

Oatmeal, All Bran, Fiber One, Other Fiber Products When Taking Medications?  
Following provided by Mark Moyad, M.D., MPH, co-director of the men's health  
program at the University of Michigan,

Theoretically anything with concentrated amounts of extra fiber like oatmeal, all-  
bran, fiber one or fiber pills have the ability to reduce the absorption of any  
medication because fiber moves along the intestines in bulk and reducing the  
amount of time till a bowel movement, so the best option is to always take your  
pills before or after a large fiber meal but not at the same time. Not a big deal but a  
big deal for someone that loves a lot of oatmeal at breakfast and takes their pills at  
the same time.