



Dietary Supplements: General Resources for Consumers

June 2010

This publication is a listing of resources providing an overview of herbal and dietary supplements, including their appropriate use, their regulation, the level of research behind certain claims, and cautionary information. These resources include databases, books, newsletters, web resources and agencies and organizations. For professional level and technical resources, see

Dietary Supplements: Additional Resources for Professionals

<http://www.nal.usda.gov/fnic/pubs/bibs/gen/dietarysupplementsprofessionals.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 supplements. 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 cannot be purchased from the National Agricultural Library. Please contact the publisher/producer if you wish to purchase any materials on this list.

This Resource List is available from the Food and Nutrition Information Center's (FNIC) Web site at: <http://www.nal.usda.gov/fnic/pubs/bibs/gen/dietarysupplementsconsumers.pdf>.

A complete list of FNIC publications can be found at <http://fnic.nal.usda.gov/resourcelists>.

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

- I. Databases
- II. Books, Book Chapters and Booklets
- III. Newsletters
- IV. Web Resources
- V. Agencies and Organizations

I. Databases (in alphabetical order)

CAM on PubMed

National Center for Complementary and Alternative Medicine, National Institutes of Health (NIH), U.S. Department of Health and Human Services (DHHS)

Web site: <http://nccam.nih.gov/camonpubmed/>

Description: CAM is a subset of PubMed which offers free access to over 11 million citations and abstracts on complementary and alternative medicine from the National Library of Medicine's MEDLINE database and other life science journals.

Dietary Supplements Label Database

National Library of Medicine, NIH, DHHS

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

Description: Users may search more than 4,000 dietary supplement products and compare ingredients in different brands.

HerbMed®

Alternative Medicine Foundation, Inc.

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

Description: This online interactive herbal database provides links to categorized summaries of research studies and other resources on specific herbs. The database currently contains free information on the use of 20 popular herbs. Additional summaries can be accessed with paid subscription.

Natural Medicines Comprehensive Database

Therapeutic Research Faculty

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

Description: Database compiled by pharmacists and physicians provides more than 1,100 of both consumer and health professional focused monographs on natural medicines, herbal medicines and dietary supplements. Annual subscription fee required.

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

The American Diabetes Association Guide to Herbs and Nutritional Supplements

Laura Shane-McWhorter

Alexandria, VA: American Diabetes Association, 2009. 160 pp.

ISBN: 1580403182

Description: Information provided on how supplements can affect prescription drugs used by diabetics.

Herbs at a Glance

National Center for Complementary and Alternative Medicine, NIH, DHHS

Web site: http://nccam.nih.gov/health/NIH_Herbs_at_a_Glance.pdf

Description: Booklet that provides a brief research-based overview of selected herbs and botanicals.



2010 PDR for Nonprescription Drugs, Dietary Supplements and Herbs

PDR Staff

Montvale, NJ: PDR Network, 2009. 618 pp.

ISBN: 1563637502

Description: Commonly used products are described, including ingredients, indications and interactions.

III. Newsletters (in alphabetical order)

Consumer Health Digest

Quackwatch

Web site: <http://www.ncahf.org/digest/chd.html>

Description: Free weekly email newsletter which summarizes legislative updates, scientific reports, web site evaluations and other topics relating to consumer health choices.

HerbalGram

American Botanical Council

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

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

Subscription Address:

6200 Manor Rd

Austin, TX 78723

Phone: 512-926-4900

Email: abc@herbalgram.org

IV. Web Resources (in alphabetical order)

About Herbs, Botanicals & Other Products

Memorial Sloan-Kettering Cancer Center

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

Description: Evidence-based information about herbs, botanicals, vitamins and other supplements.

Age Page: Dietary Supplements

National Institute on Aging, NIH, DHHS

Web site: <http://www.nia.nih.gov/HealthInformation/Publications/supplements.htm>

Description: General information about dietary supplements for the over 50 population.

Arthritis Today's Vitamin Mineral Guide

Arthritis Foundation

Web site:

<http://www.arthritistoday.org/nutrition-and-weight-loss/vitamin-and-mineral-guide/index.php>

Description: Contains a brief summary of vitamins and minerals and supplement use.



Botanical Dietary Supplements

Purdue University Extension

Web site: http://www.ces.purdue.edu/extmedia/CFS/CFS_757_W.pdf

Description: Fact sheet on botanicals including commonly used botanical dietary supplements.

Botanical Dietary Supplements: Background Information

Office of Dietary Supplements, NIH, DHHS

Web site: <http://ods.od.nih.gov/factsheets/BotanicalBackground.asp>

Description: Overview of botanical supplements including common preparations, standardization and safety.

ClinicalTrials.gov

National Library of Medicine, NIH, DHHS

Web site: <http://www.clinicaltrials.gov/>

Description: Provides information on ongoing clinical trials open to public participation. Includes many research trials involving dietary supplements. To access a list of dietary supplements, click on "Study Topics" in the upper right hand corner.

Complementary and Alternative Medicine in Cancer Treatment: Questions and Answers

National Cancer Institute and National Center for Complementary and Alternative Medicine, NIH, DHHS

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

Description: This web page provides a variety of patient-oriented fact sheets on specific herbs and supplements.

Diabetes and CAM: A Focus on Dietary Supplements

National Center for Complementary and Alternative Medicine, NIH, DHHS

Web site: <http://nccam.nih.gov/health/diabetes/CAM-and-diabetes.htm>

Description: Fact sheet that summarizes the scientific research on the effectiveness and safety of some dietary supplements used to treat diabetes.

Dietary Supplements

Food and Drug Administration, DHHS

Web site: <http://www.fda.gov/Food/DietarySupplements/default.htm>

Description: This web site includes warnings and safety information, adverse event reporting, announcements and meetings, general information, industry information, and frequently requested information about dietary supplements.

Dietary Supplement Resources

The National Center for Drug Free Sport, Inc.

Web site: <http://www.drugfreesport.com/drug-resources/dietary-supplements-resources.asp>

Description: Provides information on the banned status of substances including dietary supplements.



Herbal Products and Supplements: What You Should Know

American Academy of Family Physicians

Web site: <http://familydoctor.org/860.xml>

Description: Questions and answers about herbal products including safety and possible side effects.

MayoClinic.com

Mayo Foundation for Medical Education and Research

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

Description: Enter the term “Dietary Supplements” into the search box to locate a variety of articles pertaining to dietary supplements.

Menopausal Symptoms and CAM

National Center for Complementary and Alternative Medicine, NIH, DHHS

Web site: <http://nccam.nih.gov/health/menopause/menopausesymptoms.htm>

Description: Fact sheet based on findings of a 2005 National Institutes of Health State-of-the-Science Conference.

MedlinePlus: Drugs, Supplements & Herbal Information

National Library of Medicine, NIH, DHHS

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

Description: Users can browse information on herbs and supplements for links to authoritative health information.

NIH Dietary Supplement Fact Sheets

Office of Dietary Supplements, NIH, DHHS

Web site:

http://ods.od.nih.gov/Health_Information/Information_About_Individual_Dietary_Supplements.aspx

Description: Fact sheets on vitamins, minerals, herbal, botanical and other dietary supplements.

Overview of Dietary Supplements

Food and Drug Administration, DHHS

Web site:

<http://www.fda.gov/Food/DietarySupplements/ConsumerInformation/ucm110417.htm>

Description: General questions and answers about dietary supplements, including regulation and marketing.

Sports Supplements

Nemours Foundation. TeensHealth.

Web site: http://kidshealth.org/teen/exercise/sports/sports_supplements.html

Description: Information for teens about common dietary supplements used in sports and risks associated with them.



Using Dietary Supplements Wisely

National Center for Complementary and Alternative Medicine, NIH, DHHS

Web site: <http://nccam.nih.gov/health/bottle/>

Description: Fact sheet that answers general questions about supplements, safety, and other sources of information.

Vitamin and Mineral Supplements

American Heart Association (AHA)

Web site: <http://www.americanheart.org/presenter.jhtml?identifier=4788>

Description: Scientific position paper on vitamin and mineral supplement use. Links to other AHA scientific papers on antioxidant vitamins and fish and omega-3 fatty acids.

Vitamins

Harvard School of Public Health

Web site: <http://www.hsph.harvard.edu/nutritionsource/vitamins.html>

Description: Summary of vitamins and their role in health and disease.

What Are Functional Foods and Nutraceuticals?

Agriculture and Agri-Food Canada

Web site: <http://www4.agr.gc.ca/AAFC-AAC/display-afficher.do?id=1171305207040&lang=eng>

Description: Provides a list of functional components of foods, the sources and potential physiological benefits.

What Dietary Supplements Are You Taking?

Office of Dietary Supplements, NIH, DHHS

Web site: <http://ods.od.nih.gov/pubs/partnersbrochure.asp>

Description: Overview of dietary supplements including a nutrition assessment and diary for consumers and health care providers.

V. Agencies and Organizations (in alphabetical order)

American Botanical Council

6200 Manor Road

Austin, TX 78723

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

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 promoting the safe and effective use of medicinal plants.



American Council on Science and Health

1995 Broadway, Second Floor
New York, NY 10023-5860
Phone: 212-362-7044 Fax: 212-362-4919

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

Description: A consumer education consortium concerned with issues related to food, nutrition, chemicals, pharmaceuticals, lifestyle, the environment and health.

ConsumerLab.com

ConsumerLab.com, LLC
333 Mamaroneck Avenue
White Plains, NY 10605
Phone: 914-722-9149
For Licensing, Advertising, or Technical Reports: 609-936-0770

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

Description: Provides consumers and healthcare professionals with results of independent tests of the quality of health and nutrition products including dietary supplements.

Federal Trade Commission (FTC)

Consumer Response Center
600 Pennsylvania Ave, NW
Washington, D.C. 20580
Phone: 202-326-2222

Web site: <http://www.ftc.gov/index.html>

Description: The FTC enforces a variety of federal antitrust and consumer protection laws. The web site provides links to news releases related to dietary supplement products.

Food and Nutrition Information Center (FNIC)

National Agricultural Library, U.S. Department of Agriculture
10301 Baltimore Avenue, Room 105
Beltsville, MD 20705-2351
Phone: 301-504-5414 Fax: 301-504-6409

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

Description: The FNIC web site has a large range of food and nutrition resources for both professionals and the public. Click on the "Dietary Supplements" link on the left-hand menu.

Health Canada

A.L. 0900C2
Ottawa, Ontario
Canada, K1A 0K9
Phone: 866-225-0709 (Toll-Free) or 613-957-2991 Fax: 613-941-5366

Web site: http://www.hc-sc.gc.ca/index_e.html

Description: Provides public with warnings about potential hazards of food, drugs, natural health products, and consumer products.



The Healthy Competition Foundation

PO Box 81289

Chicago, IL 60681-0289

Phone: 312-297-5824

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

Description: A web site of the Blue Cross and Blue Shield Association which seeks to educate young people and their families about the potential health dangers of sports supplements and provides their position on creatine supplements.

Herb Research Foundation

4140 15th St.

Boulder, CO 80304

Phone: 303-449-2265 Fax: 303-449-7849

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

Description: The Herb Research Foundation is a non-profit research and educational organization focusing on herbs and medicinal plants.

International Food Information Council Foundation

1100 Connecticut Avenue N.W., Suite 430

Washington D.C. 20036

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

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

Description: Includes science-based information on health, food safety, nutrition and supplements

The Johns Hopkins Center for Complementary and Alternative Medicine

Room 7400, 1830 Building

1830 E. Monument St.

Baltimore, MD 21287

Phone: 410-614-5678

Web site: <http://www.hopkinsmedicine.org/CAM/>

Description: Research center focusing on complementary and alternative medicine as it relates to cancer and cancer treatments. Lists current projects using herbs for cancer treatment. Provides links to ongoing research studies.

MedWatch

U.S. Food and Drug Administration

5600 Fishers Lane

Rockville, MD 20857

Phone: 888-463-6332 (Toll-Free)

Web site: <http://www.fda.gov/medwatch/report/consumer/consumer.htm>

Description: FDA's safety information line where consumers can report serious reactions and quality problems with dietary supplement products.



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

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

Keck Center, W706
500 Fifth St., NW
Washington, DC 20001
Phone: 202-334-2352 Fax: 202-334-1412

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

Description: Contains the Dietary Reference Intakes (DRIs) and Recommended Dietary Allowances (RDAs) for macronutrients, vitamins and minerals.

The National Institutes of Health, National Cancer Institute, Office of Cancer Complementary & Alternative Medicine

6116 Executive Plaza North, Suite 609, MSC 8339
Bethesda, Maryland 20892
Phone: 1-800-4CANCER (Cancer Information Service)

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

Description: Coordinates and promotes the activities of the National Cancer Institute in the area of complementary and alternative medicine.

The National Institutes of Health, National Center for Complementary and Alternative Medicine (NCCAM)

NCCAM Clearinghouse
P.O. Box 7923
Gaithersburg, MD 20898
Phone: 888-644-6226 (Toll-Free) Fax: 866-464-3616

Web site: <http://nccam.nih.gov/>

Description: Supports basic and applied research and training and provides information on complementary and alternative medicine to practitioners and the public.

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

6100 Executive Blvd., Room 3B01, MSC 7517
Bethesda, MD 20892-7517
Phone: 301-435-2920 Fax: 301-480-1845

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

Description: The ODS supports research and disseminates research results in the area of dietary supplements. Provides links for consumers and researchers on topics related to dietary supplements.



Quackwatch

Phone: 919-533-6009

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

Description: This international network investigates questionable claims related to health frauds and fads.

The Richard and Hinda Rosenthal Center for Complementary & Alternative Medicine

Columbia University, College of Physicians & Surgeons

630 W. 168th Street, Box 75

New York, NY 10032

Phone: 212-342-0101 Fax: 212-342-0100

Web site: <http://cpmcnet.columbia.edu/dept/rosenthal/>

Description: Conducts research on the effectiveness and safety of alternative medicine products and practices.

U.S. Pharmacopeia (USP)

Phone: 800-227-8772 Fax: 301-816-8148

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

Description: USP provides manufacturing standards for more than 3,700 medicines, dietary supplements, and dosage forms. Their web site provides monographs on selected dietary supplements.

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



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