The purpose of this guide is to help patients and families find sources of information and support. This list is not meant to be comprehensive, but rather to provide starting points for information seeking. The resources may be obtained at the Mardigian Wellness Resource Center, room 2101 in the Cardiovascular Center. Visit our website at http://www.umcvc.org/mardigian-wellness-resource-center and online Information guides at http://infoguides.med.umich.edu/home

Brochures, Fact sheets

- National Center for Complementary and Alternative Medicine
  - Using Dietary Supplements Wisely

Books


Web Resources

- About Herbs, Botanicals & Other Products
  Provided by Memorial Sloan Kettering Cancer Center this site provides evidence-based information about herbs, botanicals, supplements and more.
- National Center for Complementary and Integrative Health: Dietary and Herbal Supplements
  This site provides general information on dietary supplements and herbs as well as facts sheets on specific supplements.

- National Center for Complementary and Integrative Health: Understanding Drug-Supplement Interactions
  This site provides information on harmful drug and supplement interactions and stresses the importance of telling your health care provider all that you are taking.

- National Center for Complementary and Integrative Health: Herbs at a Glance
  This site provides brief fact sheets with basic information on specific herbs or botanicals.

- Dietary Supplements and Herbal Information from the Food and Nutrition Information Center (FNIC) at the National Agricultural Library
  This site provides links to credible and accurate information and resources on dietary and nutritional supplements.

- National Institutes of Health Dietary Supplement Label Database
  The Dietary Supplement Label Database (DSLD) is a joint project of the National Institutes of Health (NIH) Office of Dietary Supplements (ODS) and National Library of Medicine (NLM). The DSLD contains the full label contents from a sample of dietary supplement products marketed in the U.S.
• National Institutes of Health Office of Dietary Supplements
  https://ods.od.nih.gov/
  This site provides fact sheets on various vitamins, minerals and other dietary supplements.

• U.S. Food and Drug Administration: Dietary Supplements
  http://www.fda.gov/Food/DietarySupplements/
  This site provides warning and safety information on dietary supplements.