

## Family Medicine Residency - Parkland Health & Hospital System / UT Southwestern Health System

### Introduction:

These dot-smartphrases were developed to be used in an EHR system like `Epic`. This list provides a quick and easy way to give patients who are either interested or already take over the counter herbal medication some basic guidance and cautions.

List of herbs chosen is based on what the National Institute for Complementary and Integrative Medicine (NIH) currently provides information about on their web site:

<https://nccih.nih.gov/health/herbsataglance.htm>

The information contained is to the best of our knowledge what is currently known about these herbs in terms of their reported medical value and side effect profile (May 2017). Periodic review and revision of this list is recommended.

We would like to thank Parkland Health & Hospital System for their technical support in getting these uploaded to their system smart phrase library for system wide use.

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| SUPPLEMENT / MODALITY | .SMARTPHRASE NAME | SMARTPHRASE   |
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| 1. Acai               | .CAMAcai          | <p><b><u>Use: Acai</u></b><br/>                     Very little has been validated for its reported uses. Reduction in blood sugars and cholesterol in overweight people has been noticed. May suppress appetite hence its use for weight loss.</p> <p><b><u>Side effects:</u></b></p> <ul style="list-style-type: none"> <li>- It may affect MRI results.</li> <li>- May block the effectiveness of certain cancer medications</li> <li>- Not recommended if lactating.</li> <li>- May interact with pain medications such as Motrin, naproxen etc.</li> <li>- May increase ones bleeding risk.</li> </ul> <p><b><u>Dose:</u></b> 200 mg – 1500 mg a day</p> <p><i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or potential harm. The doses are not well established. Please use at your own discretion.</i></p>  |
| 2. Aloe vera          | .CAMAloevera      | <p><b><u>Use: Aloe Vera</u></b><br/> <b><u>Aloe vera</u></b> has been suggested for various conditions, primarily as a topical agent for itching and inflammation associated with burns, acne, and psoriasis, and orally as a laxative and for weight loss. Aloe has both a latex and a gel component; the latex component contains "anthraquinones" which stimulate the gut and can ease constipation, but can also cause bloating and discomfort.</p> <p><b><u>Side effect:</u></b></p> <ul style="list-style-type: none"> <li>- Due to concern for anthraquinone toxicity, the FDA banned the use of aloe latex in laxatives.</li> <li>- There are a variety of products available on the market for topical and oral use.</li> <li>- The gel may lower blood glucose levels, so diabetics should continue to check their blood sugar consistently and inform their physician of this effect.</li> <li>- If you have any known allergies to Aloe vera or constituents of the Lilaceae family (garlic, onions, tulips), <u>use with caution.</u></li> </ul> |

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|                      |                     | <p><i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or potential harm. The doses are not well established. Please use at your own discretion.</i></p>   |
| 3. alpha lipoic acid | .CAMAlphalipoicacid | <p><b>Use: Alpha Lipoic Acid</b><br/>           Alpha lipoic acid (ALA) is involved in carbohydrate metabolism and inflammatory response modulation; it has been studied for improving symptoms of peripheral neuropathy, lowering blood sugar and wound healing. ALA may cause GI upset (nausea and vomiting), and headache. For people who are taking high doses of ALA and are at risk for thiamine deficiency (e.g., alcoholics), oral thiamine supplementation may be warranted. Because ALA can lower blood sugar, diabetics should monitor blood sugars consistently and inform their physician of blood sugar changes.<br/>           Dietary sources include red meat, organ meats, spinach, broccoli, potatoes, yams, carrots, beets, and yeast.<br/> <b>Side effects:</b> if you are taking any diabetes medications as alpha lipoic acid may increase your risk of low blood sugars (&lt;70 mg/dL).<br/> <b>Dose:</b> 600 – 1200 mg a day (divided 2-3 times)<br/> <i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or potential harm. The doses are not well established. Please use at your own discretion.</i></p> |
| 4. Asian Ginseng     | .CAMAsianginseng    | <p><b>Use: Asian Ginseng</b><br/>           To improve general well-being, physical stamina, and concentration; stimulate immune function; slow the aging process; and relieve various health problems such as respiratory disorders, cardiovascular disorders, depression, anxiety, erectile dysfunction, and menopausal hot flashes.<br/> <b>Side effects:</b></p> <ul style="list-style-type: none"> <li>- Short term use appears to be safe for most. Long term safety is questionable.</li> <li>- Not recommended for children, women while pregnant or breast feeding.</li> <li>- Not recommended in renal failure or acute infection</li> <li>- Headaches, insomnia and digestive problems are often reported.</li> <li>- May interact with blood thinners (eg, Coumadin, aspirin, Plavix)</li> </ul>   |

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|               |                | <ul style="list-style-type: none"> <li>- Effects of diabetes medications may be potentiated – monitor blood sugar carefully</li> </ul> <p><b>Dose:</b> up to 3 gm 3 times a day. (tea or powder)</p> <p><i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or potential harm. The doses are not well established. Please use at your own discretion.</i></p>   |
| 5. Astragalus | .CAMAstragalus | <p><b>Use: Astragalus</b></p> <p>Diarrhea, fatigue, anorexia, upper respiratory infections, heart disease, hepatitis, fibromyalgia, and as an adjunctive therapy for cancer.</p> <p>May help people with diabetic nephropathy (kidney disease due to diabetes).</p> <p>May help strengthen a weakened heart from viral infections.</p> <p><b>Side effects:</b></p> <ul style="list-style-type: none"> <li>- Diarrhea.</li> <li>- May affect blood sugars and blood pressures.</li> <li>- May interact with medications that suppress the immune system.</li> </ul> <p><b>Dose:</b> 1 gm to 25 gm a day</p> <p><i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or potential harm. The doses are not well established. Please use at your own discretion.</i></p> |
| 6. Bilberry   | .CAMBilberry   | <p><b>Use: Bilberry</b></p> <p>Cardiovascular conditions, diarrhea, urinary tract infections, eye problems &amp; diabetes.</p> <p><b>Side effects:</b></p> <ul style="list-style-type: none"> <li>- Berries generally considered safe, leaves may be unsafe in high doses for long periods.</li> <li>- May interact with blood thinners (eg, Coumadin, aspirin, Plavix)</li> <li>- Use with caution if pregnant or nursing</li> </ul> <p><b>Dose:</b> 20 – 60 gm a day</p> <p><i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or potential harm. The doses are not well established. Please use at your own discretion.</i></p>   |

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| <p>7. Bitter Orange</p> | <p>.CAMBitterorange</p> | <p><b>Use: Bitter Orange</b><br/>Heartburn, loss of appetite, nasal congestion, and weight loss. It is also applied to the skin for pain, bruises, ring worm, jock itch, athlete`s foot and bed sores.</p> <p><b>Side effects:</b></p> <ul style="list-style-type: none"> <li>- NCAA (National Collegiate Athletic Association) has it on its banned drugs (it`s similar to Ephedra).</li> <li>- Fainting, heart attack, and stroke after taking it alone or with caffeine.</li> <li>- Unsafe in pregnancy and if breast feeding</li> </ul> <p><b>Dose</b><br/>Oil of bitter orange applied topically daily for up to 3 weeks is what`s been studied.</p> <p><i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or potential harm. The doses are not well established. Please use at your own discretion.</i></p>        |
| <p>8. Black Cohosh</p>  | <p>.CAMBlackCohosh</p>  | <p><b>Use: Black Cohosh</b> (do not confuse it with blue cohosh)<br/>Hot flashes, menstrual cramps, premenstrual syndrome, and to induce labor.</p> <p><b>Side effects:</b></p> <ul style="list-style-type: none"> <li>- Use up to 12 months has not shown to cause serious side effects.</li> <li>- Should be avoided in people with liver problems.</li> <li>- Unknown safety in women with hormone sensitive cancers such as breast cancer, endometrial or in pregnancy or for nursing mothers.</li> <li>- May include bradycardia (slow heart beat), nausea/vomiting, dizziness, and headache.</li> </ul> <p><b>Dose:</b> 20-80 mg twice a day (tablets)</p> <p><i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or potential harm. The doses are not well established. Please use at your own discretion.</i></p> |
| <p>9. bitter melon</p>  | <p>.CAMbitter melon</p> | <p><b>Use: Bitter Melon</b><br/>There is insufficient evidence to support that the fruit and seeds of bitter melon may help improve blood sugar control in diabetics. If you try bitter melon to help control your blood sugars, please let your doctor know and check your blood sugars consistently to ensure your blood sugars do not drop low. Bitter melon should not be used by pregnant women and those with a G6PD deficiency.</p>  |

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|  |                     | <p><b>Side effects:</b></p> <ul style="list-style-type: none"> <li>- Do not use if you have liver disease.</li> <li>- 6GPD deficiency</li> <li>- Caution with Diabetes due to risk for low blood sugars.</li> </ul> <p><b>Dose:</b> 50 – 100 ml of boiled vegetable water a day or 900 mg up to 3 times a day.</p> <p><i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or potential harm. The doses are not well established. Please use at your own discretion.</i></p>   |
| 10. Boric acid                             | .CAMBoric acid      | <p><b>Use: Boric Acid</b></p> <p>Boric acid vaginal suppositories can be helpful for recurrent vaginitis resistant to azole medicines. It is not available commercially and must be made by a compounding pharmacy.</p> <p><b>Side effects:</b></p> <p>Boric acid capsules <u>can be FATAL if swallowed</u>, therefore it is only recommended as a vaginal suppository.</p> <p><b>Dose:</b></p> <p>Suggested dosing is boric acid 600 mg vaginal suppository once a day for 7-14 days, but can cause significant local irritation if used repeatedly or chronically for more than 7-14 days.</p> <p><i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or potential harm. The doses are not well established. Please use at your own discretion.</i></p> |
| 11. Breath-work, breathing, deep breathing | .CAMBreathforstress | <p>Breath-work, deep breathing or breath awareness, can be helpful for <u>stress relief</u> even if done for just 1-5 minutes. Focusing on a slow exhalation in particular helps the body relax by stimulating the parasympathetic (relaxation) system.</p> <p>Here is one suggested, easy-to-use method:<br/>         Find a quiet location and get comfortable, sitting or lying down.<br/>         Let your mind go blank, letting thoughts pass by, don't dwell on them.<br/>         Inhale gently for 5 seconds, hold for 5 seconds, and then exhale for 8 seconds.<br/>         Focus on letting your stomach rise and fall with the breath.</p>   |

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|               |               | <p>Do this for as long as you like, even as short as 1 minute.<br/>           Stop if you feel light headed.<br/>           The key is a long, relaxed exhalation that is longer than the inhalation. It can help to purse your lips, so you quietly and slowly blow out during exhalation.</p>   |
| 12. Bromelain | .CAMBromelin  | <p><b>Use: Bromelain</b><br/>           Nasal swelling and inflammation, osteoarthritis, cancer, poor digestion, and muscle soreness. Topical (applied to the skin) bromelain is used for wounds and burns.</p> <p><b>Side effects:</b></p> <ul style="list-style-type: none"> <li>- Gastrointestinal problems, increased heart rate, and menstrual problems.</li> <li>- Caution if allergic to Pineapple.</li> <li>- May interact with blood thinners (eg, Coumadin, aspirin, Plavix)</li> </ul> <p><b>Dose:</b> 80 – 1000 mg a day (divided)</p> <p><i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or potential harm. The doses are not well established. Please use at your own discretion.</i></p> |
| 13. butterbur | .CAMbutterbur | <p><b>Use: Butterbur</b> is an herb whose root can help prevent or used for allergic rhinitis and migraine headaches.</p> <p><b>Side effects:</b></p> <ul style="list-style-type: none"> <li>- Stomach upset.</li> <li>- Liver damage. If you have liver problems avoid using butterbur, even PA-free forms, just to be safe.</li> </ul> <p><b>Dose:</b> 50 – 75 mg twice daily (depending on preparation)<br/>           Caution if you are allergic to marigolds.</p> <p><i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or potential harm. The doses are not well established. Please use at your own discretion.</i></p>  |
| 14. Cats Claw | .CAMcatsclaw  | <p><b>Use: Cats Claw</b><br/>           Viral infections (such as herpes and HIV), Alzheimer’s disease, cancer, arthritis, diverticulitis, peptic ulcers, colitis, gastritis, hemorrhoids, parasites, and leaky bowel syndrome.</p> <p><b>Side effects:</b></p>   |

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|                        |                      | <p>Avoid if pregnant or trying to get pregnant as its been associated with preventing pregnancy or causing abortions.<br/>                     Use with caution in transplant recipients or others taking therapeutic immunosuppression<br/>                     May interact with blood thinners (eg, Coumadin, aspirin, Plavix)</p> <p><b><u>Dose:</u></b> 1 gm or root bark or 20-30 mg extract up to 3 times a day.</p> <p><i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or potential harm. The doses are not well established. Please use at your own discretion.</i></p>   |
| 15. Chamomile (German) | .CAMChamomile        | <p><b><u>Use: Chamomile</u></b><br/>                     Insomnia, anxiety and gastrointestinal conditions such as upset stomach, gas, and diarrhea.<br/>                     Topical for skin irritation and mouth sores from cancer treatments.</p> <p><b><u>Side effects:</u></b></p> <ul style="list-style-type: none"> <li>- Can interact with drugs such as cyclosporine and Coumadin.</li> <li>- Caution if you are allergic to ragweed, chrysanthemums, marigolds or daisies.</li> </ul> <p><b><u>Dose:</u></b> 400 mg – 1600 mg capsules or up to 4 cups of tea a day.(Steep for 10 mins in hot water)</p> <p><i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or potential harm. The doses are not well established. Please use at your own discretion.</i></p> |
| 16. chastetree berry   | .CAMchastetree berry | <p><b><u>Use: Chastetree Berry</u></b><br/> <b>Chastetree berry</b> is an herb that can help improve <u>premenstrual syndrome</u> (PMS) symptoms.</p> <p><b><u>Side effects:</u></b></p> <ul style="list-style-type: none"> <li>- Include irregular menstruation, headache, fatigue, and dry mouth.</li> <li>- Use with caution if taking bromocriptine or metoclopramide.</li> <li>- Do not use during pregnancy or lactation.;</li> </ul> <p><b><u>Dose:</u></b><br/>                     Standardized 6% agnuside, 225 mg by mouth daily<br/>                     20 mg dried extract by mouth twice daily<br/>                     400 mg by mouth 2-3 times daily for 8-12 weeks, then once daily</p>   |

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|                  |                  | <p>Fruit extract 20-40 mg by mouth daily<br/>                     Fluid extract 40 drops by mouth daily with water or juice<br/>                     Tincture 35-45 drops, three times by mouth daily.<br/>                     Most forms can be taken 6-7 days prior to cycle onset.<br/> <i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or potential harm. The doses are not well established. Please use at your own discretion.</i></p>  |
| 17. Cinnamon     | .CAMCinnamon     | <p><b><u>Use: Cinnamon</u></b></p> <p>There are 2 common types of cinnamon. Cassia cinnamon, native to China, is the most common type sold in the United States and Canada. Ceylon cinnamon, native to Sri Lanka, is common in other countries and is known as “true” cinnamon. It is a common spice used in food flavoring.</p> <p>Reported uses are for Hypertension and Diabetes. (very weak evidence to support this) – But caution should be exercised if using in combination with antidiabetic medication.</p> <p>Topically as an analgesic and mosquito repellent.(Oil).</p> <p><b><u>Side effects:</u></b></p> <p>Cinnamon supplements appear to be safe for most people for short-term use if not taken in large amounts. Some people may have allergic reactions to cinnamon.</p> <p>Cassia cinnamon contains varying amounts of a chemical called coumarin, which might cause or <u>worsen liver disease</u>.</p> <p><b>No standard dosing.</b></p> <p><i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or potential harm. The doses are not well established. Please use at your own discretion.</i></p> |
| 18. coenzyme Q10 | .CAMcoenzyme Q10 | <p><b><u>Use: CoQ10</u></b></p> <p>Coenzyme Q10 is a supplement that can help lower high blood pressure. It also functions as an antioxidant, providing protection against free radical damage. There is some evidence that it may improve quality of life and symptoms related to congestive heart failure, but should be used along with other heart failure medicines.</p>  |

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|                                |                     | <p><b>Side effects:</b></p> <ul style="list-style-type: none"> <li>- Abdominal discomfort, headache, nausea, and vomiting.</li> <li>- Use with caution if taking warfarin or other anticoagulants (it may reduce anticoagulant effectiveness).</li> </ul> <p><b>Dose:</b><br/>Suggested dosing is generally 100-200 mg daily.</p> <p><i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or potential harm. The doses are not well established. Please use at your own discretion.</i></p>   |
| 19. cranberry juice or extract | .CAMcranberry juice | <p><b>Use: Cranberry Juice</b><br/>Cranberry juice or extract can help prevent or decrease the recurrence rate of urinary tract infections (UTIs), although some current evidence shows no change. Unfortunately it does not treat neurogenic (overactive) bladder. It can be found in juice or pill form.</p> <p><b>Side effects:</b></p> <ul style="list-style-type: none"> <li>- Can increase the risk of uric acid kidney stones and should be used with caution in patients with a history of these stones.</li> <li>- At high doses (more than 1 liter of juice) it can cause nausea.</li> <li>- Use with caution if taking warfarin (may increase risk of bleeding), H2 blockers (medicines like Zantac, Pepcid etc.) and proton pump inhibitors (Prilosec, Protonix, Nexium etc).</li> </ul> <p><b>Dose:</b><br/>Suggested dosing is cranberry extract pill 400-500 mg once or twice daily, or cranberry juice (26% juice) 300-480 mL (10-16 oz) daily.</p> <p><i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or potential harm. The doses are not well established. Please use at your own discretion.</i></p> |
| 20. Dandelion                  | .CAMDandelion       | <p><b>Use: Dandelion</b><br/>The greens are edible and a rich source of Vitamin A. Currently promoted as a blood tonic for diuretic (making urine), appetite stimulation and minor digestive problems.</p>   |

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|               |               | <p><b>Side effects:</b></p> <ul style="list-style-type: none"> <li>- Generally considered safe.</li> <li>- People with allergies to related plants such as ragweed, chrysanthemums, marigolds and daises should be cautious.</li> <li>- Do not use in biliary obstruction or if gallstones are present</li> <li>- May increase the risk of bleeding if taking anticoagulants (eg, Coumadin)</li> <li>- Use with caution if taking diuretics (eg, furosemide), lithium, or digoxin</li> </ul> <p><b>Dose:</b> (root) 9 to 12 grams/Day</p> <p><i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or potential harm. The doses are not well established. Please use at your own discretion.</i></p>  |
| 21. echinacea | .CAMechinacea | <p><b>Use: Echinacea</b></p> <p>Echinacea is an herb that can help prevent or treat upper respiratory tract infections ("colds"), though evidence is mixed. There are three types on the market (<i>E. angustifolia</i>, <i>E. pallida</i> and <i>E. purpurea</i>), with most evidence supporting <i>E. purpurea</i>. Echinacea can be taken at the first “warning signs” of cold symptoms. This herb is found in tablet, raw extract, juice, tea or tincture form. The tincture form tends to taste bitter, but theoretically may have an antiviral effect on the mucous membranes in the throat when swallowed.</p> <p><b>Side effects:</b></p> <ul style="list-style-type: none"> <li>- Should <u>be avoided</u> in patients allergic to ragweed or marigolds or those with autoimmune diseases, HIV, liver disease, or tuberculosis. Avoid if taking immunosuppressants, corticosteroids, protease inhibitors, cyclosporine, and calcium channel blockers.</li> <li>- Nausea and stomach aches</li> </ul> <p><b>Dose:</b></p> <p>Suggested dosing varies widely due to the variety of products currently on the market; most can be taken for 7-10 days to cover the duration of common cold symptoms.</p> <p>Alcohol or glycerin-based tinctures, 0.75 – 1.5 mL daily<br/>         Tea, 6-8 oz, four times daily<br/>         Tablet dosing varies widely; generally 400-450 mg up to 3 times daily.</p> |

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|                                |                | <p><i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or potential harm. The doses are not well established. Please use at your own discretion.</i></p>   |
| 22. Ephedra                    | .CAMephedra    | <p><b>Use: Ephedra</b> (not recommended) (also called Ma huang)<br/>Currently banned by the FDA (2004). This ban does not apply to its use in traditional Chinese medicine, where it is used for weight loss, increased energy, colds, flu, headaches, asthma, nasal congestion and wheezing.</p> <p><b>Side effects:</b></p> <ul style="list-style-type: none"> <li>- Can worsen heart disease and kidney disease.</li> <li>- Associated with increased risk of stroke.</li> <li>- Increases in blood sugar,</li> <li>- Increases risk of seizures in those prone to it.</li> <li>- Anxiety, dizziness, dry mouth, difficulty urinating, nausea, psychosis, sleep problems, tremors (shaking) – esp. seen with long term use.</li> <li>- Combination with caffeine can increase the potential for side effects.</li> <li>- Interacts with psychiatric medications especially MAOI inhibitors.</li> </ul> <p><b>Dose:</b> 8 – 100 mg up to 3 times a day.<br/>We advise extreme caution or better still not use it.</p> <p><i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or potential harm. The doses are not well established. Please use at your own discretion.</i></p> |
| 23. elderberry adults and peds | .CAMelderberry | <p><b>Use: Elderberry</b></p> <p>Elderberry (<i>Sambucus nigra</i>) can help reduce symptoms related to flu and flu-like illnesses, significantly reducing severity and duration of symptoms.</p> <p><b>Side effects:</b></p> <ul style="list-style-type: none"> <li>- It is very well tolerated in studies examining its use for up to 5 days in both adults AND children.</li> <li>- Elderberry fruit or plant components should never be ingested raw as they contain a toxin that causes severe side effects of nausea, vomiting, severe</li> </ul>  |

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|                               |                             | <p>diarrhea, weakness, dizziness, numbness and stupor.</p> <ul style="list-style-type: none"> <li>- Use with <u>caution</u> if taking diuretics, lithium, digoxin, oral diabetes medications, insulin, and cancer chemotherapy agents.</li> </ul> <p><b>Dose:</b><br/>Recommended dosing is elderberry juice-containing syrup, 15 mL (1 tablespoon) four times a day for 3-5 days. It can also be found in powder, whole berry (requires cooking/boiling), or gummy form.</p> <p><i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or potential harm. The doses are not well established. Please use at your own discretion.</i></p>  |
| <p>24. European Mistletoe</p> | <p>.CAMMistletoe</p>        | <p><b>Use: Mistletoe</b> (European)</p> <ul style="list-style-type: none"> <li>- Cancer (several kinds) - injected (Europe) in the US only as part of study trials.</li> <li>- High blood pressure, gout, depression, headaches</li> </ul> <p><b>Side Effects:</b></p> <ul style="list-style-type: none"> <li>- Berries and leaves can cause harm if taken orally.</li> <li>- Injected – pain at site, fevers, chills.</li> <li>- Rare but severe allergic reactions.</li> <li>-</li> </ul> <p><b>Dose:</b> Tailored per person and use.</p> <p><i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or potential harm. The doses are not well established. Please use at your own discretion.</i></p> |
| <p>25. Elimination diet</p>   | <p>.CAMElimination diet</p> | <p><b>Use: Elimination Diet</b></p> <p>An elimination diet means systematically avoiding foods to which you may be sensitive or don't digest well. All selected items are eliminated from the diet for four weeks, and then each is restarted one at a time for one week to determine which are well or poorly tolerated by your body. Although there are some suggestions for common dietary items to eliminate, it is most helpful to note down which foods you eat most often or with which you have noticed certain symptoms or changes and concentrate on those to create your own tailored elimination diet.</p> <p>Commonly suggested foods or ingredients to eliminate are:<br/>Gluten (wheat, barley, rye), dairy (milk, cream, cheese, cottage cheese, yogurt, butter,</p>  |

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|                          |                          | ice cream, frozen yogurt), soy (tofu, soybeans, soymilk), red meats, corn, nuts, citrus, and/or eggs.<br>You can also consider minimizing or eliminating simple and refined sugars, coffee, tea or other caffeine products, and alcohol.  |
| 26. Evening primrose oil | .CAMEvening primrose oil | <p><b><u>Use: Evening Primrose</u></b></p> <p>Evening primrose oil (EPO) has been studied to help treat itchy skin conditions like eczema, premenstrual syndrome, breast pain and other conditions.</p> <p><b><u>Side effects:</u></b></p> <ul style="list-style-type: none"> <li>- It should be avoided in those with an increased bleeding risk or on a blood thinner.</li> <li>- It also <u>should be avoided</u> if taking seizure medications as it may lower seizure threshold.</li> <li>- It may potentiate the effects of blood pressure medications</li> </ul> <p><b><u>Dose:</u></b></p> <ul style="list-style-type: none"> <li>- Tablet 2-3 grams daily.</li> </ul> <p><i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or potential harm. The doses are not well established. Please use at your own discretion.</i></p> |
| 27. Fenugreek            | .CAMFenugreek            | <p><b><u>Use: Fenugreek</u></b></p> <p>This commonly available spice can be used as a supplement in diabetes, or for stimulation of milk production and induction of labor.</p> <p><b><u>Side effects:</u></b></p> <ul style="list-style-type: none"> <li>- May cause low sugars if using in diabetes with standard care.</li> <li>- Avoid in pregnancy</li> <li>- Maple-like smell of the urine, breast milk and sweat.</li> <li>- Can cause worsening of Asthma</li> <li>- Use with caution if taking thyroid hormones</li> <li>- Use with caution if taking blood thinners or history of bleeding</li> </ul>   |

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|              |                  | <p><b><u>Dose:</u></b><br/>Up to 5 grams a day</p> <p><i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or potential harm. The doses are not well established. Please use at your own discretion</i></p>  |
| 28. feverfew | .CAMfeverfew     | <p><b><u>Use: Feverfew</u></b><br/>Can reduce the frequency and symptoms of migraine headaches.</p> <p><b><u>Side effects:</u></b></p> <ul style="list-style-type: none"> <li>- Not be used in those with increased risk of bleeding or on a blood thinner.</li> <li>- Do not use if allergic to ragweed.</li> <li>- <u>Do not take</u> if you are pregnant.</li> <li>- May increase the risk of photosensitivity (Rash in sun light).</li> <li>- Discontinue use prior to dental or surgical procedures at least 14 days before.</li> <li>- It should NOT be given to children under age 2 years.</li> <li>- Abrupt discontinuation may increase migraine frequency, rebound headaches, and anxiety.</li> </ul> <p><b><u>Dose:</u></b> 50-150 mg once daily, standardized to contain 0.2-0.35% parthenolides; or carbon dioxide-extracted feverfew, 6.25 mg three times daily for up to 4 months.</p> <p><i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or potential harm. The doses are not well established. Please use at your own discretion.</i></p> |
| 29. fish oil | .CAMfishoilheart | <p><b><u>Use: Fish oil</u></b><br/>This is a good source of omega-3 fatty acids (DHA and EPA) which may be effective for preventing a <u>heart attack</u> in those with risk factors for heart disease, or to prevent a repeat heart attack from happening. It can also help lower high triglyceride levels. It is also possibly helpful for general inflammation, ADHD, and depression.</p> <p><b><u>Side effects:</u></b></p> <ul style="list-style-type: none"> <li>- “fishy burps” which can be minimized by freezing the pills first.</li> <li>- High doses (more than 3 g) can result in diarrhea.</li> </ul>   |

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|                     |                         | <p><b><u>Dose:</u></b><br/>Suggested doses are 400 mg daily for primary prevention of heart attack, and 1000 mg daily for secondary prevention (for those with risk factors or a past heart attack). Treatment of high triglycerides is 3 g daily. Otherwise for general use 2.5 g a day. For those with increased risk of bleeding or on blood thinners (including warfarin), take no more than 1 g daily. Fish oil can also be ingested from dietary sources such as two servings a week of fatty fish (tuna, salmon).</p> <p><i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or potential harm. The doses are not well established. Please use at your own discretion.</i></p>   |
| 30. Flaxseed Oil    | .CAMFlaxseed            | <p><b><u>Use: Flaxseed Oil</u></b><br/>Constipation, diabetes, cholesterol, cancer (Ovarian).</p> <p><b><u>Side effects:</u></b></p> <ul style="list-style-type: none"> <li>- Raw or unripe Flaxseed can be toxic</li> <li>- Avoid in pregnancy and possibly in nursing</li> <li>- If not taken with enough water can cause intestinal blockage</li> <li>- Diarrhea, bloating and flatulence</li> <li>- Use with caution if taking blood thinners or history of bleeding</li> <li>- May potentiate the effects of blood pressure medications</li> </ul> <p><b><u>Dose:</u></b><br/>3-4 tablespoons a day (work up to this)</p> <p><i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or potential harm. The doses are not well established. Please use at your own discretion.</i></p> |
| 31. florasone cream | .CAMflorasonecreamitchy | <p><b><u>Use: Florasone Cream</u></b><br/>“B&amp;T Florasone cream” is a homeopathic product containing the plant <i>Cardiospermum halicacabum</i> (“balloon plant”). There is limited evidence that using this topical cream can help with eczema, hives or other itchy rashes.</p> <p><b><u>Side effect:</u></b></p> <ul style="list-style-type: none"> <li>- Well tolerated and safe for use in adults and children over age 2 years</li> <li>- Does not contain any steroid or animal products.</li> </ul> <p><b><u>Dose:</u></b><br/>Suggested dosing is as listed on the packaging: apply to affected areas up to 4 times</p>   |

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|                       |              | <p>daily. It is also recommended to patch test on a small area of skin to check for adverse reactions prior to use on larger areas.</p> <p><i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or potential harm. The doses are not well established. Please use at your own discretion.</i></p>   |
| 32. Garcinia Cambogia | .CAMGarcinia | <p><b>Use:</b> <u>Garcinia cambogia</u> (Rind)</p> <p>This fruit rind can be used for weight loss as an appetite suppressant. It may also help lower cholesterol levels, especially triglycerides.</p> <p><b>Side effects:</b></p> <ul style="list-style-type: none"> <li>- Up to 3 months of use appears safe and well tolerated.</li> <li>- Avoid in Alzheimer’s disease</li> <li>- Use in caution with statins due to increased risk of rhabdomyolysis</li> </ul> <p><b>Dose:</b><br/>1500 mg – 4500 mg a day (in 3 divided doses).</p> <p><i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or potential harm. The doses are not well established. Please use at your own discretion.</i></p>  |
| 33. Garlic            | .CAMGarlic   | <p><b>Use:</b> <u>Garlic</u> (Dietary supplement)</p> <p>There is weak evidence for the use of garlic to treat high cholesterol, high blood pressure, the common cold, and prevention of cancer (stomach and colon).</p> <p><b>Side effects:</b></p> <ul style="list-style-type: none"> <li>- Generally safe and well tolerated.</li> <li>- Garlic breath, heartburn, upset stomach.</li> <li>- Increased risk of bleeding if taking in addition to blood thinners.</li> <li>- May interfere with some HIV treatment medications.</li> </ul> <p><b>Dose:</b><br/>4 g (one to two cloves) of raw garlic per day, one 300-mg dried garlic powder tablet two to three times per day, or 7.2 g of aged garlic extract per day</p> <p><i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or potential harm. The doses are not well established. Please use at your own discretion.</i></p> |

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| <p>34. ginger</p> | <p>.CAMginger</p> | <p><b><u>Use: Ginger</u></b><br/>                 Ginger has been studied for a variety of conditions including nausea and vomiting (especially related to chemotherapy, anti-retroviral therapy), morning sickness, vertigo, menstrual pains and osteoarthritis pain. The evidence to support its use for these conditions is mixed.</p> <p><b><u>Side Effects</u></b></p> <ul style="list-style-type: none"> <li>- Safe to use in pregnancy for both mother and fetus and is usually well tolerated.</li> <li>- High doses (above 5 grams per day) can cause abdominal pain, heartburn, diarrhea and mouth/throat irritation.</li> <li>- <u>Use with caution</u> if taking warfarin or other anticoagulants as it may increase risk for bleeding.</li> <li>- Discontinue use prior to dental or surgical procedure at least 14 days prior.</li> <li>- Use with caution if taking diabetes medication as it may cause hypoglycemia.</li> </ul> <p><b><u>Dose:</u></b><br/>                 Can be ingested raw, dried, boiled in tea, powdered or pill form.<br/>                 Suggested dosing varies based on indication:<br/>                 Nausea/vomiting: 0.5-2 grams daily in 2-4 divided doses daily<br/>                 Menstrual pains: 250 mg four times daily for 3 days at the start of menses<br/>                 Morning sickness: 500 – 2500 mg in 2-4 divided doses daily for up to 3 weeks<br/>                 Osteoarthritis pain: 1000-1500 mg daily</p> <p><i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or potential harm. The doses are not well established. Please use at your own discretion.</i></p> |
| <p>35. ginkgo</p> | <p>.CAMginkgo</p> | <p><b><u>Use: Ginkgo biloba</u></b><br/>                 Ginkgo biloba is an herb that has been studied for a variety of conditions including anxiety, cognitive function, dementia, age-related macular degeneration, premenstrual syndrome, tardive dyskinesia, schizophrenia, vertigo, early diabetic retinopathy, glaucoma and peripheral vascular disease. Evidence for its effectiveness in these conditions is very mixed. It has also been studied for other conditions, but evidence is insufficient to support its use.</p> <p><b><u>Side Effects:</u></b></p> <ul style="list-style-type: none"> <li>- Should not be used by those with increased risk of bleeding including those on</li> </ul>  |

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|                 |                | <p>blood thinners, including warfarin.</p> <ul style="list-style-type: none"> <li>- Should also not be used in those with seizure disorders.</li> <li>- Discontinue use prior to dental or surgical procedure at least 14 days prior.</li> <li>- Use with caution if taking diabetes medication due to risk of hypoglycemia (blood sugar &lt; 70 mg/dL)</li> </ul> <p><b><u>Dose:</u></b><br/>Suggested dosing varies based on indication:<br/>Age-related macular degeneration: Standardized extract, 60-240 mg in 2-3 divided doses daily. for 6 months<br/>Anxiety: Standardized extract take 80-160 mg 3 times daily for 4 weeks<br/>Cognitive function: Extract 60-600 mg daily<br/>Dementia: Standardized extract, take 120-240 mg in 2-3 divided doses daily<br/>Early diabetic retinopathy: Standardized extract, 120 mg daily for 6 months<br/>Glaucoma: Leaf extract 120-160 mg in 2-3 divided doses daily<br/>Peripheral vascular disease: Standardized extract 120-240 mg in 1-2 divided doses daily<br/>Vertigo: Standardized extract 160 mg 1-2 divided doses daily for 3 months<br/>Tardive dyskinesia: Standardized extract 80 mg, 3 times daily for 12 weeks<br/>Schizophrenia: Standardized extract, 120-360 mg daily for 8-16 weeks.</p> <p><i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or potential harm. The doses are not well established. Please use at your own discretion.</i></p> |
| 36. Golden Seal | .CAMGoldenseal | <p><b><u>Use: Golden Seal</u></b><br/>Colds, respiratory infections, allergic rhinitis, stomach ulcers, diarrhea and constipation. Also as a mouth wash for sore gums and an eye wash for inflammation. Skin rashes.</p> <p><b><u>Side effects:</u></b></p> <ul style="list-style-type: none"> <li>- Should not be used if pregnant or breast feeding.</li> <li>- Avoid use in babies' esp. newborns.</li> <li>- Use in caution in heart disease</li> <li>- May interact with other medications.</li> <li>- Very high doses – nausea, anxiety, depression, seizures or paralysis.(rare)</li> </ul>   |

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|                       |               | <p><b><u>Dose:</u></b><br/>                 250 – 1000 mg up to 3 times a day. Or 20 drops up to 4 times a day (extract)<br/> <i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or potential harm. The doses are not well established. Please use at your own discretion.</i></p>   |
| 37. Grapeseed Extract | .CAMGrapeseed | <p><b><u>Use: Grape Seed Extract</u></b><br/>                 Swollen veins, wound healing and reduce inflammation. Slow down heart rate and lower blood pressure.</p> <p><b><u>Side effects:</u></b></p> <ul style="list-style-type: none"> <li>- Generally well tolerated.</li> <li>- Headaches, itchy scalp, dizziness, nausea</li> <li>- May interact with blood thinners.</li> </ul> <p><b><u>Dose:</u></b><br/>                 100 – 300 mg a day.<br/> <i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or potential harm. The doses are not well established. Please use at your own discretion.</i></p>  |
| 38. Green Tea         | .CAMGreentea  | <p><b><u>Use: Green Tea</u></b><br/> <b><u>Green tea can be helpful for weight loss, blood sugar control, cancer and stroke prevention, genital warts, and may treat UV damage when used topically.</u></b></p> <p><b><u>Side effects:</u></b></p> <ul style="list-style-type: none"> <li>- Should not be taken on an empty stomach.</li> <li>- Unclear what high doses may do to the liver. Use with caution in liver disease</li> <li>- Use with caution if taking blood thinners or history of bleeding</li> </ul> <p><b><u>Dose:</u></b><br/>                 3-5 cups a day (250 mg of Catechins)<br/>                 Pills – 400 – 875 mg of Catechins per day divided doses.<br/> <i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or potential harm. The doses are not well established. Please use at your own discretion.</i></p> |

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| <p>39. glucomannan</p>                 | <p>.CAMglucomannan</p>                 | <p><b><u>Use: Glucomannan</u></b><br/> It has been shown to be possibly effective in studies of its use in constipation, type 2 diabetes and high cholesterol.</p> <p><b><u>Side effects:</u></b></p> <ul style="list-style-type: none"> <li>- Safe when used orally in food (refined konjac meal, biscuits, bars), or as a powdered or encapsulated form. \</li> <li>- Use caution with tablet forms, with which intestinal obstruction has been reported.</li> <li>- Use with caution if taking diabetes medications as it may cause hypoglycemia.</li> </ul> <p>It is otherwise well tolerated in adults and children in studies for up to 4 months.</p> <p><b><u>Dose:</u></b><br/> It is recommended to ingest the dose of glucomannan 1-1.5 hours before meals, and apart from fat-soluble vitamins (A, D, E, K) due to possible absorption interference.</p> <p>Suggested dosing varies based on indication:<br/> High cholesterol: 1.2-15.1 g daily for up to 12 weeks (capsules, tablets, bars, biscuits, refined konjac meal)<br/> Constipation (bulk laxative): 1.5-4 g daily for up to 5 weeks. Can be used with lactulose.<br/> Diabetes: 1.2 – 13 g daily for up to 4 weeks, or konjac food for 65 days; mix and consume with carbohydrates.</p> <p><i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or potential harm. The doses are not well established. Please use at your own discretion..</i></p> |
| <p>40. glucosamine and chondroitin</p> | <p>.CAMglucosamine and chondroitin</p> | <p><b><u>Use: Glucosamine/Chondroitin</u></b><br/> Glucosamine and chondroitin are often formulated together as the combination supplement is thought to improve symptoms of joint pain and osteoarthritis. Chondroitin is a glycosaminoglycan found naturally in cartilage, while glucosamine is an amino sugar used in biosynthesis of cartilage. The evidence for either component or the combination in treating arthritic joint pains is mixed. They do not appear to rebuild or repair damaged cartilage. Commercially, they are often combined with other items thought to help joint pains such as turmeric, methylsulfonylmethane, or</p>   |

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|                    |                   | <p>collagen, so it is best to read labels carefully.</p> <p><b><u>Side effects:</u></b></p> <ul style="list-style-type: none"> <li>- <u>Use with caution for those with</u> allergy to shellfish.</li> <li>- Use with caution if taking warfarin or other anticoagulants as it may increase risk for bleeding.</li> <li>- Discontinue use prior to dental or surgical procedure at least 14 days prior.</li> </ul> <p><b><u>Dose:</u></b></p> <p>There are a variety of commercially available products with dosages that vary widely. Generally, the glucosamine component 500-1500 mg daily and chondroitin 800-2000 mg daily in single doses or 2-3 divided doses are used.</p> <p><i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or potential harm. The doses are not well established. Please use at your own discretion.</i></p>  |
| 41. horse chestnut | .CAMhorsechestnut | <p><b><u>Use: Horse Chestnut</u></b></p> <p>Horse chestnut seed extract (from the “Buckeye” tree) can help with chronic venous insufficiency and is widely used for this in Europe. It can reduce symptoms such as varicose veins, limb pain, tension, swelling and itching. It has been studied and found safe for oral use for 2-12 weeks.</p> <p><b><u>Side effects:</u></b></p> <ul style="list-style-type: none"> <li>- Extract products remove the toxic component “esculin”, which can be lethal. Raw horse chestnut seed, bark, flower or leaf can be lethal and should NOT be used.</li> <li>- It has not been well studied in pregnant women and therefore is not recommended for use in pregnant women.</li> <li>- <u>Use with caution</u> if taking warfarin or other anticoagulants as it may increase risk for bleeding.</li> <li>- Discontinue use prior to dental or surgical procedure at least 14 days prior.</li> <li>- Use with caution if you have liver or kidney impairment.</li> </ul> <p><b><u>Dose:</u></b></p> <p>Suggested dosing is 50-100 mg escin 1-2 times daily. Total pill dosage may vary based on the standardized extract percentage it contains. Please read labels carefully.</p> |

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|              |              | <p><i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or potential harm. The doses are not well established. Please use at your own discretion.</i></p>  |
| 42. Hawthorn | .CAMHawthorn | <p><b><u>Use: Hawthorn</u></b></p> <p>Hawthorn has been studied for use in heart failure, a condition in which the heart can't pump as much blood as it should. However, studies show mixed results and larger trials do not consistently demonstrate a benefit. Its considered generally safe although there are concerns for its interacting with other heart medications. Hawthorn may also help for high blood pressure, high cholesterol and tapeworm infections.</p> <p><b><u>Side effects:</u></b></p> <ul style="list-style-type: none"> <li>- Dizziness, nausea, and digestive symptoms.</li> <li>- Do not take if pregnant or nursing</li> </ul> <p><b><u>Dose:</u></b></p> <p>No established dose: - Extracts from the hawthorn leaf, flower, or berry may be sold as capsules, tablets, or liquids.</p> <p>Some suggestions are:</p> <ul style="list-style-type: none"> <li>- Tea from 1 tsp of leaves in 8 Oz of boiling water every 8 hrs.</li> <li>- Dried powder 300-1000 mg every 8 hrs.</li> </ul> <p><i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or potential harm. The doses are not well established. Please use at your own discretion.</i></p> |

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| 43. Hoodia   | .CAMHoodia   | <p><b><u>Use: Hoodia gordonii</u></b></p> <p>Hoodia (Kalahari cactus) may help with weight loss as an appetite suppressant.</p> <p><b><u>Side effects:</u></b></p> <ul style="list-style-type: none"> <li>- High blood pressure</li> <li>- Vomiting, dizziness</li> <li>- Odd skin sensations</li> </ul> <p><b><u>Dose:</u></b></p> <p>500 mg a day used in one poorly designed small study. Caution should be used as often contaminants have been found in some supplies.</p> <p><i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or potential harm. The doses are not well established. Please use at your own discretion.</i></p>                          |
| 44. Kava     | .CAMKAVA     | <p><b><u>Use: Kava kava</u></b></p> <p>This root may help with anxiety and insomnia.</p> <p><b><u>Side effects:</u></b></p> <ul style="list-style-type: none"> <li>- Linked to risk of sever liver damage especially if combined with alcohol</li> <li>- Long term use may cause dry scaly skin or yellowing of the skin.</li> <li>- Avoid in depression, liver disease, Parkinson’s, kidney or blood problems.</li> </ul> <p><b><u>Dose:</u></b></p> <p>60 to 120 mg a day. (no more them 3 months)</p> <p><i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or potential harm. The doses are not well established. Please use at your own discretion.</i></p> |
| 45. Lavender | .CAMLavender | <p><b><u>Use: Lavender</u></b> – Tea, oils</p> <p>Lavender in tea or oil form can help with Anxiety, depression, and pain. It may also reduce agitation associated with dementia. It can also be used as an insect repellent.</p> <p><b><u>Side effects:</u></b></p> <ul style="list-style-type: none"> <li>- Topical use considered safe and well tolerated.</li> </ul>  |

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|              |              | <ul style="list-style-type: none"> <li>- Lavender Oil is poisonous if taken by mouth.</li> </ul> <p><b><u>Dose:</u></b></p> <p>6 drops in 20 liters for a bath.</p> <p>3 drops in 500 cc of boiling water (aromatherapy)</p> <p>4 drops in base oil for massage.</p> <p>Tea`s – prepped from its leaves.</p> <p><i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or potential harm. The doses are not well established. Please use at your own discretion.</i></p>   |
| 46. licorice | .CAMlicorice | <p><b><u>Use: Licorice</u></b></p> <p>Licorice has evidence to show it may be effective for symptoms of functional dyspepsia and irritable bowel syndrome, as well as eczema when used topically. Studies on dyspepsia include licorice as part of a combination product with other items such as milk thistle, peppermint, caraway or chamomile.</p> <p><b><u>Side effects:</u></b></p> <ul style="list-style-type: none"> <li>- If used in high doses or for prolonged durations, it can cause potassium loss. Use with caution in those with heart disease Please note that many licorice-flavored products in the U.S. contain anise oil for a “black licorice” flavor, and do not actually contain licorice.</li> <li>- Other rare side effects include abdominal pain or cramps, constipation, diarrhea, dizziness, nausea/vomiting, esophagitis, itchiness, and sore throat.</li> <li>- <u>Use with caution</u> if taking warfarin or other anticoagulants as it may increase risk for bleeding.</li> <li>- Discontinue use prior to dental or surgical procedure at least 14 days prior.</li> <li>- Do not take in pregnancy or lactation.</li> <li>- Do not take if you have liver or kidney impairment.</li> <li>- Do not use if you are taking blood pressure medications, diuretics, digoxin, or potassium supplements.</li> <li>- Use with caution if on hormone replacement therapy or oral contraceptives.</li> </ul> <p><b><u>Dose:</u></b></p> |

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|               |               | <p>Suggested dosing for dyspepsia is DGL licorice 380-600 mg up to 3 times daily with meals. Licorice can also be found in combination products for dyspepsia such as “Iberogast”, also called STW-5 which includes 9 herbs (bitter candytuft, angelica root, milk thistle, celandine herb, caraway fruit, licorice root, peppermint, balm leaf, and chamomile).</p> <p>Suggested dosing for eczema is a gel preparation containing 1-2% licorice root extract 3 times daily for 2 weeks.</p> <p><i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or potential harm. The doses are not well established. Please use at your own discretion.</i></p>   |
| 47. magnesium | .CAMmagnesium | <p><b><u>Use: Magnesium</u></b></p> <p>Oral magnesium (Mg) can be used for a variety of conditions. There is supportive evidence for its use for constipation and indigestion. There is also some evidence to support its use for chronic fatigue syndrome, fibromyalgia, cluster and migraine headaches, reducing colon cancer risk, diabetes, high cholesterol, metabolic syndrome, osteoporosis, and premenstrual syndrome.</p> <p><b><u>Side effects:</u></b></p> <ul style="list-style-type: none"> <li>- Well tolerated with few side effects.</li> <li>- Can cause gastrointestinal irritation, nausea, vomiting and diarrhea.</li> <li>- High doses of magnesium should not be given to those with heart block or chronic kidney disease.</li> </ul> <p><b><u>Dose:</u></b></p> <p>Constipation: Mg citrate, milk of magnesia or other Mg hydroxide or Mg sulfate products. Use as directed on label.</p> <p>Indigestion: Mg hydroxide 400-1200 mg up to 4 times daily, or 800 mg Mg oxide daily.</p> <p>Diabetes: Mg chloride 2.5 g in 50 mL solution daily; 360 mg of Mg daily</p> <p>Fibromyalgia: Mg hydroxide + malic acid, or 300 mg Mg citrate daily</p> <p>Osteoporosis: Mg hydroxide 300-1800 mg daily for 6 months, then 600 mg daily for 18 months</p> <p>PMS: Mg oxide 333 mg daily; or elemental Mg 360 mg 3 times daily from 15<sup>th</sup> day of cycle until menses begins.</p> |

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|                      |                      | <p><i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or potential harm. The doses are not well established. Please use at your own discretion..</i></p>  |
| <p>48. melatonin</p> | <p>.CAMmelatonin</p> | <p><b><u>Use: Melatonin</u></b><br/> This is a hormone produced naturally in the human brain by the pineal gland and is directly involved in maintaining daily body rhythms and sleep-wake cycles. It has been formulated into a synthetic oral supplement and topical form. It has been shown to help with circadian rhythm disorders in the blind, sleep-wake cycle disturbances (for example from jet lag and shift work), delayed sleep-phase syndrome, and insomnia, and has some support for use in endometriosis, hypertension, pre-operative anxiety, temporomandibular disorder, sunburn (when used topically) and possibly migraine headaches.</p> <p><b><u>Side Effects:</u></b></p> <ul style="list-style-type: none"> <li>- Safe and well tolerated in adults with few side effects when used orally or topically.</li> <li>- In children, it may interfere with pubertal/sexual development and should be <u>used with caution</u> and for short term only.</li> <li>- Combination birth control pills and caffeine can also increase your body's own production of melatonin, so be aware of this when using melatonin as a supplement.</li> <li>- It is not recommended for ongoing, long term use, but tends to work best for up to 2-3 months at a time to return sleep rhythms to normal.</li> </ul> <p><b><u>Dose:</u></b><br/> Suggested dosing varies based on condition:<br/> Sleep disorders in those with blindness, adults and children: 0.5 mg – 5 mg at bedtime.<br/> Difficulty falling asleep, adults: 0.3 mg – 5 mg at bedtime<br/> Difficulty falling asleep, children: 1 mg – 6 mg at bedtime<br/> Sleep-wake cycle disturbances, adults (shift work, etc): 2 mg – 12 mg at bedtime<br/> Sleep-wake cycle disturbances, children: 0.5 mg – 12 mg at bedtime up to 12 weeks<br/> Endometriosis: 10 mg daily<br/> Hypertension: 2 mg – 3 mg of controlled release melatonin<br/> Jet lag: 0.5 mg – 8 mg at bedtime starting on first day at destination, for first 2-5 days</p> |

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|                            |                            | <p>Pre-surgery anxiety: 3 mg – 10 mg, 60-90 minutes before surgery (with approval of surgical team)<br/>                     Jaw pain (temporomandibular disorder): 5 mg at bedtime<br/>                     Sunburn: 0.05% - 2.5% melatonin gel applied 15 minutes before or up to 4 hours after sun exposure<br/>                     Generally doses should be gradually increased to a max of 10 mg.<br/> <i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or potential harm. The doses are not well established. Please use at your own discretion.</i></p>  |
| 49. milk thistle           | .CAMmilk thistle           | <p><b><u>Use: Milk thistle</u></b><br/>                     This is a plant that may help treat diabetes and indigestion. Although it is often used as a complementary treatment for hepatitis B or C, alcoholic hepatitis, and a variety of other conditions, there is insufficient support for this from current research.</p> <p><b><u>Side effect:</u></b></p> <ul style="list-style-type: none"> <li>- May interfere with other medications you are taking that are processed by the liver, including warfarin, statins, anti-fungals, certain heart medications and psychiatric medications.</li> <li>- <u>Use with caution</u> if taking diabetes medications due to the risk of hypoglycemia.</li> </ul> <p><b><u>Dose:</u></b><br/>                     Suggested dosing for diabetes is 200 mg, 3 times daily.</p> <p><i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or potential harm. The doses are not well established. Please use at your own discretion..</i></p> |
| 50. NAC (n-acetylcysteine) | .CAMNAC (n-acetylcysteine) | <p><b><u>Use: NAC</u></b><br/>                     N-Acetyl Cysteine (NAC) comes from an amino acid, L-cysteine. It can act as a strong antioxidant in the body and replenishes glutathione which is also an antioxidant that prevents cell damage. It is best known for its use in acetaminophen (Tylenol) poisoning and in lung collapse from mucus obstruction. But it may also be effective for irritability in autism, angina, bronchitis, COPD, end-stage renal disease, myoclonus epilepsy, high cholesterol and influenza.</p>   |

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|                             |                             | <p><b><u>Side Effects</u></b></p> <ul style="list-style-type: none"> <li>- Can cause GI upset but is otherwise well tolerated.</li> <li>- It should not be used with Viagra-like medications.</li> <li>- It is currently an FDA-approved medication that requires a prescription from your doctor.</li> <li>- <u>Use with caution</u> if taking antibiotics as it may lower the effectiveness of the antibiotic.</li> </ul> <p><b><u>Dose:</u></b><br/>Suggested dosing varies based on condition:<br/>Angina: 600 mg 3 times daily in combination with transdermal nitroglycerine 10 mg daily.<br/>COPD: 400-1200 mg daily in divided doses<br/>End-stage renal disease: 600 mg twice daily<br/>Epilepsy: 4-6 grams daily<br/>High cholesterol: 1.2-4 grams daily<br/>Influenza: 600 mg effervescent tablets twice daily<br/>Irritability in autism (children): Gradually increase with 900 mg daily for 4 weeks, then 900 mg twice daily for 4 weeks, then 900 mg 3 times daily. Or, 1200 mg daily plus risperidone.</p> <p><i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or potential harm. The doses are not well established. Please use at your own discretion.</i></p> |
| 51. nasal lavage (neti pot) | .CAMnasal lavage (neti pot) | <p><b><u>Use: Nasal Lavage/Wash</u></b><br/>Nasal lavage, also called nasal irrigation or sinus rinse, is the process of flushing out the nasal cavities and sinuses with warm saline solution. It helps clear out mucus, moisturize the nasal cavities, and improve nasal hygiene. When done appropriately, it is a safe, at-home treatment that can reduce symptoms of chronic sinusitis, allergic rhinitis, and upper respiratory infections. There are multiple available products and kits, including Neti Pot and NeilMed.</p> <p><b><u>Side effects :</u></b></p> <ul style="list-style-type: none"> <li>- nasal burning, pain, stinging, ear fullness, local irritation and rarely nosebleeds.</li> <li>- Do not use if you have an unhealed facial fracture.</li> <li>- <u>Use only</u> sterile, bottled, boiled, or distilled water.</li> </ul>   |

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|                    |                    | <p>No matter what product you choose for the irrigation process, follow these general steps and cautions:</p> <ol style="list-style-type: none"> <li>1. In a designated lavage pot or bottle, Mix 8 ounces of warm water with ½ teaspoon of table salt. You can also add ¼ teaspoon of baking soda.</li> <li>2. Standing over a sink or basin, pour the mixture into one nostril. It will gradually drain out of the other nostril and into your sink or basin. Breathe through your mouth.</li> <li>3. This process should be done no more than once or twice a day.</li> <li>4. Only use boiled, bottled, or distilled water for this purpose. Clean pots or bottles between every use with hot soapy water and do not share with others.</li> <li>5. Do not use more salt than is recommended as this can increase the risk of side effects and has no benefit.</li> </ol> <p><i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or potential harm. The doses are not well established. Please use at your own discretion.</i></p> |
| 52. Noni           | .CAMNoni           | <p><b><u>Use: Noni</u></b><br/>         This plant can help with colds, flu, diabetes, Hypertension, anxiety &amp; depression. It has been studied for multiple other uses, but none have shown proof of benefit.</p> <p><b><u>Side effects:</u></b></p> <ul style="list-style-type: none"> <li>- Case of liver problems have been reported.</li> <li>- Contains high level of potassium, and should be used in caution in patients with history of high blood potassium or those on medicines that can raise potassium levels Do not take if severe kidney impairment.</li> </ul> <p><b><u>Dose:</u></b><br/>         30 – 500 ml a day of 500 mg extract.</p> <p><i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or potential harm. The doses are not well established. Please use at your own discretion.</i></p>   |
| 53. Passion Flower | .CAMPassionflowers | <p><b><u>Use: Passion Flower</u></b><br/>         This plant can help with anxiety, sleep problems, heart rhythm problems, menopausal symptoms, attention deficit. Topical for burns, hemorrhoids.</p>   |

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|                |                | <p><b>Side effects:</b></p> <ul style="list-style-type: none"> <li>- May cause drowsiness</li> <li>- Avoid in pregnancy.</li> <li>-</li> </ul> <p><b>Dose:</b><br/>4-8 gm daily.</p> <p><i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or potential harm. The doses are not well established. Please use at your own discretion.</i></p>  |
| 54. peppermint | .CAMpeppermint | <p><b>Use: Peppermint</b></p> <p>Peppermint oil from the peppermint plant is helpful for treating symptoms of irritable bowel syndrome (IBS), and may also help with breastfeeding discomfort, indigestion, migraines and tension headaches.</p> <p><b>Side Effects:</b></p> <ul style="list-style-type: none"> <li>- Well tolerated and can safely be used for short or long term in adults and children over age 8 years.</li> <li>- The use of peppermint oil around the face or chest of infants and toddlers is unsafe as the menthol component can cause apnea, laryngeal and bronchial spasm or respiratory arrest.</li> <li>- <u>Do not use</u> if you have history of biliary tract obstruction, cholecystitis, gallstones, hiatal hernia, severe liver damage, GERD, or kidney stones.</li> <li>- Never inject peppermint oil as it may result in pulmonary edema and acute lung injury.</li> <li>- Use with caution if taking cyclosporine or calcium channel blockers.</li> </ul> <p><b>Dose:</b></p> <p>Suggested dosing varies by condition:<br/>         IBS: 187 – 500 mg oral capsule dose, or 0.2 mL oil/liquid form, 1-4 times daily<br/>         Antispasmodic: 5 drops of peppermint oil in 10 mL water<br/>         Breast tenderness from breastfeeding: peppermint gel applied to both nipples for 14 days<br/>         Headache: 10% peppermint oil applied to the temples and forehead at the onset of symptoms and every 15-30 minutes after.</p> <p><i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or</i></p> |

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|                 |                 | <i>potential harm. The doses are not well established. Please use at your own discretion.</i>   |
| 55. Pomegranate | .CAMPomegranate | <p><b><u>Use: Pomegranate</u></b><br/>This fruit can help with sore muscles, heart conditions, and infection prevention. It can also be used to gargle with for improvement of sore throat.</p> <p><b><u>Side effects:</u></b></p> <ul style="list-style-type: none"> <li>- May interact with blood thinners.</li> <li>- May lower blood pressure.</li> <li>- Use with caution if taking statins</li> </ul> <p><b><u>Dose:</u></b><br/>No established dose.<br/><i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or potential harm. The doses are not well established. Please use at your own discretion.</i></p> |
| 56. Red Clover  | .CAMRedclover   | <p><b><u>Use: Red Clover</u></b><br/>This plant may help with menopausal symptoms, high cholesterol, osteoporosis.</p> <p><b><u>Side effects:</u></b></p> <ul style="list-style-type: none"> <li>- Contains estrogen-like compounds so caution should be used in patients with a history of estrogen-sensitive cancers or other hormonal problems.</li> <li>- Avoid in pregnancy and lactation</li> </ul> <p><b><u>Dose:</u></b><br/>40-80 mg / day<br/><i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or potential harm. The doses are not well established. Please use at your own discretion.</i></p>         |
| 57. Rhodiola    | .CAMRhodiola    | <p><b><u>Use: Rhodiola</u></b><br/>This plant may help increase energy, stamina, and strength, to improve attention and memory, depression and to enhance the ability to cope with stress.</p> <p><b><u>Side effects:</u></b></p>   |

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|                       |                | <p>Dizziness and dry mouth<br/><b>Dose:</b><br/>200 – 600 mg a day for up to 12 weeks.<br/><i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or potential harm. The doses are not well established. Please use at your own discretion.</i></p>  |
| 58. probiotics adults | .CAMprobiotics | <p><b>Use: Probiotics</b><br/>Probiotics are species of “good” bacteria that can help prevent and treat various conditions by protecting against “bad” bacteria and creating substances that actually improve our health. They may be helpful for irritable bowel syndrome (IBS), diarrhea from rotavirus, autoimmune conditions, bacterial vaginosis, antibiotic-related diarrhea and upper respiratory infections in adults and children over age 1 year. Although they have been studied for numerous other conditions, the current evidence is insufficient to show a clear benefit. The most-studied probiotic species is Lactobacillus acidophilus, which can be found in milk, yogurt, miso and tempeh enriched with this bacteria. It has also been formulated into freeze-dried granules, powders, capsules, liquids, vaginal suppositories and tablets. It is recommended to always refrigerate L. acidophilus supplements. The cost for these supplements can also run high.</p> <p><b>Side Effects:</b></p> <ul style="list-style-type: none"> <li>- Well tolerated with few side effect.</li> <li>- There is no known toxic dose, although immunocompromised patients should use probiotics carefully.</li> </ul> <p><b>Dose:</b><br/>Suggested dosing varies, as do available dosing in commercial retail products. Most products can safely be taken up to four times a day, and increased gradually until the dose with the best benefit is found.</p> <p><i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or potential harm. The doses are not well established. Please use at your own discretion.</i></p> |
| 59. quercetin         | .CAMquercetin  | <p><b>Use: Quercetin</b><br/>Quercetin, also called bioflavonoid, is a compound found throughout plants and fruits. It may be helpful for symptoms of prostatitis. It has also been studied for numerous other conditions but there is insufficient evidence to support its use for these other conditions, including cardiovascular disease, exercise performance, high cholesterol, high blood pressure, cancer risk, and kidney transplant function.</p>   |

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|                    |                    | <p><b><u>Side Effects:</u></b></p> <ul style="list-style-type: none"> <li>- It is probably safe when 500 mg is used up to twice daily for a short term such as 3 months.</li> <li>- Higher doses may be toxic to the kidneys and should not be used.</li> <li>- Use with caution if taking warfarin or other anticoagulants as it may increase risk for bleeding.</li> <li>- Discontinue use prior to dental or surgical procedure at least 14 days prior.</li> <li>- Use with caution if taking blood pressure medications.</li> </ul> <p><b><u>Dose:</u></b><br/>Suggested dosing for chronic prostatitis is 500 mg twice daily.</p> <p><i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or potential harm. The doses are not well established. Please use at your own discretion.</i></p>   |
| 60. red yeast rice | .CAMred yeast rice | <p><b><u>Use: Red Yeast Rice</u></b><br/>Red yeast rice is a species of yeast that grows on rice, and is often eaten in some Asian countries. The supplement form is an extract of this yeast. It can help lower high cholesterol levels significantly, including “bad” cholesterol (LDL) and triglycerides, and may increase “good” cholesterol (HDL). It is very similar to the statin medicine, lovastatin, but it might be tolerated better in those who cannot tolerate statins. Red yeast rice is not standardized in the US, so potencies of products can differ and fluctuate.</p> <p><b><u>Side effects:</u></b></p> <ul style="list-style-type: none"> <li>- Those with a history of muscle breakdown (rhabdomyolysis) and muscle aches should discuss this supplement with their physician before starting.</li> <li>- <u>Do not use in pregnancy or lactation.</u></li> <li>- Use with caution if taking other cholesterol-lowering medications.</li> <li>- Do not use if you have history of liver disease.</li> <li>- Discontinue use if you experience muscle aches.</li> </ul> <p><b><u>Dose:</u></b><br/>Suggested dosing is 1200-2400 mg of concentrated red yeast powder capsules, 2-3 times daily with food.</p> <p><i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement</i></p> |

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|                             |                             | <p>to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or potential harm. The doses are not well established. Please use at your own discretion.</p>   |
| 61. saccharomyces boulardii | .CAMsaccharomyces boulardii | <p><b><u>Use: Saccharomyces:</u></b><br/>           Saccharomyces boulardii is a “good” yeast that can help protect against diarrhea from antibiotics.<br/>           Although it has been studied for a variety of other conditions, evidence is insufficient to support its use for acne, Crohn’s disease, ulcerative colitis, or irritable bowel syndrome.</p> <p><b><u>Side Effects:</u></b></p> <ul style="list-style-type: none"> <li>- It is well tolerated in adults and children, though it is not clear at what age it is safe to give in children.</li> </ul> <p><b><u>Dose:</u></b><br/>           Suggested dosing is 1 gram daily for 3 days following completion of antibiotics for adults, or 250 mg twice daily for the duration of antibiotic use for children.</p> <p><i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or potential harm. The doses are not well established. Please use at your own discretion.</i></p> |
| 62. Sage                    | .CAMsage                    | <p><b><u>Use: Sage</u></b><br/>           this plant may help with digestive problems, sore mouth or sore throat, memory loss, and depression.</p> <p><b><u>Side effects:</u></b></p> <ul style="list-style-type: none"> <li>- Generally considered safe, often used in cooking as a spice</li> <li>- Extended use or large amounts may cause restlessness, vomiting, rapid heart rate, tremors, seizures and kidney damage.</li> </ul> <p><b><u>Dose:</u></b><br/>           Up to 300 – 600 mg some reports of up to 4 grams a day (leaf)</p> <p><i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or potential harm. The doses are not well established. Please use at your own discretion.</i></p>   |
| 63. SAME                    | .CAMSAME                    | <p><b><u>Use: SAME</u></b><br/>           S-adenosyl-L-methionine, often called SAME, is a naturally-occurring molecule made</p>   |

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|                  |                  | <p>from homocysteine and 5-methylene tetrahydrofolate. It is important in function of hormones, neurotransmitters, nucleic acids, proteins, phospholipids and even the activation of some drugs. Studies show it may be helpful for cirrhosis, fibromyalgia, and sexual dysfunction, while the most supportive evidence is for its use in depression and osteoarthritis.</p> <p><b>Side Effects:</b></p> <ul style="list-style-type: none"> <li>- Toxicity has not been reported across many large studies of SAME, and it is considered safe for use in both adults and children.</li> <li>- It should be used with caution in those with bipolar disorder as it may cause mania or hypomania.</li> <li>- Common side effects include flatulence, nausea, vomiting, diarrhea, constipation, dry mouth, headache, decreased appetite, nervousness and dizziness.</li> <li>- Taking SAME with food may decrease the GI side effects.</li> <li>- <u>Use with caution</u> if taking warfarin or other anticoagulants as it may increase risk for bleeding.</li> <li>- Discontinue use prior to dental or surgical procedure at least 14 days prior.</li> </ul> <p><b>Dose:</b></p> <p>Suggested dosing varies based on condition:<br/>         Depression: up to 800 mg twice daily alone or with other antidepressants.<br/>         Cirrhosis: 600 mg daily<br/>         Fibromyalgia: 400 mg twice daily<br/>         Osteoarthritis: 600-1200 mg daily in 2-3 divided doses<br/>         Sexual dysfunction: 400 mg twice daily for 2 weeks, then 800 mg twice daily</p> <p><i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or potential harm. The doses are not well established. Please use at your own discretion.</i></p> |
| 64. saw palmetto | .CAMsaw palmetto | <p><b>Use: Saw Palmetto</b></p> <p>Saw palmetto (<i>Serenoa repens</i>) is a plant product commonly used to treat benign prostatic hyperplasia (BPH) and to reduce peri-operative complications with transurethral resection of prostate (TURP). Research on saw palmetto for BPH is conflicting, but it does appear to help with some of the obstructive side effects of BPH such as urinary and sexual dysfunction. There is not enough evidence to support its use for other conditions. .</p>  |

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|              |              | <p><b><u>Side Effects:</u></b></p> <ul style="list-style-type: none"> <li>- It is typically safe and well tolerated in adults, with most side effects being GI upset and diarrhea related</li> <li>- <u>Use with caution</u> if taking warfarin or other anticoagulants as it may increase risk for bleeding.</li> <li>- Discontinue use prior to dental or surgical procedure at least 14 days prior.</li> </ul> <p><b><u>Dose:</u></b></p> <p>Saw palmetto can be obtained as ground, dried or whole berries, tincture, fluid extract, tea, or lipidosterolic extract.</p> <p>Suggested dosing is 100 mg – 960 mg of extract daily for BPH; pretreatment with 320 mg of extract daily for 8 weeks prior to surgery can be used for TURP preparation.</p> <p><i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or potential harm. The doses are not well established. Please use at your own discretion.</i></p>   |
| 65. selenium | .CAMselenium | <p><b><u>Use: Selenium</u></b></p> <p>Selenium is an element which can treat selenium deficiency, but may also be effective for improving autoimmune thyroiditis, high cholesterol and may be used intravenously during treatment of sepsis in the hospital. It has been studied for other conditions but lacks evidence to support its use for these, including asthma, eczema, cardiovascular disease, diabetes, cancers, psoriasis or hepatitis C.</p> <p><b><u>Side Effects:</u></b></p> <ul style="list-style-type: none"> <li>- It is safe to take in both adults and perhaps in pregnancy for short term use of no more than 400 mcg per day for adults.</li> <li>- It is also safe for children with dosing based on age.</li> <li>- High sustained blood levels of selenium over years can lead to increased risk of developing diabetes.</li> <li>- Common side effects include GI upset, irritability, nail changes, neurotoxicity, weight loss and fatigue.</li> <li>- There have been rare cases of thrombocytopenia (low Platelets) and liver/Kidney dysfunction.</li> <li>- <u>Use with caution</u> if taking warfarin or other anticoagulants as it may increase risk for bleeding.</li> <li>- Discontinue use prior to dental or surgical procedure at least 14 days prior.</li> </ul> |

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|                     |                 | <p><b><u>Dose:</u></b><br/>Suggested dosing varies based on condition:<br/>Autoimmune thyroiditis: 200 mcg daily for up to 1 year in adults, pregnancy and post-partum women (reduces thyroid antibody burden)<br/>High cholesterol: High selenium yeast 100 mcg – 200 mcg daily for 6 months</p> <p><i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or potential harm. The doses are not well established. Please use at your own discretion.</i></p>  |
| 66. Soy             | .CAMSoy         | <p><b><u>Use: Soy</u></b><br/>Soy products are used for menopausal symptoms, bone health, improving memory, high blood pressure, and high cholesterol levels.</p> <p><b><u>Side effects:</u></b></p> <ul style="list-style-type: none"> <li>- Most common side effects of soy are digestive upsets, such as stomach pain and diarrhea.</li> <li>- Current evidence shows it is safe in women who have breast cancer or are at risk.</li> </ul> <p><b><u>Dose:</u></b><br/>25-50 grams a day.</p> <p><i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or potential harm. The doses are not well established. Please use at your own discretion.</i></p>     |
| 67. st. john's wort | .CAMStjohnswort | <p><b><u>Use: St John`s wort</u></b><br/>St. John`s wort is a flowering plant that may be effective for treatment of depression, menopausal symptoms, and wound healing. It has also been studied for other conditions including irritable bowel syndrome, hepatitis C, anxiety, ADHD, migraines, obsessive-compulsive disorder, seasonal affective disorder, smoking cessation and premenstrual syndrome but evidence is lacking to support its use for these. It is safe for use in adults for over 1 year.</p> <p><b><u>Side Effects:</u></b></p> <ul style="list-style-type: none"> <li>- It <u>should not be taken</u> during pregnancy.</li> <li>- Common side effects include insomnia, vivid dreams, anxiety, agitation, irritability, photosensitivity, restlessness, GI upset, diarrhea, skin rash, and low blood sugar.</li> </ul> |

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|                 |                 | <ul style="list-style-type: none"> <li>- It is also <u>known to interact significantly</u> with medications broken down by the liver, especially warfarin, antidepressants, alprazolam (Xanax), birth control pills, digoxin, docetaxel, fenfluramine, ketamine, irinotecan, omeprazole (Prilosec), phenobarbital, phenytoin, tramadol and tacrolimus.</li> <li>- It is very important to talk about St. John's wort with your doctor before starting it to ensure its safe use with other medications.</li> <li>- It is best to taper off St. John's Wort over time and avoid prolonged use if no longer indicated.</li> </ul> <p><b><u>Dose:</u></b><br/>Suggested dosing for depression is standardized 0.3% hypericin extract content, 300 mg – 600 mg three times daily for up to 6 weeks. For menopausal symptoms, use 900 mg in 2-3 divided doses daily.</p> <p><i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or potential harm. The doses are not well established. Please use at your own discretion.</i></p> |
| 68. teatree oil | .CAMteatree oil | <p><b><u>Use: Tea Tree Oil</u></b><br/>Tea tree oil comes from Australian tea tree leaves. Used topically, it may be helpful for acne, toenail fungus, and athlete's foot. In fact, some research shows it is as effective as, and less irritating than benzoyl peroxide to treat acne. There is currently not enough evidence to safely support its use for other conditions.</p> <p><b><u>Side Effects:</u></b></p> <ul style="list-style-type: none"> <li>- It is generally safe for topical use, but can cause be toxic if ingested orally.</li> <li>- Although a 5% preparation can be used safely in children and pregnant women, the oral toxicity should be kept in mind.</li> <li>- Topically, it can cause local irritation and inflammation, eczema, dryness or allergic contact dermatitis.</li> <li>- Do not use as ear drops as it can cause impaired hearing and toxicity to the ear.</li> </ul> <p><b><u>Dose:</u></b><br/>Suggested dosing varies based on condition:<br/>Acne: 5% gel for 20 minutes, twice daily<br/>Toenail fungus: 100% solution applied twice daily for 6 months (improves nail</p>  |

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|                      |                | <p>appearance and may even cure in some cases)<br/> Athlete’s foot: 10% cream twice daily for one month, or 25%-50% solution twice daily.</p> <p><i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or potential harm. The doses are not well established. Please use at your own discretion..</i></p>  |
| 69. Thunder God Vine | .CAMThundergod | <p><b><u>Use: Thunder God Vine</u></b><br/> This plant may help with autoimmune diseases, such as rheumatoid arthritis, multiple sclerosis, and lupus. It is also used topically for rheumatoid arthritis.</p> <p><b><u>Side effects</u></b></p> <ul style="list-style-type: none"> <li>- Decreased bone mineral content (with long-term use), infertility, menstrual cycle changes, rashes, diarrhea, headache, and hair loss.</li> <li>- Can be very poisonous if not prepared properly</li> <li>- Avoid in pregnancy and lactation</li> </ul> <p><b><u>Dose:</u></b><br/> 60 mg to 1mg/kg/day – up to 5 years.</p> <p><i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or potential harm. The doses are not well established. Please use at your own discretion.</i></p> |
| 70. Turmeric         | .CAMTurmeric   | <p><b><u>Use: Turmeric</u></b><br/> This spice can help with high cholesterol, itching, arthritis due to wear and tear, Stomach ulcers, Alzheimer’s, colon cancer prevention, Inflammatory bowel disease, depression, and skin wounds.</p> <p><b><u>Side effects:</u></b></p> <ul style="list-style-type: none"> <li>- Generally safe and well tolerated.</li> <li>- Common side effects include stomach upset, constipation, nausea, dizziness.</li> <li>- May cause drop in blood sugar in diabetics.</li> <li>- May worsen acid reflux (heartburn), worsen gallbladder symptoms.</li> <li>- May lower testosterone levels .</li> <li>- May worsen iron absorption.</li> <li>- May increase bleeding risk. Use with caution if taking blood thinners.</li> </ul>   |

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|                   |                   | <p><b><u>Dose:</u></b><br/>           Cholesterol – 1 gram twice a day<br/>           Itching – 1 gram 3 times a day (8 weeks)<br/>           Arthritis – 500 mg 4 times a day.<br/> <i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or potential harm. The doses are not well established. Please use at your own discretion.</i></p>  |
| 71. valerian root | .CAMvalerian root | <p><b><u>Use: Valerian Root</u></b><br/>           Valerian root comes from an herb native to Europe and Asia. It can be used as tea, concentrate, alcohol- or water-based extract, tablet or capsule. It may be helpful for insomnia. There is not enough evidence to support its use for other conditions.</p> <p><b><u>Side Effects:</u></b></p> <ul style="list-style-type: none"> <li>- Safe for short term use in large adult studies, and may even be safe for use in children for 4-6 weeks.</li> <li>- It is usually well tolerated with few side effects.</li> <li>- <u>Use with caution</u> when driving or operating heavy machinery.</li> </ul> <p><b><u>Dose:</u></b><br/>           Suggested dosing for insomnia is:<br/>           Tea, 1 tsp (2-3g of drier root) in 1 cup of boiling water steeped 5-10 minutes<br/>           Tincture (1:5), 1-1.5 tsp (4-6 mL)<br/>           Fluid extract (1:1): 0.5 – 1 tsp (1-2 mL)<br/>           Dry powdered extract (4:1): 250-600 mg</p> <p>The above methods can be used either 1-2 hours before bedtime, or up to 3 times during the day with last dose near bedtime. Use for no more than 4-6 weeks.</p> <p><i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or potential harm. The doses are not well established. Please use at your own discretion.</i></p> |
| 72. Yohimbe       | .CAMYohimbe       | <p><b><u>Use: Yohimbe</u></b><br/>           This plant bark extract may help with impotence, athletic performance, weight loss, chest pain, high blood pressure, diabetic neuropathy.</p> <p><b><u>Side effects:</u></b></p> <ul style="list-style-type: none"> <li>- Heart attack, seizures.</li> </ul>   |

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|               |               | <ul style="list-style-type: none"> <li>- Stomach pains, anxiety, fast heart rate.</li> <li>- Avoid in pregnancy or lactation</li> <li>- Do not use if taking MAO inhibitors or blood pressure medications</li> <li>- Toxic doses may trigger psychosis, hypotension, and heart failure</li> <li>- Avoid in prostate issues as Yohimbe may exacerbate symptoms</li> <li>- May cause acute kidney failure</li> </ul> <p><b><u>Dose:</u></b><br/>5-30 mg in divided dose – start with the lowest. More is not better.</p> <p><i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or potential harm. The doses are not well established. Please use at your own discretion.</i></p>   |
| 73. vitamin A | .CAMvitamin A | <p><b><u>Use: Vit A</u></b><br/>Vitamin A is a fat-soluble vitamin preformed as retinoids or provitamin carotenoids, that can be sourced from animal and plant foods, and is often fortified into cereals, grains and dairy; it can also be taken in supplement form. The recommended daily allowance for vitamin A is 3000 international units (IU). It may be effective for reducing risk of breast cancer, oral leukoplakia recurrence, and retinitis pigmentosa. It lacks evidence to support its use for other conditions.</p> <p><b><u>Side Effects:</u></b></p> <ul style="list-style-type: none"> <li>- At doses up to 10,000 IU per day it is considered safe in adults, but above this dose can cause fetal malformations if used in pregnant women.</li> <li>- Young children should avoid doses greater than 2000 IU, and higher doses can increase risk for pneumonia and diarrhea in children.</li> <li>- <u>Toxicity symptoms</u> may include headache, nausea, vomiting, fatigue, weakness, weight loss, dry skin, hair loss, and amenorrhea.</li> </ul> <p><b><u>Dose:</u></b><br/>Suggested dosing varies based on condition:<br/>Breast cancer risk reduction: 1000 – 6000 mg retinol, or 3000-10,000 IU vitamin A daily<br/>Oral leukoplakia: 300,000 IU retinyl acetate weekly for 1 year<br/>Retinitis pigmentosa: 15,000 IU vitamin A palmitate daily under medical supervision.</p> <p><i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or</i></p> |

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|               |               | <i>potential harm. The doses are not well established. Please use at your own discretion.</i>  |
| 74. vitamin D | .CAMvitamin D | <p><b><u>Use: Vit D</u></b><br/>           Vitamin D is a fat-soluble vitamin that is made in the skin when exposed to direct sunlight, but can also be ingested from dietary or supplement sources. It is mostly found in either D2 (ergocalciferol) or D3 (cholecalciferol) forms. It is effective in the treatment of vitamin D deficiency and related bone conditions including Fanconi syndrome, osteomalacia, renal osteodystrophy, and rickets. It is also recommended for reduction of osteoporosis and related fractures. Although it has been studied for numerous other conditions, evidence is lacking to support recommending its use for other conditions.</p> <p><b><u>Side Effects:</u></b></p> <ul style="list-style-type: none"> <li>- It is generally well tolerated with few side effects when taken at recommended doses.</li> <li>- <u>Toxicity symptoms</u> may include excessive thirst, dehydration, anorexia, weight loss, kidney stones, and constipation.</li> </ul> <p><b><u>Dose:</u></b><br/>           Suggested daily dosing to maintain appropriate vitamin D levels is 800-2000 IU per day of D3 (cholecalciferol). The higher end of this dosing is generally recommended for older adults to maintain bone health. Those with vitamin D deficiency or end stage renal disease may be recommended to take higher or prescription doses.</p> <p><i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or potential harm. The doses are not well established. Please use at your own discretion.</i></p> |
| 75. vitamin E | .CAMvitamin E | <p><b><u>Use: Vit E</u></b><br/>           Vitamin E is a fat-soluble vitamin that is effective for conditions due to vitamin E deficiency including ataxia, and may also be effective for Alzheimer’s dementia, anemia, beta-thalassemia, bladder cancer, menstrual pains and PMS, Huntington’s disease, granuloma annulare, non-alcoholic fatty liver disease, Parkinson’s disease, rheumatoid arthritis, sunburn and tardive dyskinesia. However, evidence is mixed regarding its effectiveness for these conditions. Foods that contain vitamin E include eggs, fortified cereals, fruit, green leafy vegetables (spinach), meat, nuts, nut oils, poultry, vegetable oils (corn, cottonseed, safflower, soybean, sunflower, argan, olive,</p>  |

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|             |             | <p>wheat germ) and whole grains. Cooking and storage may destroy some of the vitamin E in these foods.</p> <p><b>Side Effects:</b></p> <ul style="list-style-type: none"> <li>- <u>Use with caution</u> if taking warfarin or other anticoagulants as it may increase risk for bleeding.</li> <li>- Discontinue use prior to dental or surgical procedure at least 14 days prior.</li> </ul> <p><b>Dose:</b></p> <p>Suggested dosing varies widely, but no more than a maximum daily dose of 400 IU per day should be used.</p> <p><i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or potential harm. The doses are not well established. Please use at your own discretion.</i></p>   |
| 76. xylitol | .CAMxylitol | <p><b>Use: Xylitol</b></p> <p>Xylitol is a sugar substitute that can be effective in reducing dental caries (dental cavities), and might also be effective in preventing middle ear infections in adults and children.</p> <p><b>Side effects:</b></p> <ul style="list-style-type: none"> <li>- Higher doses than recommended can cause diarrhea.</li> <li>- It is toxic if ingested by dogs, and should not be stored safely away from household pets.</li> </ul> <p><b>Dose:</b></p> <p>Suggested dosing is 8.4-10 grams in 5 divided doses as chewing gum, lozenges, or syrup after meals for prevention of middle ear infections. For prevention of cavities, use 7-20 grams per day divided into 3-5 doses as candies or chewing gum after meals. It can also be brought in the form of a tooth paste.</p> <p><i>These are not a substitute for the medical advice provided by your health care team, but can be used as a complement to your treatment plan. They do not have FDA approval and lack robust evidence to back up their helpfulness or potential harm. The doses are not well established. Please use at your own discretion.</i></p> |

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