

# Atorvastatin and Grapefruit: Should You Skip the Juice?

*Atorvastatin is a medication primarily used to lower triglycerides and “bad” cholesterol levels.*



Research shows that grapefruit juice can interfere with how atorvastatin works in the body.



Grapefruit juice increases blood atorvastatin levels, which can result in muscle cramps.



Additionally, muscle tissue can break down to release myoglobin, which is a protein that can damage the kidneys.

**Limit intake of grapefruit products or discuss with your doctor to determine whether it's safe for you to consume.**



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# REFERENCES



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