Herbs and Nutritional Supplements

The purpose of this guide is to help patients and families find sources of information and support. This list is meant to provide links to authoritative, up-to-date information sources for patients, families, and caregivers.

The materials in this guide can be found at the Patient Education Resource Center (PERC) in the University of Michigan Comprehensive Cancer Center B2 lobby. Visit us online at: http://www.mcancer.org/support/learning-about-cancer/education-resource-center

Brochures, Fact Sheets

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

Books


Book Chapters


Web Resources

- About Herbs, Botanicals & Other Products
  Provided by Sloan Kettering this site provides evidence-based information about herbs, botanicals, supplements and more.

- Dietary Supplements
  [http://www.fda.gov/Food/DietarySupplements/](http://www.fda.gov/Food/DietarySupplements/)
  The dietary supplements section of the U.S. 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
  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 facts sheets on specific supplements.

- 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.

• MedlinePlus: Herbs and Supplements
  http://www.nlm.nih.gov/medlineplus/druginfo/herb_All.html
  This site, a service of the U.S. 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 Comprehensive Cancer Center
  http://www.cancer.med.umich.edu/support/nutrition.shtml
  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.