This document has been written for clinicians. The content was developed by the Integrative Medicine Program, Department of Family Medicine, University of Wisconsin-Madison School of Medicine and Public Health in cooperation with Pacific Institute for Research and Evaluation, under contract to the Office of Patient Centered Care and Cultural Transformation, Veterans Health Administration.

Information is organized according to the diagram above, the Components of Proactive Health and Well-Being. While conventional treatments may be covered to some degree, the focus is on other areas of Whole Health that are less likely to be covered elsewhere and may be less familiar to most readers. There is no intention to dismiss what conventional care has to offer. Rather, you are encouraged to learn more about other approaches and how they may be used to complement conventional care. The ultimate decision to use a given approach should be based on many factors, including patient preferences, clinician comfort level, efficacy data, safety, and accessibility. No one approach is right for everyone; personalizing care is of fundamental importance.
WHOLE HEALTH: CHANGE THE CONVERSATION
Dietary Supplement Information Resources
Clinical Tool

There are a multitude of resources available to guide the clinical use of dietary supplements. These resources provide information about efficacy and results from clinical trials, safety and supplement-pharmaceutical interactions, and dosing. The Dietary Supplements educational overview and related clinical tools—Top Supplements Every Clinician Should Know, How to Read a Dietary Supplement Label, and Choosing an Effective and Safe Dietary Supplement—provide in-depth, up-to-date information about many aspects of dietary supplement use and prescribing. This clinical tool lists some of the more commonly used resources to serve as a reference for clinicians and interested consumers and patients.

Many clinicians rely on Internet resources for their convenience and timeliness. The resources in the chart below provide a range of information, from in-depth monographs on a particular dietary supplement to evidence related to efficacy. As per the symbols described below, a clinician can focus on the resources that provide the most meaningful information to his or her clinical practice.

Key to the Symbols Used in the Internet Supplement Database List
(See Table 1)

- Evidence for/against dietary supplement use (Ev)
  - Clinical trials discussed
  - References provided
- Dietary supplement dosing (Ds)
- Learning about dietary supplement safety (Sf)
  - Adverse effects
  - Interactions with medications
- In-depth monographs about a particular dietary supplement (Mgrph)
- Printing out patient education sheets (PEd)
Table 1. Key Supplement Databases

<table>
<thead>
<tr>
<th>Resource</th>
<th>Link</th>
<th>Content Provided</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Free services</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Longwood Herbal Task Force</td>
<td><a href="http://www.longwoodherbal.org">http://www.longwoodherbal.org</a></td>
<td>Ev, Ds, Sf, Mgrph, PEd</td>
</tr>
<tr>
<td>University of Wisconsin Department of Family Medicine</td>
<td><a href="http://www.fammed.wisc.edu/integrative/supplement-samplers">http://www.fammed.wisc.edu/integrative/supplement-samplers</a></td>
<td>Ev, Ds, Sf, Mgrph</td>
</tr>
<tr>
<td><strong>Subscription services</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>HerbMed and HerbMed Pro</td>
<td><a href="http://www.herbmed.org">http://www.herbmed.org</a></td>
<td>Ev, Ds, Sf, Mgrph</td>
</tr>
<tr>
<td>Natural Medicines Comprehensive Database</td>
<td><a href="http://www.naturaldatabase.com">http://www.naturaldatabase.com</a></td>
<td>Ev, Ds, Sf, Mgrph, PEd</td>
</tr>
<tr>
<td>Natural Standard Research Collaboration</td>
<td><a href="https://naturalmedicines.therapeuticresearch.com">https://naturalmedicines.therapeuticresearch.com</a></td>
<td>Ev, Ds, Sf, Mgrph, PEd</td>
</tr>
<tr>
<td><strong>Government resources</strong></td>
<td></td>
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</tr>
<tr>
<td>National Center for Complementary and Alternative Medicine</td>
<td><a href="http://nccam.nih.gov/health/atoz.htm">http://nccam.nih.gov/health/atoz.htm</a></td>
<td>Ev, Ds, Sf, Mgrph, PEd</td>
</tr>
</tbody>
</table>

**Books**

Many books exist that describe the clinical use of dietary supplements, including herbal medicines. Each book has a particular focus, from a strict adherence to scientific evidence, to a broader type of information that may include traditional use, anecdotal reports, chemistry, and mechanism of action. Users or prescribers of dietary supplements should familiarize themselves with the books below and choose those that provide the type of dietary supplement detail most useful to their own clinical practice or personal use.

WHOLE HEALTH: CHANGE THE CONVERSATION

Clinical Tool: Dietary Supplement Information Resources


Journals

Numerous scientific journals provide information about the clinical use of dietary supplements. Mainstream medical journals have published such studies, so a basic search on PubMed is an important step in locating dietary supplement research.

These journals have a focus on integrative health and will often address this topic:

- *Alternative Therapies in Health and Medicine*
- *Explore*
- *Global Advances in Health and Medicine*
- *Journal of Complementary and Alternative Medicine*

Some of the more well-known journals that focus on herbal medicine and provide in-depth monographs on specific plants include:

- *Economic Botany*
- *HerbalGram*
- *Journal of Ethnopharmacology*
- *Journal of Herbal Pharmacotherapy*

Dietary Supplement Interactions Resources

Many sources now detail the known dietary supplement interactions. The online subscription databases (included in Table 1) each have a section on this topic, and this regularly updated feature, or a similar source, should be a part of every clinician’s dietary supplement prescribing practice. In addition, some books and articles have focused on the details of dietary supplement interactions. Three examples are below:

Whole Health: Change the Conversation Website

Interested in learning more about Whole Health? Browse our website for information on personal and professional care.

http://projects.hsl.wisc.edu/SERVICE/index.php

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