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Grapefruit juice is loaded with vitamins. New research is showing that not only is it good for you but it can also help you lose weight.

If you take certain medications you need to take precautions if you drink grapefruit juice. It can interact with some medications. If you drink grapefruit don't take any medications for at least an hour.

Click on the link to read more about grapefruit juice and drug interactions.

Grapefruit juice provides many nutrients, including vitamin C, potassium and lycopene. But chemicals in grapefruit juice and grapefruit pulp interfere with the enzymes that break down (metabolize) various drugs in the digestive system — including certain calcium channel blockers and cholesterol-lowering drugs. The result can be excessively high levels of these drugs in the blood and an increased risk of potentially serious side effects. Pomelos and Seville oranges, a type of bitter orange often used to make marmalade and compotes, may have a similar effect.

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