



The purpose of this guide is to help you find information and support on herbs and nutritional supplements. This guide provides links and references to reliable and current information sources for patients, families, and caregivers.

Many of these materials are available to purchase through online resources, or to borrow at your public library.

Brochures and Fact Sheets

- National Center for Complementary and Alternative Medicine.

Using Dietary Supplements Wisely

Available at:

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

Books

- DerMarderosian, Ara. **Guide to Popular Natural Products**. 3rd Ed. St. Louis, MO: Facts and Comparisons, 2003.
- Fetrow, Charles W. **Complete Guide to Herbal Medicines**. Springhouse, PA: Springhouse Corporation, 2000.
- Johnson, Rebecca. **National Geographic Guide to Medicinal Herbs: The World's Most Effective Healing Plants**. Washington, D.C.: National Geographic, 2012.
- Skidmore-Roth, Linda. **Mosby's Handbook of Herbs & Natural Supplements**. 4th Ed. St. Louis, MO: Mosby, 2009.

Book Chapters

- **“Dietary Supplements: Vitamins, Minerals and Herbs”** Chapter 5 in: Grant, Barbara et al. **American Cancer Society Complete Guide to Nutrition for Cancer Survivors: Eating Well During and After Cancer.** Atlanta, GA: American Cancer Society, 2010.
- **“Herb, Vitamin, and Mineral Therapies”**: Chapter 7 in: American Cancer Society. **American Cancer Society Complete Guide to Complementary & Alternative Cancer Therapies.** 2nd Ed. Atlanta, GA: American Cancer Society, 2009.
- **“Herbs, Vitamins, and Supplements”**: Chapter 3 in: Lee, C. and Decker, G. **Cancer and Complementary Medicine: Your Guide to Smart Choices in Symptom Management.** Pittsburgh, PA: Oncology Nursing Society, 2012.

Web Resources

- **About Herbs, Botanicals & Other Products**
<http://mskcc.org/mskcc/html/11570.cfm>
Provided by Sloan Kettering, this site provides evidence-based information about herbs, botanicals, supplements, and more.
- **Dietary Supplements**
<https://www.fda.gov/Food/DietarySupplements/UsingDietarySupplements/ucm109760.htm>
The dietary supplements section of the US Food & Drug Administration Office for Food Safety and Applied Nutrition provides warning and safety information on dietary supplements.
- **Dietary and Herbal Supplements at the NCCAM site**
<http://nccam.nih.gov/health/supplements>

A section in the National Center for Complementary and Alternative Medicine (NCCAM) of the National Institutes of Health provides general information on dietary supplements and herbs as well as fact sheets on specific supplements.

- **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**

<http://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 the National Library of Medicine (NLM). The DSLDD contains the full label contents from a sample of dietary supplement products marketed in the US.

- **Herbs and Supplements**

http://nlm.nih.gov/medlineplus/druginfo/herb_All.html

This site, a service of the US National Library of Medicine and the National Institutes of Health, lets one browse dietary supplements and herbal remedies to learn about their effectiveness, usual dosage, and drug interactions.

University of Michigan Resources

- **Cancer Nutrition Services at the University of Michigan Rogel Cancer Center**

<https://www.rogelcancercenter.org/support/symptoms-and-side-effects/cancer-nutrition-services>

The registered dietitians at the U-M Cancer Center are specially trained in the field of oncology nutrition. They focus on assessing the individual dietary and nutrition needs of each patient.

Disclaimer: This document contains information and/or instructional materials developed by Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine 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.

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