



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 Integrative Health (NCCIH)
Using Dietary Supplements Wisely
<https://www.nccih.nih.gov/health/using-dietary-supplements-wisely>
- National Institutes of Health: Office of Dietary Supplements (ODS)
Dietary Supplement Fact Sheets
<https://ods.od.nih.gov/factsheets/list-all/>
This collection of fact sheets and other resources from the NIH Office of Dietary Supplements and other federal government sources presents information about dietary supplements and their ingredients
- National Institutes of Health Office of Dietary Supplements (ODS)
Dietary Supplements: What You Need to Know
https://ods.od.nih.gov/pubs/DS_WhatYouNeedToKnow.pdf
- U.S. Food & Drug Administration (FDA)
 - **Food Facts: Dietary Supplements**
<https://www.fda.gov/media/79995/download>
 - **5 Things to Consider Before Taking a Dietary Supplement**
<https://www.fda.gov/media/106435/download>



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

- National Center for Complementary and Integrative Health (NCCIH):
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 (NCCIH):
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 (NCCIH):
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**
<https://www.nal.usda.gov/fnic/general-information-and-resources-dietary-supplements>
This site provides links to credible and accurate information and resources on dietary and nutritional supplements.
- **National Institutes of Health Office of Dietary Supplements (ODS)**
<https://ods.od.nih.gov/>
This site provides fact sheets on various vitamins, minerals and other dietary supplements.
- **National Institutes of Health: Office of Dietary Supplements (ODS) & the USDA**
Dietary Supplement Ingredient Database
<https://dietarysupplementdatabase.usda.nih.gov/>
The Dietary Supplement Ingredient Database (DSID) provides estimated levels of ingredients in dietary supplement products sold in the United States.
- **U.S. Food and Drug Administration (FDA): Dietary Supplements**
<http://www.fda.gov/Food/DietarySupplements/>
This site provides warning and safety information on dietary supplements.

This document contains information and/or instructional materials developed by the University of Michigan Health System (UMHS) for the typical patient with your condition. It may include links to online content that was not created by UMHS and for which UMHS does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

©2021 The Regents of the University of Michigan
Document #706/ Compiled
by Amy Hyde, MLIS, Wellness Resource Center Librarian