

## Reading Materials and Resources

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NCCAM interim applicant guidance: product quality: biologically active agents used in complementary and alternative medicine (CAM) and placebo materials. National Center on Complementary and Alternative Medicine, National Institutes of Health. Notice number: NOT-AT-05-004. April 29, 2005. Available at: <http://grants.nih.gov/grants/guide/notice-files/NOT-AT-05-004.html>.

Gagnier JJ, et al. Reporting randomized, controlled trials of herbal interventions: an elaborated CONSORT statement. *Ann Intern Med.* 2006;144(5):364-367.

Piersen CE, et al. Chemical and biological characterization and clinical evaluation of botanical dietary supplements: a phase I red clover extract as a model. *Curr Med Chem.* 2004;11(11):1361-1364.

Swanson CA. Suggested guidelines for articles about botanical dietary supplements. *Am J Clin Nutr.* 2002;75(1):8-10.

### **Case Study #1**

Cheong JM, et al. Soy isoflavones do not affect bone resorption in postmenopausal women: a dose-response study using a novel approach with <sup>41</sup>Ca. *J Clin Endocrinol Metab.* 2007;92(2):577-582.

### **Case Study #2**

Chow T, et al. Ginkgo biloba and acetazolamide prophylaxis for acute mountain sickness: a randomized, placebo-controlled trial. *Arch Intern Med.* 2005;165(3):296-301.

Betz J, Costello R. Letter to editor: Studies on natural products. *Arch Intern Med.* 2006;166(3):370-1.

### **Case Study #3**

Small EJ, et al. Prospective trial of the herbal supplement PC-SPES in patients with progressive prostate cancer. *J Clin Oncol.* 2000;18(21):3595-3603.

White J. Editorial: PC-SPES—A lesson for future dietary supplement research. *JNCI* 2002;94(17):1261-1262.