

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

Supplements with research-verified evidence in medical or other scenarios

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

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Supplements Reference Guide

H Kauffman



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

Smart Nutrition Felecia Busch, 2006

The Health Professional's Guide to Dietary Supplements Shawn M. Talbott, Kerry Hughes, 2007 This quick glance reference helps students and health professionals educate themselves and their patients clients about the scientific evidence for and against more than 120 popular dietary supplements Supplements are logically grouped into 12 chapters based on their primary desired effect such as weight loss joint support and sports performance enhancement The authors give each supplement a one to five star rating based on the level of scientific substantiation for each of its major claimed effects The book highlights crucial safety issues regarding each supplement and sets forth recommended dosages for particular effects A quick reference appendix lists all the supplements alphabetically with their star ratings

User's Guide to Antioxidant Supplements Jack Challem, Melissa Block, 2005 Covering a wide range of popular alternative medicine and health issues User's Guides are written by leading experts and science writers and are designed to answer the consumer's basic questions about disease conventional and alternative therapies and individual dietary supplements

User's Guide to Women's Health Supplements Laurel Vukovic, 2003 Women have their own distinctive biological and health issues which include menstruation pregnancy menopause and breast cancer This book explains how vitamins minerals and herbs can help women feel better and stay healthier

The Athlete's Guide

to Sports Supplements Kimberly Mueller, Josh Hingst, 2013 The Athlete's Guide to Sports Supplements is for athletes, coaches, and trainers seeking information on safe and legal performance-focused supplements. Listed alphabetically, each of the 120 supplements has a detailed description of what it is and how it works, facts on performance benefits, current research, recommended dosages, and health concerns. Quick Reference Guide for Using Essential Oils, 2005. *A Clinician's Evidence-Based Guide to Supplements* Grant Cooper, Joseph Herrera, Aaron Bolds, Scott Curtis, 2024-10-15 Nutritional supplements are ubiquitous. A physician may be asked 10-20 times a day about various supplements. That same physician ends up relying primarily on the internet for information about the supplements. Currently, there is no single easy-to-use reference for a physician to access to learn about the evidence behind different common supplements. This text fills that gap by allowing physicians to be able to educate themselves and their patients about important supplements in terms of what the data actually says about those supplements, how they work or don't work on different problems, and also how those supplements may interact with a patient's medications. The chapters are organized alphabetically by supplement to make it easy for a physician to reference which one they are specifically looking for. There are eight chapters total, as well as an introduction and conclusion. Each supplement is broken down into subsections such as what it is and how it works in the body, what it is used for, and at what dosage, evidence for or against its different uses, safety concerns, side effects, and precautions, and interactions with other medications. Written by experts in the field, *An Evidence-Based Guide to Supplements* appeals to practicing physicians of every specialty that interact with patients. Supplements are asked about in almost every medical office, but especially with primary care physicians, neurologists, psychiatrists, pediatricians, geriatric medicine professionals, pain medicine specialists, and rheumatologists. **The Complete Idiot's Guide to Vitamins and Minerals** Alan H. Pressman, Sheila Buff, 2007 Updated to incorporate the latest nutritional and scientific research, a helpful manual offers techniques for assessing one's supplement requirements, explores the functions, benefits, and risks of each essential vitamin, mineral, and other supplements, and dispels myths about false cures and remedies. Original. **User's Guide to Brain-Boosting Nutrients** James Gormley, Shari Lieberman, 2004 In the *User's Guide to Brain-Boosting Nutrients*, leading nutritionist and author of the *Real Vitamin and Mineral Book*, Shari Lieberman teams up with top nutrition writer and former editor of *Better Nutrition* magazine, James Gormley, to describe the best brain-boosting dietary supplements, including vitamin E, ginkgo, amino acids, huperzine A, and acetyl L carnitine, and how to use them safely and effectively to achieve optimum brain power. User's Guide to Natural & Safe Pain Relief Kenneth Frank, 2006 Since the widely publicized dangers of COX-2 inhibitor drugs such as Vioxx and other pain-relieving medications, people have been seeking safer means to reduce the pain associated with arthritis and other diseases. In this *User's Guide*, Dr. Kenneth Frank advises readers on the many beneficial pain-relieving supplements, including fish oils, B vitamins, glucosamine, MSM, and more traditional homeopathic remedies. Dr. Frank also explains how improving some of your eating habits can actually reduce both inflammation and pain. Book jacket

The Complementary and Alternative Medicine Information Source Book Alan Rees, 2001-03-30 From acupuncture to yoga the increasing popularity of unconventional medical therapies has risen sharply during the past decade Consumers are turning to complementary and alternative medicine CAM for a variety of reasons and are spending billions annually for treatments Recognizing the growing need to locate authoritative CAM information award winning author Alan M Rees has compiled a first stop resource for those seeking information to guide their decisions Noted health information expert Alan Rees organizes the best of complementary and alternative medicine CAM information resources in this new guide for librarians and patients The book is divided into twelve sections beginning with an overview of CAM terminology safety concerns ongoing research and education and the movement towards integrative medicine Best of lists of books magazines newsletters CD ROMs and professional publications are augmented with contact information for several hundred CAM associations and professional groups an extensive section on the Internet as a source of CAM related information and reviews of 355 popular books on CAM Librarians will use the Source Book as a collection development tool Consumers and students will find it an easy to use guide for locating hard to find resources about the latest in alternative medical therapies and treatments This unique volume brings together in one volume print and electronic resources pertaining to an in demand topic provides recommendations of authoritative sources of current information on a wide variety of unconventional medical therapies will fill the information gap in the rapidly growing field of CAM

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Smart Nutrition Felicia Busch, 2002

The Engineering Guide to LEED-New Construction: Sustainable Construction for Engineers (GreenSource) Liv Haselbach, 2010-08-09 An Up to Date Guide to the Latest LEED New Construction Guidelines Fully revised for version 3.0 of the LEED New Construction rating system LEED 2009 this GreenSource book helps you acquire the skills needed to apply LEED NC to sustainable construction projects The Engineering Guide to LEED New Construction second edition offers comprehensive coverage of the environmental systems and impacts on which many of the LEED NC subcategories are based Detailed equations and exercises in the book can be used to perform the calculations outlined in LEED NC Valuable information on real world applications of LEED NC in military low impact development LID and other sectors is included in this practical resource THE ENGINEERING GUIDE TO LEED NEW CONSTRUCTION COVERS Introduction to the U.S. Green Building Council's LEED NC rating system Sustainable sites Water efficiency Energy and atmosphere Materials and resources Indoor environmental quality Innovation in design and regional priorities A systematic view of green and minimum program requirements Department of Defense sustainable construction and indoor air quality IAQ Low impact development

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