

## Weight-loss Products and Nutritional or Herbal Supplements: Stop Seven Days Before Planned Surgery

Alpha-Lipoic Acid	Acetyl-1-Carnitine	Cinamon	Camomile
Creatine	Echinacea	Ephedra	Fish Oil
Garlic	Ginger	Gingko bilboa	Glucosamine- Chondroitin
Glutamine	Goldenseal	L-carnosine	Licorice
Kava Kava	Milk Thistle	Multivitamins	Omega-3
Resveratrol	Skullcap	St. John's Wort	Vitamin E