Garlic Pill Warning

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The FDA recently announced that the HIV protease inhibitor (PI) Invirase (saquinavir), when taken without a Norvir (ritonavir) booster, goes together with garlic supplements about as well as garlic and vampires. The supplement was found to drop blood levels of the PI, making it less effective.

If your combo includes a PI without a booster, try fresh garlic instead. Those of you on PI combos that include a low-dose Norvir booster don't have to worry: Norvir's boost overcomes any garlic-capsule danger. For more on HIV-med interactions, click on "All About Meds" at poz.com.

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