Ready to start planning your care? Call us at 800-525-2225 to make an appointment.
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Memorial Sloan Kettering Cancer Center

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Give to MSK

Zyflamend has not been shown to treat cancer. Studies in humans are very limited.

Zyflamend is an herbal supplement consisting of Holy basil, turmeric, ginger, green tea, rosemary, hu zhang, Chinese goldthread, barberry, oregano, and skullcap. Promoters of Zyflamend claim that it has anti-inflammatory and antiaging effects. Lab studies suggest it may reduce inflammation and levels of certain enzymes that produce estrogen. It can also cause cell death. However, studies in humans are quite limited. Results from a small study suggest it may help lower prostate specific antigen (PSA), a marker of prostate cancer. More research is needed.

What are the potential uses and benefits?

- Cancer treatment
  A few lab studies suggest that Zyflamend can reduce the number of prostate cancer cells and also decrease certain markers related to some types of breast cancer. Zyflamend did not cause serious adverse events in men with prostatic intraepithelial neoplasia and also decreased certain prostate

disease-related markers. More research is needed.

- Inflammation
  A few lab studies suggest that Zyflamend reduces inflammation, but there are no data from clinical trials.

What are the side effects?

Bad taste in the mouth, heartburn, and diarrhea.

What else do I need to know?

Do Not Take if:

- You have hypersensitivity to any of the constituents.
- You are taking chemotherapy drugs: Preclinical studies suggest Zyflamend may increase their effects. Clinical relevance has yet to be determined.
- You are taking prescription medications: There are many botanicals in Zyflamend, and therefore a greater chance for herb-drug interactions.

If you have any questions, contact a member of your care team directly. If you're a patient at MSK and you need to reach a provider after 5 p.m., during the weekend, or on a holiday, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.
Zyflamend - Last updated on January 20, 2021

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