



PATIENT & CAREGIVER EDUCATION

Graviola

This information describes the common uses of Graviola, 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?

Graviola is a dark green, prickly fruit that comes from the graviola tree. Graviola has many nutrients. The leaves and stems of the graviola tree are used in traditional medicine for many issues.

You can also take graviola as tablets, capsules, and as powders.

What are the potential uses and benefits?

Graviola is used to:

- Fight infections

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

It's generally safe to eat graviola fruit. Talk with your healthcare provider before taking graviola supplements. Herbal supplements are stronger than the herbs you would use in cooking.

Supplements can also interact with some medications and affect how they 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 medications that lower your blood sugar. Graviola can also lower blood sugar so taking both at the same time may not be safe.
- Talk with your healthcare provider if you're taking medications to lower your blood pressure. Graviola can also lower your blood pressure so taking both at the same time may not be safe.
- Avoid graviola if you're having any imaging tests done, such as a positron emission tomography (PET) scan. Graviola can affect your test results.
- Graviola is promoted as an alternative medicine therapy for cancer. There is no proof that this therapy has benefits for cancer patients.

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 to search our virtual library.

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