohol can act as a diuretic also)
BLACKMORE'S PERITONE	Option 2 (if being used as a colon cleanser/constipation alcohol may cause dehydration)
BLACKMORE'S METABOLISM ADVANTAGE	Option 2 (alcohol can cause fluid retention and ideally should be minimised when losing weight)
BLACKMORE'S SUGAR BALANCE	Option 2 ((alcohol can cause fluid retention and ideally should be minimised when losing weight and may also impair the ability to control cravings)

ETHICAL NUTRIENTS GASTRO RELIEF	Option 3 (used whilst having diarrhoea, alcohol should be avoided as it may cause dehydration)
ETHICAL NUTRIENTS IBS SUPPORT	Option 2 (alcohol may impair the normal balance in the gut)
ETHICAL BONE BUILDER	Option 2 (alcohol may cause drowsiness and increase the risk of falls; care not to have excess consumption)
ETHICAL NUTRIENTS ZINC	Option 2 (may delay recovery from illness)
ETHICAL NUTRIENTS HOT FLUSH FIX	Option 2 (alcohol may cause hot flushes and increase fluid retention)
TRIBULUS	Option 2 (alcohol is a depressant and may reduce the ability to have or maintain an erection)
ETHICAL NUTRIENTS URINARY TRACT SUPPORT	Option 3 (alcohol may cause dehydration and act as a diuretic but you need to be well hydrated when you have a UTI)
RESVERATROL	Option 2 (alcohol may reduce the antioxidant ability)