



## Dietary Supplements: Resources for Professionals January 2008

This publication is a listing of resources providing technical and professional-level information on dietary supplements and is available online at

<http://www.nal.usda.gov/fnic/pubs/bibs/gen/dietarysupplementsprofessionals.pdf>. The resources selected include nutrition information on vitamins, minerals, antioxidants, phytochemicals, herbs, botanicals, and other specific dietary supplements. For consumer-oriented resources on these topics, see the following Food and Nutrition Information Center (FNIC) resource lists:

Dietary Supplements: General Resources for Consumers

<http://www.nal.usda.gov/fnic/pubs/bibs/gen/dietarysupplementsconsumers.pdf>

This list refers to evidence-based information about dietary supplements and is not intended to provide specific medical advice. The Food and Nutrition Information Center (FNIC) urges you to consult with a qualified physician, pharmacist and/or registered dietitian concerning the use of any dietary supplement. The use of trade, firm, or corporation names in this publication is for the information and convenience of the reader. Such use does not constitute an official endorsement or approval by the Federal government.

The resources listed contain accurate nutrition information and are available nationwide. Opinions expressed in the publications do not necessarily reflect the views of the U.S. Department of Agriculture. Your local library or bookstore can help you locate these resources. Materials cited cannot be purchased from the National Agricultural Library. Please contact the publisher/producer if you wish to purchase any materials on this list.

Each item has been placed in one or more of the following categories. The categories are:

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## I. GENERAL INFORMATION ON DIETARY SUPPLEMENTS (in alphabetical order)

### a. Bibliographies/Databases

#### **Annual Bibliography of Significant Advances in Dietary Supplement Research: 1999-2006**

Office of Dietary Supplements, National Institutes of Health

**Web site:** [http://ods.od.nih.gov/Research/Annual\\_Bibliographies.aspx](http://ods.od.nih.gov/Research/Annual_Bibliographies.aspx)

**Description:** Bibliography of 25 annotated top research articles from peer-reviewed journals published annually.

#### **CAM on PubMed**

National Center for Complementary and Alternative Medicine, National Institutes of Health

**Web site:** <http://www.nlm.nih.gov/nccam/camonpubmed.html>

**Description:** A subset of PubMed which offers free access to over 270,000 citations of journal articles related to complementary and alternative medicine research from the National Library of Medicine's MEDLINE database and other life science journals.

#### **Computer Access to Research on Dietary Supplements (CARDS) Database**

Office of Dietary Supplements, National Institutes of Health

**Web site:** [http://dietary-supplements.info.nih.gov/Research/CARDS\\_Database.aspx](http://dietary-supplements.info.nih.gov/Research/CARDS_Database.aspx)

**Description:** Database of federally funded research projects pertaining to dietary supplements.

#### **Dietary Supplements Labels Database**

National Library of Medicine, U.S. Department of Health and Human Services

**Web site:** <http://dietarysupplements.nlm.nih.gov/dietary/>

**Description:** Offers information about ingredients in more than 2000 selected brands of dietary supplements.

#### **International Bibliographic Information on Dietary Supplements (IBIDS) Database**

Office of Dietary Supplements, National Institutes of Health and the Food and Nutrition Information Center, National Agricultural Library

**Web site:** <http://dietary-supplements.info.nih.gov/databases/ibids.html>

**Description:** A comprehensive bibliographic database that helps health care providers, researchers, and consumers find credible, scientific literature on dietary supplements.



## **b. Books, Book Chapters and Booklets (in alphabetical order)**

### **Dietary Reference Intakes: The Essential Guide to Nutrient Requirements**

Jennifer J. Otten, Jennifer Pitz Hellwig, Linda D. Meyers, Editors, Institute of Medicine of the National Academies

Washington, DC: National Academies Press, 2006. 560 pp.

**ISBN:** 0309100917

**Web site:** <http://www.iom.edu/CMS/3788/29985/37065.aspx>

**Description:** Organized by nutrient, summarizes all eight volumes of the Dietary Reference Intakes (DRIs) in an easy-to-use reference volume.

### **Dietary Supplements: A Framework for Evaluating Safety**

Institute of Medicine and National Research Council of the National Academies

Washington, DC: National Academies Press, 2005. 506 pp.

**ISBN:** 0309091101

**Web site:** <http://www.nap.edu/books/0309091101/html/>

**Description:** Provides a science-based process which works within the guidelines outlined by DSHEA regulations for assessing dietary supplement ingredients.

### **Encyclopedia of Dietary Supplements**

Paul M. Coates, Marc R. Blackman, Gordon M. Cragg, Mark Levine, Joel Moss and Jeffrey D. White, Editors

New York, NY: Marcel Dekker, 2005. 819 pp.

**ISBN:** 0824755049

**Description:** Provides detailed scientific information on over 75 dietary supplements including description and chemical composition, mechanisms of action, pharmacology, usage and dosage, safety and adverse effects and regulatory issues.

### **Food Safety: Improvements Needed in Overseeing the Safety of Dietary Supplements and "Functional Foods"**

GAO/RCED-00-156) U.S. General Accounting Office (GAO), 2000.

**Web site:** <http://www.gao.gov/archive/2000/rc00156.pdf>

**Description:** Reviews regulations on the health claims and the safety of dietary supplements and functional foods with recommendations to Congress and the Food and Drug Administration for improvements in federal oversight of the safety of these products.

### **The Health Professional's Guide to Popular Dietary Supplements, Third Edition**

Allison Sarubin Fragakis and Cynthia A. Thomson

Chicago, IL: American Dietetic Association, 2006. 682 pp.

**Web site:** [http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/shop\\_10340\\_ENU\\_HTML.htm](http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/shop_10340_ENU_HTML.htm)

**ISBN:** 9780880913638

**Description:** Comprehensive guide for over 100 dietary supplements including dosage information, drug-supplement interactions and relevant research.



### **c. Newsletters (in alphabetical order)**

#### **Dietary Supplements/Food Labeling Electronic Newsletter (FDA-DSFL)**

Center for Food Safety and Applied Nutrition, Food and Drug Administration (FDA)

**Web site:** <http://www.cfsan.fda.gov/~dms/infonet.html#fda-dsfl>

**Description:** Electronic newsletter to give interested parties access to key information and updates on dietary supplements, food labeling and nutrition issues.

#### **Nutraceutical & Functional Foods Newsletter**

Institute of Food Technologists

**Web site:** <http://www.ift.org/cms/?pid=1000373>

**Description:** Newsletter focuses on current news on nutraceuticals and functional foods.

### **d. Web Resources (in alphabetical order)**

#### **Complementary/Integrative Medicine Education Resources**

M.D. Anderson Cancer Center, University of Texas

**Web site:** <http://www.mdanderson.org/departments/CIMER/>

**Description:** Provides evidence-based reviews of complementary or alternative therapies for cancer treatment.

#### **Dietary Supplements: An Advertising Guide for Industry**

Federal Trade Commission, 1998

**Web site:** <http://www.ftc.gov/bcp/conline/pubs/buspubs/dietsupp.htm>

**Description:** Reviews the rules for advertising dietary supplements.

#### **Dietary Supplements – Warnings and Safety Information**

Center for Food Safety and Applied Nutrition, Food and Drug Administration (FDA)

**Web site:** <http://www.cfsan.fda.gov/~dms/ds-warn.html>

**Description:** Lists recent alerts and safety information from FDA on dietary supplements.

#### **Drugs and Dietary Supplements**

Federal Trade Commission in cooperation with the Food and Drug Administration

**Web site:** <http://www.ftc.gov/bcp/menus/consumer/health.shtm>

**Description:** Provides information about fraudulently marketed health products and tips for how to spot false claims.

#### **MedlinePlus for Dietary Supplements**

MedlinePlus Health Information, National Library of Medicine, National Institutes of Health

**Web site:** <http://www.nlm.nih.gov/medlineplus/dietarysupplements.html>

**Description:** Links, including overviews, organizations, and latest research, on dietary supplements.



**Position of the American Dietetic Association: Fortification and Nutritional Supplements (2005)**

**Web site:** <http://eatright.org/ada/files/fortnp.pdf>

**Description:** Outlines the position of the American Dietetic Association related to fortification of foods and nutritional supplements.

**e. Agencies and Organizations (in alphabetical order)**

**ConsumerLab.com, LLC**

333 Mamaroneck Avenue

White Plains, NY 10605

Phone: 914-722-9149 or (toll free) 888-502-5100

Email: [info@consumerlab.com](mailto:info@consumerlab.com)

**Web site:** <http://www.consumerlab.com/index.asp>

**Description:** Provides independent testing and information on nutrition products (subscription required).

**Institute of Food Technologists**

525 W. Van Buren, Suite 1000

Chicago, IL 60607

Phone: 312-782-8424 or (toll free) 800-438-3663

Fax: 312-782-8348

Email: [info@ift.org](mailto:info@ift.org)

**Web site:** <http://www.ift.org/cms/>

**Description:** The Institute of Food Technologists is a nonprofit scientific society advancing the science and technology of food through the exchange of knowledge.

**International Food Information Council (IFIC)**

1100 Connecticut Avenue, NW, Suite 430

Washington, DC 20036

Phone: 202-296-6540 Fax: 202-296-6547

Email: [foodinfo@ific.org](mailto:foodinfo@ific.org)

**Web site:** <http://ific.org>

**Description:** Newsletters, fact sheets (antioxidants and stanol esters) and web site information on functional foods and supplements.

**The Johns Hopkins Center for Complementary and Alternative Medicine**

Johns Hopkins CAM Center

Room 7400, 1830 Building

1830 E. Monument Street

Baltimore, MD 21287

Phone: 410-614-5678

Email: [jhcam@jhmi.edu](mailto:jhcam@jhmi.edu)

**Web site:** <http://www.hopkinsmedicine.org/cam>

**Description:** Research center focusing on complementary and alternative medicine as it relates to cancer and cancer treatments. Provides links to ongoing research studies.



## Office of Dietary Supplements (ODS), National Institutes of Health

6100 Executive Blvd., Room 3B01, MSC 7517

Bethesda, MD 20892-7517

Rockville, MD 20852 (Use only for courier services such as FedEx, UPS, & Airborne)

Phone: 301-435-2920 Fax: 301-480-1845

Email: [ods@nih.gov](mailto:ods@nih.gov)

Web site: <http://dietary-supplements.info.nih.gov/>

**Description:** Supports research and disseminates research results in the area of dietary supplements. Provides links for researchers, educators, and consumers on topics related to dietary supplements.

## II. VITAMINS, MINERALS and ANTIOXIDANTS

### a. Databases

#### USDA National Nutrient Database for Standard Reference – Release 20

Agricultural Research Service, U.S. Department of Agriculture,

Web site: <http://www.nal.usda.gov/fnic/foodcomp/search/>

**Description:** A database of the nutrient content of over 7500 foods

### b. Web Resources (in alphabetical order)

#### EPC Evidence Report/Technology Assessments

Agency for Healthcare Research and Quality, Department of Health & Human Services

Web site: <http://www.ahrq.gov/clinic/epcindex.htm#dietsup>

**Description:** The AHRQ produced evidenced based reviews on variety of dietary supplements including the following:

- Antioxidant Supplements, Cancer Prevention and Treatment (October 2003)
- Antioxidant Supplements, Cardiovascular Disease Prevention & Treatment (July 2003)
- B Vitamins and Berries and Age-Related Neurodegenerative Disorders (April 2006)
- Ephedra and Ephedrine for Weight Loss and Athletic Performance Enhancement (March 2003)
- Garlic, Effects (October 2000)
- Melatonin, Treatment of Sleep Disorders (November 2004)
- Milk Thistle Effects (September 2000)
- Multivitamin/Mineral Supplements, Chronic Disease Prevention (May 2006)
- Omega-3 Fatty Acids, Effects on Asthma (March 2004)
- Omega-3 Fatty Acids, Effects on Cancer (February 2005)
- Omega-3 Fatty Acids, Effects on Cardiovascular Disease (March 2004)
- Omega-3 Fatty Acids, Effects on Cardiovascular Risk Factors (March 2004)
- Omega-3 Fatty Acids, Effects on Child and Maternal Health (August 2005)
- Omega-3 Fatty Acids, Effects on Cognitive Functions (February 2005)
- Omega-3 Fatty Acids, Effects on Eye Health (July 2005)
- Omega-3 Fatty Acids, Effects in Type II Diabetes, Rheumatoid Arthritis, and Other Diseases (March 2004)
- Omega-3 Fatty Acids, Effects on Mental Health (July 2005)



- Omega-3 Fatty Acids, Effects on Organ Transplantation (February 2005)
- S-Adenosyl-L-Methionine (SAME) for Depression, Osteoarthritis, and Liver Disease (August 2002)
- Soy, Effects on Health Outcomes (August 2005)
- Vitamin D, Effectiveness and Safety in Bone Health (August 2007)

### **MedlinePlus Health Information**

National Library of Medicine, National Institutes of Health

#### **MedlinePlus for Antioxidants**

**Web site:** <http://www.nlm.nih.gov/medlineplus/antioxidants.html>

**Description:** Gateway to the latest news, information, and research on the topic of antioxidants.

#### **MedlinePlus for Vitamin and Mineral Supplements**

**Web site:** <http://www.nlm.nih.gov/medlineplus/vitaminandmineralsupplements.html>

**Description:** Gateway to the latest news, information, and research on the topic of vitamin and mineral supplements.

### **Vitamin and Mineral Fact Sheets**

Office of Dietary Supplements, National Institutes of Health

**Web site:**

[http://dietarysupplements.info.nih.gov/Health\\_Information/Vitamin\\_and\\_Mineral\\_Supplement\\_Fact\\_Sheets.aspx](http://dietarysupplements.info.nih.gov/Health_Information/Vitamin_and_Mineral_Supplement_Fact_Sheets.aspx)

**Description:** Research-based fact sheets on the vitamins and minerals.

### **Vitamin and Mineral Supplement Use in the United States: Results from the Third National Health and Nutrition Examination Survey**

American Medical Association, Archives of Family Medicine, Vol. 9 No.3, March 2000

**Web site:** <http://archfami.ama-assn.org/cgi/reprint/9/3/258.pdf>

**Description:** Provides information on the prevalence of vitamin and mineral supplement use in the U.S. population.

### **c. Agencies and Organizations (in alphabetical order)**

#### **Micronutrient Information Center**

The Linus Pauling Institute, Oregon State University

571 Weniger Hall

Corvallis, OR 97331-6512

Phone: 541-737-5075 Fax: 541-737-5077

Email: [lpi@oregonstate.edu](mailto:lpi@oregonstate.edu)

**Web site:** <http://lpi.orst.edu/infocenter/>

**Description:** Provides scientific information on the role of vitamins, minerals, and phytochemicals in preventing disease and promoting health.



## **National Academy of Sciences, Institute of Medicine, Food and Nutrition Board**

500 Fifth Street, NW

Washington DC 20001

Phone: 202-334-2352 Fax: 202-334-1412

Email: [iomwww@nas.edu](mailto:iomwww@nas.edu)

**Web site:** <http://www.iom.edu/board.asp?id=3788>

**Description:** Develops and publishes the Dietary Reference Intakes.

### **III. HERBS, BOTANICALS, PHYTOCHEMICALS AND OTHER SPECIFIC DIETARY SUPPLEMENTS**

#### **a. Databases (in alphabetical order)**

##### **Dr. Duke's Phytochemical and Ethnobotanical Databases**

Agricultural Research Service, U.S. Department of Agriculture

**Web site:** <http://www.ars-grin.gov/duke>

**Description:** Searchable database for chemicals and activities in plants and ethnobotanical uses.

##### **HerbMed®**

Alternative Medicine Foundation, Inc.

**Web site:** <http://www.herbmed.org>

**Description:** An online herbal database providing links to categorized summaries of research studies and other resources. The public database currently contains information on the use of 30 herbs.

##### **Natural Medicines Comprehensive Database**

**Web site:** <http://www.naturaldatabase.com>

**Description:** Provides evidence-based, clinical and consumer information on natural medicines, including a unique effectiveness rating for each. (Subscription required)

##### **USDA Nutrient Data Laboratory Specialized Databases**

Agricultural Research Service, U.S. Department of Agriculture

###### **USDA Database for the Flavonoid Content of Selected Foods, Release 2.1 – 2007**

**Web site:** <http://www.ars.usda.gov/Services/docs.htm?docid=6231>

**Description:** Provides content of over 385 foods for five subclasses of flavonoids.

###### **USDA-Iowa State Database of the Isoflavone Content of Foods – 2002**

**Web site:** <http://www.ars.usda.gov/Services/docs.htm?docid=6382>

**Description:** Provides data on isoflavone content of foods.

###### **USDA Database for the Proanthocyanidin Content of Selected Foods – 2004**

**Web site:** <http://www.ars.usda.gov/Services/docs.htm?docid=5843>

**Description:** Provides values for 205 food items for proanthocyanidins.





## **b. Books, Book Chapters and Booklets (in alphabetical order)**

### **The ABC Clinical Guide to Herbs**

Mark Blumenthal, Josef Brinckmann, and Bernd Wollschlaeger  
Austin, TX: American Botanical Council, 2003. 480 pp.

**ISBN:** 1588901572

**Description:** Provides health professionals with information on 29 of the most popular herbs, and other herbal products. Information includes usage, dosage, contraindications, adverse effects, drug interactions and pharmacological effects.

### **The Complete German Commission E Monographs: Therapeutic Guide to Herbal Medicines**

Mark Blumenthal, German Federal Institute for Drugs and Medical Devices Commission E,  
American Botanical Council, Integrative Medicine Communications, Werner R. Busse, J. Klein,  
Robert Rister, Editors, Siegrid Klein, Chance Riggins  
Austin, TX: American Botanical Council

Boston, MA: Integrative Medicine Communications, 1998. 685 pp.

**ISBN:** 096555550X

**Description:** The German government's Commission E findings regarding the approved uses, contraindications, side effects, dosage, drug interactions, and other therapeutic effects of 300 herbs and phytomedicines.

### **Dietary Supplements of Plant Origin: A Nutrition and Health Approach**

Massimo Maffei, Editor

New York, NY: Taylor & Francis Ltd, 2003. 248 pp.

**ISBN:** 0415308356

**Description:** Provides evidence-based information on dietary supplements of plant origin including biotechnology, biochemistry, physiology, bioengineering, and interactions of herbs with other medicines.

### **The Essential Guide to Herbal Safety**

Simon Mills and Kerry Bone

St. Louis, MS: Elsevier Churchill Livingstone, 2005. 704 pp.

**ISBN:** 0443071713

**Description:** Contains information on over 120 common herbs, in monograph format, including interactions, adverse reactions, and toxicity.

### **Herbal and Traditional Medicine: Molecular Aspects of Health**

Lester Packer, Choon Nam Ong and Barry Halliwell, Editors

New York, NY: Marcel Dekker, 2004. 941 pp.

**ISBN:** 0824754360

**Description:** Includes the most widely used herbal medicines and their effects on health and disease.



**Herbal Medicine: Expanded Commission E Monographs, 1st Edition**

Mark Blumenthal and Alicia Goldberg, Editors, and Paul Brinckmann  
Newton, MA: Integrative Medicine Communications, 2000. 519 pp.

**ISBN:** 0967077214

**Description:** A reference book of herbs and their medicinal properties.

**Herbal Medicines: A Guide for Healthcare Professionals, Third Edition**

Joanne Barnes, Linda A. Anderson, and J. David Phillipson  
London: Pharmaceutical Press, 2007. 710 pp.

**ISBN:** 085369656X

**Description:** A handbook to assist in the use of herbal medicines for the general public. Contains 152 monographs on individual herbal ingredients found in herbal products.

**Integrative Cardiology: Complementary and Alternative Medicine for the Heart**

John H.K. Vogel and Mitchell W. Krucoff, Editors  
New York, NY: McGraw Hill Medical, 2007. 595 pp.

**ISBN:** 0071443371

**Description:** Provides information on complementary and alternative medicine (CAM) and traditional medicine use for cardiovascular issues.

**Natural Standard Herb & Supplement Reference**

Catherine E. Ulbricht and Ethan M. Basch, Editors  
St. Louis, MI: Mosby, Inc., 2005. 1012 pp.

**ISBN:** 0323029949

**Description:** Evidence-based reviews for over 90 herbs, including safety and efficacy.

**Research Guidelines for Evaluating the Safety and Efficacy of Herbal Medicines**

Manila: WHO Regional Office for the Western Pacific, 1993. 86 pp.

**Web site:** [http://www.wpro.who.int/publications/pub\\_9290611103.htm](http://www.wpro.who.int/publications/pub_9290611103.htm)

**ISBN:** 9290611103

**Description:** Covers specific research criteria and general guidelines, including ethical issues concerning the use of using herbal medicines.

**c. Newsletters (in alphabetical order)****HerbalGram**

American Botanical Council

**Web site:** <http://www.herbalgram.org/herbalgram/default.asp>

**Description:** Quarterly, peer-reviewed publication primarily focuses on medicinal herbs and has a scientific and educational emphasis.

**Subscription Address:**

6200 Manor Road

Austin, TX 78723

Phone: 512-926-4900 Fax: 512-926-2345

Email: [abc@herbalgram.org](mailto:abc@herbalgram.org)



#### **d. Web Resources (in alphabetical order)**

##### **About Herbs, Botanicals & Other Products Information Resource**

Memorial Sloan-Kettering Cancer Center

**Web site:** <http://www.mskcc.org/mskcc/html/11570.cfm>

**Description:** Provides information for oncologists and other health professionals on herbs and botanicals and their constituents, benefits, and adverse effects.

##### **Botanical Supplement Fact Sheets**

Office of Dietary Supplements, National Institutes of Health

**Web site:** [http://dietary-supplements.info.nih.gov/Health\\_Information/Botanical\\_Supplements.aspx](http://dietary-supplements.info.nih.gov/Health_Information/Botanical_Supplements.aspx)

**Description:** Research-based fact sheets on herbal and botanical dietary supplements.

##### **Complementary and Alternative Medicine**

National Cancer Institute, National Institutes of Health

**Web site:** <http://www.cancer.gov/cancertopics/treatment/cam>

**Description:** Provides information on complementary and alternative medicine, including herbal therapies, for cancer.

##### **Herbalinks**

Division of Drug Information Service, University of Iowa, College of Pharmacy

**Web site:** <http://www.uiowa.edu/~idis/herbalinks/>

**Description:** Created by pharmacists to provide pharmacists with useful information about herbal medicines.

##### **Herbs at a Glance**

National Center for Complementary and Alternative Medicine, National Institutes of Health

**Web site:** <http://nccam.nih.gov/health/herbsataglance.htm>

**Description:** Fact sheets that provided information on herbs and botanicals including common name, uses, and possible side effects.

##### **MedlinePlus for Herbal Information**

National Library of Medicine, National Institutes of Health

**Website:** <http://www.nlm.nih.gov/medlineplus/herbalmedicine.html>

**Description:** Contains up-to-date, quality health care information on herbs and herbal medicine from the National Library of Medicine at the National Institutes of Health.

##### **Research Initiatives: Herbal Medicines**

National Institutes of Health, National of Environmental Health Services, National Toxicology Program (NTP)

**Web site:** <http://ntp.niehs.nih.gov:8080/index.html?col=010stat> (search for "Herbals")

**Description:** NTP's online search for testing status of herbal medicines.



## **e. Agencies and Organizations (in alphabetical order)**

### **American Botanical Council**

P.O. Box 144345  
Austin, TX 78714-4345  
Phone: 512-926-4900 Fax: 512-926-2345  
Email: [abc@herbalgram.org](mailto:abc@herbalgram.org)  
Web site: <http://www.herbalgram.org>

**Description:** The American Botanical Council is a non-profit research and educational organization focusing on educating about beneficial herbs and plants and to promote the safe and effective use of medicinal plants.

### **American Herbal Products Association**

8484 Georgia Avenue, Suite 370  
Silver Spring, MD 20910  
Phone: 301-588-1171 Fax: 301-588-1174  
Email: [ahpa@ahpa.org](mailto:ahpa@ahpa.org)  
Web site: <http://www.ahpa.org/>

**Description:** Promotes responsible commerce of herbal products.

### **The European Scientific Cooperative on Phytotherapy (ESCOP)**

Web site: <http://www.escop.com/>

**Description:** ESCOP was founded in June 1989 as an umbrella organization representing national phytotherapy associations across Europe.

### **Herb Research Foundation**

4140 15<sup>th</sup> Street  
Boulder, CO 80304  
Phone: 800-748-2617 Fax: 303-449-7849  
Email: [info@herbs.org](mailto:info@herbs.org)  
Web site: <http://www.herbs.org/>

**Description:** A nonprofit research and educational organization focusing on herbs and medicinal plants.

### **The Longwood Herbal Task Force**

Web site: <http://www.longwoodherbal.org>

**Description:** Developed by faculty, staff and students from Children's Hospital, the Massachusetts's College of Pharmacy and Health Sciences, and the Dana Farber Cancer Institute to provide clinicians with information about herbs and dietary supplements.



## IV. ERGOGENIC AIDS

### a. Books, Book Chapters and Booklets (in alphabetical order)

#### **Food, Nutrition and Sports Performance II**

The International Olympic Committee Consensus on Sports Nutrition

R.J. Maughan, L.M. Burke, and E.F. Coyle, Editors

New York, NY: Routledge, 2005. 239 pp.

**ISBN:** 0415339065

**Description:** Specific chapters focus on the use of dietary supplements, amino acids, and dietary antioxidants in sports and exercise.

#### **Nutritional Ergogenic Aids**

Ira Wolinsky and Judy A. Driskell, Editors

Boca Raton, FL: CRC Press LLC, 2004. 536 pp.

**ISBN:** 084931626X

**Description:** Reference for sports nutritionists, sports professionals and students covering ergogenic aids including amino acid derivatives, lipid derivatives and other substances.

### b. Web Resources (in alphabetical order)

#### **The 2007 Prohibited List, World Anti-Doping Code**

World Anti-Doping Agency

**Web Site:** <http://www.wada-ama.org/en/prohibitedlist.ch2>

[http://www.wada-ama.org/rtecontent/document/2007\\_List\\_En.pdf](http://www.wada-ama.org/rtecontent/document/2007_List_En.pdf)

**Description:** Lists the prohibited substances and methods for competitive athletes.

#### **Anabolic Steroid Abuse (SteriodAbuse.gov)**

National Institute on Drug Abuse (NIDA), National Institutes of Health

**Web site:** <http://www.steroidabuse.gov/>

**Description:** Provides information, resources, and news on anabolic steroids and their use and abuse in the United States.

#### **Australian Institute of Sport (AIS) Sports Supplement Program - 2007**

Australian Institute of Sport, Australian Sports Commission

**Web site:** <http://www.ais.org.au/nutrition/Supplements.asp>

**Description:** Provides information about sports supplements, including safety and efficacy. Also has supplement fact sheets.

#### **MedlinePlus for Anabolic Steroids**

National Institutes of Health, National Library of Medicine

**Web site:** <http://www.nlm.nih.gov/medlineplus/anabolicsteroids.html>

**Description:** Contains up-to-date information on anabolic steroids. Also provides links and research information.



## **NCAA Banned Drug Classes, 2007-2008**

The National Collegiate Athletic Association

**Web site:** [http://www1.ncaa.org/membership/ed\\_outreach/health-safety/drug\\_testing/banned\\_drug\\_classes.pdf](http://www1.ncaa.org/membership/ed_outreach/health-safety/drug_testing/banned_drug_classes.pdf)

**Description:** Lists the banned drug-classes, including some dietary supplements, for the NCAA.

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### **This resource list was compiled by:**

Andrea T. Lindsey, MS, Nutrition Information Specialist

### **Acknowledgment is given to the following reviewers:**

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Joyce M. Merkel, MS, RD, Nutrition Information Specialist

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Locate additional FNIC publications at <http://fnic.nal.usda.gov/resourcelists>.

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Food and Nutrition Information Center  
Agricultural Research Service, USDA  
National Agricultural Library  
10301 Baltimore Avenue, Room 105  
Beltsville, MD 20705-2351  
Phone: 301-504-5414  
Fax: 301-504-6409  
TTY: 301-504-6856

Contact: <http://fnic.nal.usda.gov/contact>

Web site: <http://fnic.nal.usda.gov>

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