

## Resources for Learning About Botanical Supplements

Items in bold are excellent quick references

### Office of Dietary Supplements (ODS)

- Dietary Supplements: What You Need To Know:  
[http://ods.od.nih.gov/HealthInformation/DS\\_WhatYouNeedToKnow.aspx](http://ods.od.nih.gov/HealthInformation/DS_WhatYouNeedToKnow.aspx)
- **Dietary Supplement Fact Sheets:** <http://ods.od.nih.gov/factsheets/list-all/>

### National Center for Complementary and Alternative Medicine (NCCAM)

- **Dietary and Herbal Supplements Information Portal:**  
<http://nccam.nih.gov/health/supplements>
- **Herbs at a Glance** – online resource also available as a downloadable e-book:  
<http://nccam.nih.gov/health/herbsataglance.htm>
- NCCAM's Fact Sheet, Using Dietary Supplements Wisely:  
<http://nccam.nih.gov/health/supplements/wiseuse.htm>
- NCCAM's "Time to Talk" campaign, with packets of tools for talking with your health care provider about your dietary supplements, including a wallet card to keep track of medications, including supplements: <http://nccam.nih.gov/timetotalk>

### MedlinePlus – National Library of Medicine, National Institutes of Health

- **Herbs and Supplements Index:**  
[http://www.nlm.nih.gov/medlineplus/druginfo/herb\\_All.html](http://www.nlm.nih.gov/medlineplus/druginfo/herb_All.html)

### Food and Drug Administration

- Using Dietary Supplements:  
<http://www.fda.gov/Food/DietarySupplements/UsingDietarySupplements/default.htm>
- Dietary Supplements: What You Need to Know:  
<http://www.fda.gov/Food/DietarySupplements/UsingDietarySupplements/ucm109760.htm>
- Tips for Dietary Supplement Users: Making Informed Decisions and Evaluating Information:  
<http://www.fda.gov/Food/DietarySupplements/UsingDietarySupplements/ucm110567.htm>
- Tips for Older Dietary Supplement Users:  
<http://www.fda.gov/Food/DietarySupplements/UsingDietarySupplements/ucm110493.htm>
- Dietary Supplement Alerts and Safety Information:  
<http://www.fda.gov/ForConsumers/ConsumerUpdates/UCM2006894.htm>
- Dietary Supplements:  
<http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm153239.htm>
- Adverse Event Reporting:  
<http://www.fda.gov/Food/DietarySupplements/ReportAdverseEvent/default.htm>

### Other

- FTC Consumer Information on Dietary Supplements:  
<http://www.consumer.ftc.gov/articles/0261-dietary-supplements>
- HerbMed - an interactive, electronic herbal database - provides hyperlinked access to the scientific data underlying the use of herbs for health. <http://www.herbmed.org/>
- **Nutrition.gov – Dietary Supplements:**  
<http://www.nutrition.gov/dietary-supplements/herbal-supplements>