

## Re: Grapefruit juice and statins

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**From:** Peabody (waybackKILLSPAM44\_at\_yahoo.com)

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jorge shmuck says...

- > *All of the reports that I've read about not drinking*
- > *grapefruit juice while taking statins fail to mention*
- > *certain questions: Are they saying to not wash the*
- > *pill down with a gulp of juice, or to avoid grapefruit*
- > *juice completely if you're taking statins? What about*
- > *eating grapefruit, in general? .... and*
- > *grapefruit-flavored citrus sodas and drinks? (if I'm*
- > *not mistaken, the official name in pharmacology and*
- > *mixology terms for vodka-and-grapefruit is a "Greyhound"*

It depends on which statin you are taking. Atorvastatin, simvastatin, and lovastatin are metabolized (removed from the body) by something called CYP 3A4, which is inhibited by grapefruit juice, and by a number of other prescription drugs, including even some common blood pressure drugs such as verapamil and diltiazem. So if you are taking one of those statins, you probably should stay away from grapefruit and grapefruit juice entirely so that you don't overdose.

However, fluvastatin and pravastatin are metabolized by other mechanisms, and there should be no interaction between grapefruit and those statins. However, there could still be an interaction between grapefruit and some other drug you are taking, so you need to clear it with your doctor if you plan to consume grapefruit.