

I take the following, mostly daily, and ALL are contraindicated if an allopathic anticoagulant is taken because they all have anticoagulant properties. The following paragraphs are mostly extracts from research papers.

Curcumin is an active ingredient in turmeric and appears to have anti-inflammatory and blood-thinning or anticoagulant properties. A 2019 review in the EPMA Journal indicates that turmeric may help block blood clotting and advises caution when combining turmeric with blood-thinning drugs. (Reduces inflammation - take with black pepper.)

Cayenne pepper contains capsaicin, an active compound that has shown potential anticoagulant effects. (Good for the heart.)

Bromelain: Although the in-vitro findings in this small study indicate a potential anticoagulant effect for bromelain, this needs to be interpreted with caution as neither an oral nor intravenous routes were evaluated. The paradoxical in-vivo data following intraperitoneal administration show the complexity of the effects of bromelain beyond platelets and indicate possible effects on other cells or proteins that require further investigations. *

Magnesium Citrate: Magnesium can help relax blood vessels and improve blood flow, which can lower blood pressure. (I take 400mg daily to prevent migraines and leg cramps. Essential for muscles - especially heart.)

Vitamin C: Individuals on anticoagulants should limit their vitamin C intake to <1 g/day.

(I was taking 2 gms/day - now 1). Fights many kinds of infections including bladder.

N-acetyl cysteine: NAC has anticoagulant and platelet-inhibiting properties. *

Nattokinase has antiplatelet and anticoagulant effects. *

Hydroxychloroquine (HCQ) has been shown in retrospective studies to decrease aPL titers in laboratory studies, and to decrease thrombosis risk in patients with systemic lupus erythematosus. (I take this for IBS - 3 days on then three days off.) Prophylactic for corona virus.

Hesperidin is not considered safe for patients already taking anticoagulants, calcium channel blockers, or suffering from hypertension because it acts as a blood thinner. (Haemorrhoids.)

Rutin: Turbidity and fibrin clotting assays revealed that rutin could inhibit the formation of fibrin clot. (Haemorrhoids.)

I've just started to take the following on the recommendation of a friend.

Ginkgo biloba is an anticoagulant that inhibits platelet-activating factor and is contraindicated with aspirin. (Brain fog and high blood pressure.)

Crataegus oxyacantha, commonly known as Hawthorn, is one of the most widely used herbal heart tonic. Recently it has been extensively investigated chemically and evaluated clinically for its beneficial cardiovascular properties. Hawthorn berries support the heart due to the high content of bioflavonoids. It increases the body's ability to utilize oxygen, and the heart's ability to utilize calcium. The glycerol-ethanolic macerate of shoots, leaves and flowers have demonstrated bradycardia, significant decrease of arterial blood pressure, both in normotensive and hypotensive rats and anti-arrhythmic activity in all experimental models of arrhythmia.

Ivermectin has been shown, in vitro, to antagonize the same vitamin K-dependent clotting factors that warfarin does (II, VII, IX, and X). Prophylactic and cure for corona virus. I take 6mg each week.