



## PATIENT & CAREGIVER EDUCATION

# Pine Bark Extract

This information describes the common uses of Pine Bark Extract, how it works, and its possible side effects.

Tell your healthcare providers about any dietary supplements you're taking, such as herbs, vitamins, minerals, and natural or home remedies. This will help them manage your care and keep you safe.

## What is it?

Pine bark extract is made from the bark of pine trees that grow in some Mediterranean countries.

Pine bark extract supplements come as capsules, powders, and tablets.

## What are the potential uses and benefits?

Pine bark extract is used to:

- Reduce inflammation (swelling).
- Improve cardiovascular (heart) health.

- Treat erectile dysfunction (ED, not being able to have or keep an erection).

Pine bark extract has other uses, but doctors have not studied them to see if they work.

Talk with your healthcare provider before taking pine bark extract supplements. Herbal supplements are stronger than the herbs you would use in cooking.

Supplements can also affect how medications work. For more information, read the “What else do I need to know?” section below.

## **What are the side effects?**

Side effects have not been reported.

## **What else do I need to know?**

- Talk with your healthcare provider if you’re taking blood thinners, such as warfarin (Coumadin®, Jantoven®). Pine bark extract may increase your risk of bleeding.
- Do not take pine bark extract if you’re allergic to pine bark.

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit [www.mskcc.org/pe](http://www.mskcc.org/pe) to search our virtual library.

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