

WEB RESOURCES FOR HERBAL AND DIETARY SUPPLEMENTS

Evidence-Based Information

1. WEBSITES BY SUBSCRIPTION SERVICE (MONTHLY/ANNUAL FEES)

AltMedDex®

www.micromedex.com/products/altmeddex

More than three hundred supplements are covered in excellent monographs, summaries, and consults, as well as entries on toxicological management. Patient information sheets on dietary supplements and medical conditions are included. The database is updated semiannually. This is a component of the larger Micromedex product, published by Thomson and can not be purchased separately. (Hand-held version and patient information sheets available.)

LexiComp

<http://www.lexi.com/web/index.jsp>

Lexi-Natural Products published, by LexiComp, is a palm based, online, or desk top available software that covers 175 commonly used dietary supplements including herbs, vitamins, minerals, and other dietary supplements. Each monograph includes dosage and standardization, reported uses, active forms, pharmacology, general warnings, and other key information. (Individual subscriber \$75.00 – \$299.00) (Hand-held, iphone and iPod touch software and handbook available)

Natural Medicines Comprehensive Database

www.naturaldatabase.com

Created by the publishers of the *Pharmacist's Letter*. You can search by supplement or commercial product name. Over 1,000 monographs include extensive information about common uses, evidence of efficacy and safety, mechanisms, interactions, and dosage. Monographs are extensively referenced and updated daily. There is a drug/supplement interactions checker. Also CME, listserv, effectiveness checker and personalized interaction profiles information available. NMCD has consistently and independently rated as a top resource for herb and supplement information. (Individual subscriber full database \$92.00/year, Hand-held version \$59.00. Available as a book³ and patient information sheets available). Consumer version of the database is also available (\$49.00)

Natural Standard

www.naturalstandard.com

Natural Standard is an independent collaboration of international clinicians and researchers who create evidence-based monographs on dietary supplements and other modalities available online. This extensive database can be searched by subject or by medical condition. There is a drug/supplement interactions checker, brand name database. The quality of evidence is graded for each supplement. (An abridged version is available for the desk top computer or hand held. Patient information sheets, handbook and desk reference also available. (PDA version is \$79 for individual subscriber.)

HerbMed

www.herbmed.org

HerbMed is an herbal database that provides scientific data underlying the use of herbs. HerbMedPro™, an enhanced version of HerbMed®, is available for subscription, licensing and data streaming. The public site has 30 herbs; HerbMedPro has an additional 218 herbs and continuous updating. HerbMedPro licensing and subscriptions are administered by the American Botanical Council (single user \$45.00). Also has a pay per day program for \$9.95. (Free/Subscription/Other)

2. WEBSITES FOR FREE

CAMLine

<http://www.camline.ca/about/about.html>

Created in Canada, CAMline is an evidence-based non-profit website on complementary and alternative medicine for healthcare professionals and the public. It represents a successful collaboration of conventional and integrative medicine organizations, their interests and expertise. It has 52 monographs on dietary supplements written for the consumer and health care professional. (Professional review and patient summary formats available)

MD Anderson Cancer Center

<http://www.mdanderson.org/departments/CIMER/dIndex.cfm>

This website is sponsored by the University of Texas M. D. Anderson Cancer Center. It is a clearing house for cancer patients on dietary supplements and complementary and alternative medicine. The site includes approximately 60 dietary supplement monographs from Natural Standard, Cochrane Review Organization, National Cancer Institute - Office of Cancer Complementary & Alternative Medicine, and the National Center for Complementary and Alternative Medicine. Spanish and Mandarin-Chinese translations available.

Memorial Sloan-Kettering Cancer Center

www.mskcc.org/mskcc/html/11570.cfm

Approximately 340 monographs on dietary supplements are available on the Memorial Sloan-Kettering Cancer Center website. These dietary supplement monographs are comparatively brief with only the most salient references, but their summaries are generally accurate. The website provides easy access to clinically relevant information about botanicals, vitamins, and related products for health care professionals and consumers. The website is updated daily as new findings or warnings are released and a site-wide review of each monograph is performed twice a year. (Patient information available)

3. GOVERNMENT RESOURCES

National Library of Medicine

***PubMed**

<http://www.ncbi.nlm.nih.gov/sites/entrez?db=pubmed>

PubMed is a service of the U.S. National Library of Medicine that includes over 17 million citations from MEDLINE and other life science journals for biomedical articles back to the 1950s. PubMed includes links to full text articles and other related resources and a number of very helpful on-line tutorials. For dietary supplement research we recommend you use the clinical queries search on PubMed located on the left hand tool bar. PubMed can be helpful for looking up rare or unusual dietary supplements. (Free)

MedlinePlus – Alternative Medicine

<http://medlineplus.gov>

This consumer health database from the National Library of Medicine offers extensive information on CAM treatments. Links to CAM sites are organized using the same alternative medicine medical subject headings used by the National Library of Medicine. (Free) Some of the Natural Standard abridged monographs are available under the dietary supplements link.

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

Food and Drug Administration (FDA) Dietary Supplements Page

<http://vm.cfsan.fda.gov/~dms/supplmnt.html>

The Food and Drug Administration (FDA) regulates foods including dietary supplements. Helpful information on their website includes updates on policy, regulation, and product warning notices as well as may consumer oriented documents. (Free)

The National Center for Complementary and Alternative Medicine (NCCAM)

<http://www.nccam.nih.gov>

The National Center for Complementary and Alternative Medicine (NCCAM) is the Federal Government's lead agency for scientific research on complementary and alternative medicine (CAM). The mission of NCCAM is to: explore complementary and alternative healing practices in the context of rigorous science; train complementary and alternative medicine researchers, and disseminate authoritative information to the

public and professionals. Look for the Alerts and Advisories, treatment information, resources, and links to other organizations (FDA, AHRQ, ODS etc.) *Herbs at a Glance*, a series of 42 patient information sheets, are listed at <http://nccam.nih.gov/health/herbsataglance.htm>. A number of spanish version information sheets are also available.

National Institutes of Health Office of Dietary Supplements (ODS)

<http://ods.od.nih.gov/>

The mission of Office of Dietary Supplements is to strengthen knowledge and understanding of dietary supplements by evaluating scientific information, stimulating and supporting research, disseminating research results, and educating the public to foster an enhanced quality of life and health for the U.S. population. This is a very helpful site; under Health Information you will find excellent dietary supplement fact sheets.

(http://ods.od.nih.gov/Health_Information/Information_About_Individual_Dietary_Supplements.aspx (Free) (patient information sheets available)

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

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

IBIDS is produced by the Office of Dietary Supplements, NIH, along with the Food and Nutrition Information Center, National Agricultural Library, and USDA. The IBIDS database provides access to bibliographic citations and abstracts from published, international, and scientific literature on dietary supplements. IBIDS contains over 760,000 citations on the topic of dietary supplements from four major database sources: biomedical-related articles from MEDLINE, botanical and agricultural science from AGRICOLA, worldwide agricultural literature through AGRIS, and selected nutrition journals from CAB Abstracts and CAB Health. Also features health outcome searches on several supplements. IBIDS is available free of charge.

4. HAND-HELD RESOURCES

PDA Drug Information Resources with information on Herbs and Dietary Supplements

Title	Website	Notes
ClinicalPharmacology OnHand	http://www.clinicalpharmacologyonhand.com/	Monographs, drug-natural product – nutritional interactions, updated daily
DrDrugs	Davis's Drug Guide for Physicians http://www.skyscape.com/estore/ProductDetail.aspx?ProductId=220	Natural products monograph, drug-natural product and food interactions. Multiple platforms available.
ePocratesPro	http://www.epocrates.com	Inclusion of DS information is major difference between ePocrates and ePocratesEssentials. (5)Alternative section > 600 alternative medicines;info comes from Natural Medicines. MultiCheck drug interactions program up to 30 drugs-natrl prods at once. Multiple platforms available.
		THESE ARE COVERED ELSEWHERE
mobileMicromedex	http://www.micromedex.com	Alternative medicine monographs, can not monitor for interactions (see page 1)
Physician Drug Handbook	Physician's Drug Handbook, http://www.com http://www.skyscape.com/estore/ProductDetail.aspx?ProductId=927	Appendices on herbs.
Tarascon Pocket Pharmacopoeia	http://www.tarascon.com	Herbal and alternative therapy section. Multiple platforms available.

PDA applications focused on herb and supplement information

Title	Source	Notes
5- Minute Herb and Dietary Supplement Consult	Online version of Fugh-Berman's book- Skyscape's technology allows herbal information to cross-index with other clinical and	Succinct, reliable information on herbs, minerals, vitamins, amino acids, probiotics, enzymes, over-the-counter hormones, and other dietary supplements. An A-to-Z list. Also claims,

	<p>drug products.</p> <p>http://www.skyscape.com/estore/ProductDetail.aspx?ProductId=748</p>	<p>indications, scientific evidence, benefits, adverse effects, contraindications, drug interactions, and dosage, frequently asked questions.</p>
		<p>NOT SURE HOW EVIDENCE BASED IT IS AND HOW FREQUENTLY UPDATED.</p>
<p>Guide to Popular Natural Products – also called GNP3</p>	<p>Facts and Comparisons.</p> <p>http://www.factsandcomparisons.com</p> <p>Skyscape.</p> <p>Abridged from Review of Natural Products</p>	<p>Entries on 125 most popular herbs. Scientific/common names, patient information, references and abridged sections on botany/source, history, pharmacology and toxicology. Lacks vitamins and minerals and standard dose. Has pictures and a full history of HDS-- information may not be useful to clinicians.⁵</p>
<p>Herballx</p>	<p>Facts and Comparisons</p> <p>http://www.factsandcomparisons.com Skyscape</p> <p>Print equivalent is Drug Interaction Facts™: Herbal Supplements and Food, Facts and Comparisons</p>	<p>Only covers possible drug/herb and drug/food interactions for >100 herbs</p> <p>Organized by herbal product. Discusses significance, onset, severity, documentation, effects, mechanism and management and reference sections included</p>
<p>Lexi-Natural Products</p>	<p>http://www.lexi.com</p> <p>Information from Natural Therapeutics Pocket Guide</p>	<p>>175 natural products (neutraceuticals, vitamins, minerals, glandulars, herbs, amino acids). Each monograph includes dosage and standardization, reported uses, active forms, pharmacology, general warnings, and other key information.</p>
<p>Natural Medicines</p>	<p>Abridged from Natural Medicines Comprehensive Database</p> <p>http://naturaldatabase.com</p> <p>Palm and Pocket PC versions</p>	<p>Evidence-based info on herbs, vitamins, minerals.. <i>Effectiveness Checker, Natural Product / Drug Interaction Checker</i>, updated daily, Info on interactions, uses, and adverse effects;</p> <p>Brands, ingredients, and manufacturers, Ratings on efficacy and safety</p>
<p>Natural Standard</p>	<p>Abridged version of full database</p> <p>http://naturalstandard.com</p> <p>Skyscape links to other applications.</p>	<p>Includes complementary and alternative therapies in addition to HDS. Evidence based reviews. New release.</p>

5. INFORMATION ON THIRD-PARTY TESTING

United States Pharmacopeia Dietary Supplement Verification Program

www.uspverified.org

The USP has recently initiated this volunteer program that manufacturers of dietary supplements can enter which is very rigorous. Manufacturers need to demonstrate Good Manufacturing Practices (GMP) to earn the USP certification. Provides list of USP verified dietary supplement products. See also tutorial on “Choosing a Dietary Supplement.”

Consumer Labs

www.consumerlabs.com

Consumer labs evaluates commercially available dietary supplement products for composition, potency, purity, bioavailability and consistency of products. The Natural Pharmacist database offering consumer-oriented information. Products that meet their criteria can receive a ConsumerLab seal of approval. (Annual subscription fee of \$24)

National health products directorate, from Health Canada

http://www.hc-sc.gc.ca/dhp-mps/prodnatur/index_e.html

This website is maintained by the national health products directorate from Health Canada. It contains a list of all the dietary supplements that have been licensed in Canada. Monographs are added and updated frequently.

NSF International

<http://www.nsf.org>

NSF is a non profit company that provides rigorous third party testing of dietary supplements. Their web site provides a list of all the supplement companies that have passed their inspection.

6. MONOGRAPHS AND OTHER HELPFUL RESOURCES

ABC Clinical Guide to Herbs

Blumenthal, Mark, Josef Brinckmann, and Bernd Wollschlaeger. The ABC Clinical Guide to Herbs. Austin, Tex: American Botanical Council, 2003

(www.abc.herbalgram.org/site/PageServer/).

This book has very thorough monographs, patient information sheets, and excellent summary charts of clinical trials on specific herbs (helpful for dosing). Very helpful resource

American Herbal Pharmacopoeia and Therapeutic Compendium

WWW.herbal-ahp.org

AHP is a non profit organization founded in 1995 that writes excellent scientifically based monographs that focuses on the identity, purity and quality of herbs. They have currently published 18 monographs that are available on the web. Each monograph is \$ 89.95.

World Health Organization

<http://whqlibdoc.who.int/publications/1999/9241545178.pdf>

Many of the World Health Organizations herbal monographs are available of the internet for free. They are very comprehensive monographs compiled and reviewed by scientific experts.