



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**
Access at:
https://nccih.nih.gov/sites/nccam.nih.gov/files/Using_Dietary_Supplements_Wisely_10-06-2015.pdf

Books

- Dasgupta, Amitava. **Prescription or Poison?: The Benefits and Dangers of Herbal Remedies.** Alameda, CA: Hunter House Inc, 2010.
- Shane-McWhorter, Laura. **American Diabetes Association Guide to Herbs and Nutritional Supplements: What You Need to Know from Aloe to Zinc.** Alexandria, VA: American Diabetes Association, 2009.

Web Resources

- **About Herbs, Botanicals & Other Products**
<http://www.mskcc.org/mskcc/html/11570.cfm>
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**
<http://nccam.nih.gov/health/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**
<https://nccih.nih.gov/health/know-science/how-medications-supplements-interact>
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**
<https://nccih.nih.gov/health/herbsataglance.htm>
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**
<http://fnic.nal.usda.gov/dietary-supplements>
This site provides links to credible and accurate information and resources on dietary and nutritional supplements.
- **National Institutes of Health Dietary Supplement Label Database**
<https://dsld.nlm.nih.gov/dsld/>
The Dietary Supplement Label Database (DSLDD) is a joint project of the National Institutes of Health (NIH) Office of Dietary Supplements (ODS) and National Library of Medicine (NLM). The DSLDD 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.

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