

Flaxseed/ Flaxseed oil	May act as a laxative; lower bad cholesterol; benefit people with heart disease; reduce hot flashes; and reduce the risk for certain types of cancer; however, more research is needed.	Generally considered safe, but may cause constipation or diarrhea.
Ginkgo	May reduce anxiety, improve mental function, help with glaucoma and diabetic vision problems, reduce pain from peripheral vascular disease, relieve symptoms of premenstrual syndrome, reduce symptoms of schizophrenia, and decrease dizziness and vertigo; however, more research is needed.	Likely safe when taken by mouth, but may cause upset stomach, headaches, dizziness, constipation, forceful heartbeat, and allergic skin reactions.
Ginseng	May lower blood sugar in people with type 2 diabetes and prevent cold and flu symptoms when taken during the season; however, more research is needed.	May cause diarrhea, itching, insomnia, headache, nervousness, rapid heartbeat, increased or decreased blood pressure, breast tenderness, vaginal bleeding, severe rash (Stevens-Johnson syndrome), liver damage, and severe allergic reaction.
Green tea	May help protect against or slow the growth of certain cancers and improve mental alertness; however, more research is needed.	Generally considered safe.
Hawthorne	May be effective for milder forms of heart failure; however, more research is needed.	Generally considered safe for short-term use, but may cause upset stomach, headache, and dizziness.
Kava	May relieve anxiety; however, more research is needed.	May cause liver damage, including hepatitis and liver failure (which can cause death).
Milk thistle	May reduce allergy symptoms, lower blood sugar, lower cholesterol, decrease acid reflux, and reduce symptoms of menopause; however, more research is needed.	Likely safe when taken by mouth, but may cause nausea, diarrhea, indigestion, intestinal gas, bloating, fullness or pain, and loss of appetite.
Mistletoe	May kill cancer cells and stimulate the immune system; however, more research is needed.	Eating raw, unprocessed European mistletoe or American mistletoe can cause vomiting, seizures, a slowing of the heart rate, and even death. In countries where commercial mistletoe is available by injection (e.g., Germany), those extracts are considered to be generally safe when used as directed and under the supervision of a health care provider.
Monoi	May prevent cancer, heart disease, and diabetes; however, more research is needed.	May cause liver damage.
Soy	May lower cholesterol and reduce menopausal symptoms.	May cause nausea, bloating, and constipation.
St. John's wort	May relieve depression; however, more research is needed.	May interact with certain medications; increase sensitivity to sunlight; or cause anxiety, dry mouth, dizziness, gastrointestinal symptoms, fatigue, headache, or sexual dysfunction.
Tea tree oil	May be effective in treating athlete's foot, nail fungus, dandruff, and acne when used topically; however, more research is needed. Tea tree oil should not be swallowed.	May cause skin irritation or contact dermatitis.
Valerian	May relieve insomnia; however, more research is needed.	Generally considered safe for short-term use. May cause tiredness the morning after its use, headaches, dizziness, and upset stomach.

Supplements with research-verified evidence in medical or other scenarios

Supplement	Claims	Possible side effects
Aloe vera	Has laxative properties if taken orally; heals burns and abrasions when used topically.	May cause abdominal cramps when taken orally; no side effects when used topically.
Bromelain	Reduces pain from osteoarthritis; decreases swelling after surgery or minor muscle injuries.	May cause diarrhea, stomach pain, and allergic reactions.
Butterbur	Helps treat allergies and migraine headaches.	May cause headaches, itchy eyes, gastrointestinal issues, asthma, fatigue, allergic reactions, and drowsiness. Products that are not labeled "PA-free" can also cause liver damage.
Echinacea	Reduces cold symptoms and treats vaginal yeast infections. There is not enough scientific evidence to suggest it is effective for any other conditions.	Generally considered safe for short-term use, but may cause fever, nausea, vomiting, unpleasant taste, stomach pain, diarrhea, sore throat, dry mouth, headache, numbness of the tongue, dizziness, insomnia, disorientation, and joint and muscle aches.
Garlic	Reduces the effects of atherosclerosis. May prevent stomach, rectal, and colon cancers; reduce blood pressure; reduce the incidence of tick bites; and help relieve ringworm, jock itch, and athlete's foot; however, more research is needed.	Likely safe when taken by mouth, but may cause bad breath, a burning sensation in the mouth or stomach, heartburn, gas, nausea, vomiting, body odor, and diarrhea.
Ginger	Relieves pregnancy-related nausea and vomiting. May relieve nausea caused by motion, chemotherapy, or surgery, but more research is needed.	Generally considered safe when taken in small doses, but may cause gas, bloating, heartburn, and nausea.
Glucosamine	Helps ease pain from osteoarthritis.	May cause nausea, heartburn, drowsiness, and headaches.
Horse chestnut	Useful for treating chronic venous insufficiency.	Generally considered safe for short-term use, but may cause itching, nausea, and upset stomach.

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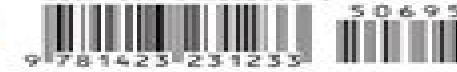


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Supplements Reference Guide

Julie Henry

Supplements Reference Guide:

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Smart Nutrition Felecia Busch, 2006

User's Guide to Nutritional Supplements Jack

Challem, 2003 The User's Guide to Nutritional Supplements focuses on the most popular nutritional supplements those that consistently attract the most attention and are the ones most likely to benefit the majority of people In describing the most popular nutritional supplements this book explains Vitamin E can reduce the risk of heart disease and the best types to take Selenium can slash the chances of developing some types of cancer Ginkgo can improve memory and recall Chromium can help promote weight loss and lower the risk of diabetes Glucosamine and chondroitin can prevent osteoarthritis Calcium and magnesium work together to build strong bones Coenzyme Q10 can boost your energy levels and strengthen your heart Ginseng and other supplements boost your exercise stamina

User's Guide to Vitamins and Minerals Jack Challem, Liz

Brown, 2002 Building on the tremendous interest in health alternative medicine and nutritional supplementation the User's Guide to Nutritional Supplements Series is designed to answer the consumer's basic questions about diseases conventional and alternative therapies and individual dietary supplements Written by leading experts and science writers The User's Guide to Nutritional Supplements Series covers a range of popular alternative medicine and health issues including specific major diseases alternative therapies and vitamins minerals herbs and other nutritional supplements The User's Guide to Vitamins Minerals explains how these remarkable nutrients can make a big difference in your health

User's Guide to

Heart-Healthy Nutrients Michael Janson, 2004 In this concise Users Guide Michael Janson describes the best nutritional and herbal supplements for preventing and reversing heart disease Some of these supplements such as coenzyme Q10 and hawthorn may be less well known than others but they are still powerful natural health promoting substances Dr Janson also provides clear guidelines for how to use these supplements safely

Vitamins and Minerals Corinne Linton, 2004-07-06

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