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## **Dietary Supplements: General Resources for Consumers**

### **December 2006**

This publication is a listing of resources providing an overview of herbal and dietary supplements, including their appropriate use, their regulation, the level of research behind certain claims, and cautionary information. These resources include bibliographies, bibliographic databases, books, book chapters, booklets, newsletters, web resources and agencies and organizations. For professional-level and technical resources, see

Dietary Supplements: Additional Resources for Professionals

<http://www.nal.usda.gov/fnic/pubs/bibs/gen/dietarysupplementsprofessionals.pdf>

This list refers to evidence-based information about dietary supplements, and is not intended to provide specific medical advice. The Food and Nutrition Information Center (FNIC) urges you to consult with a qualified physician, pharmacist and/or registered dietitian concerning the use of any dietary supplements. The use of trade, firm, or corporation names in this publication is for the information and convenience of the reader. Such use does not constitute an official endorsement or approval by the Federal government.

The resources listed contain accurate nutrition information and are available nationwide. Opinions expressed in the publications do not necessarily reflect the views of the U.S. Department of Agriculture. Your local library or bookstore can help you locate these resources. Materials cannot be purchased from the National Agricultural Library. Please contact the publisher/producer if you wish to purchase any materials on this list.

This Resource List is available from the Food and Nutrition Information Center's (FNIC) Web site at:

<http://www.nal.usda.gov/fnic/pubs/bibs/gen/dietarysupplementsconsumers.pdf>.

A complete list of FNIC publications can be found at

<http://fnic.nal.usda.gov/resourcelists>.

Each item has been placed in one or more of the following categories:

- I. Bibliographies/Bibliographic Databases
- II. Books, Book Chapters and Booklets
- III. Newsletters
- IV. Web Resources
- V. Agencies and Organizations

## I. Bibliographies/Bibliographic Databases (in alphabetical order)

### HerbMed®

Alternative Medicine Foundation, Inc.

**Web site:** <http://www.herbmed.org>

**Description:** This online interactive herbal database provides links to categorized summaries of research studies and other resources on specific herbs. The database currently contains free information on the use of 40 herbs.

### International Bibliographic Information on Dietary Supplements (IBIDS) Database

National Institutes of Health, Office of Dietary Supplements and the National Agricultural Library, Food and Nutrition Information Center

**Web site:** [http://ods.od.nih.gov/Health\\_Information/IBIDS.aspx](http://ods.od.nih.gov/Health_Information/IBIDS.aspx)

**Description:** IBIDS is a database containing title, author, and citation information on the topics of herbs, botanicals, vitamins, minerals, and other dietary supplements. Most records include abstracts. Consumers may be interested in using the database of non technical material called the Consumer Database. Other features of note are keyword/synonym searching and the Health Outcomes which provide records on supplements paired with specific health or disease states.

### National Center for Complementary and Alternative Medicine (CAM) on PubMed

National Institutes of Health

**Web site:** <http://nccam.nih.gov/camonpubmed/>

**Description:** CAM is a subset of PubMed which offers free access to over 11 million citations and abstracts on complementary and alternative medicine from the National Library of Medicine's MEDLINE database and other life science journals.

## II. Books, Book Chapters and Booklets (in alphabetical order)

### Buyer's Guide to Herbs and Supplements

Harvard Health Publications, Harvard Medical School and National Standard

**Web site:**

[http://www.health.harvard.edu/special\\_health\\_reports/Buyers\\_Guide\\_to\\_Herbs\\_and\\_Supplements.htm](http://www.health.harvard.edu/special_health_reports/Buyers_Guide_to_Herbs_and_Supplements.htm)

**Description:** Order this 48 page publication online. Scientific-based information on dietary supplements including health claims, research, and safety and effectiveness of top-selling supplements.

### Consumer's Guide to Dietary Supplements and Alternative Medicines

W. Marvin Davis

Binghamton, NY: Pharmaceutical Products Press, 2006. 532 pp.

**ISBN:** 0789030411

**Description:** Provides a background of dietary supplements and summarizes the good vs. bad claims based on scientific references.



### **Dietary Supplements: A Consumer Guide**

National Consumers League, Consumer Healthcare Products Association

**Web site:** <http://www.nclnet.org/dietsuppsbrochure.pdf>

**Description:** This brochure on dietary supplements provides consumer-friendly facts on regulations, dietary supplement labels, and terminology.

### **III. Newsletters (in alphabetical order)**

#### **Consumer Health Digest**

The National Council Against Health Fraud

**Web site:** <http://www.ncahf.org/digest/chd.html>

**Description:** Free weekly email newsletter which summarizes legislative updates, scientific reports, web site evaluations and other topics relating to consumer health choices.

#### **Dietary Supplements/Food Labeling Electronic Newsletter (FDA DSFL)**

Food and Drug Administration (FDA), Office of Nutritional Products, Labeling, and Dietary Supplements (ONPLDS) in the Center for Food Safety and Applied Nutrition (CFSAN)

**Web site:** <http://www.cfsan.fda.gov/~dms/fda-dsfl.html>

**Description:** Free electronic newsletter with access to key information and updates on dietary supplements, food labeling, and nutrition-related issues. Past issues may be viewed online.

**Ordering information:** <http://www.cfsan.fda.gov/~dms/infonet.html>

#### **HerbalGram**

American Botanical Council

**Web site:** <http://www.herbalgram.org/herbalgram/default.asp>

**Description:** This quarterly, peer-reviewed publication primarily focuses on medicinal herbs and has a scientific and educational emphasis.

Subscription Address:

6200 Manor Rd

Austin, TX 78723

Phone: (512) 926-4900

Email: [abc@herbalgram.org](mailto:abc@herbalgram.org)

### **IV. Web Resources (in alphabetical order)**

#### **About Herbs, Botanicals & Other Products**

Memorial Sloan-Kettering Cancer Center

**Web site:** <http://www.mskcc.org/mskcc/html/11570.cfm>

**Description:** Evidence-based information about herbs, botanicals, vitamins and other supplements.



## **Arthritis Today's 2005 Vitamin Guide**

Arthritis Foundation

### **Web site:**

[http://www.arthritis.org/resources/arthritisoday/2005\\_archives/2005\\_09\\_10/Vitamin\\_Mineral\\_Guide/default.asp](http://www.arthritis.org/resources/arthritisoday/2005_archives/2005_09_10/Vitamin_Mineral_Guide/default.asp)

**Description:** Contains a brief summary of vitamins and minerals and supplement use.

## **ClinicalTrials.gov**

National Library of Medicine, National Institutes of Health

**Web site:** <http://www.clinicaltrials.gov/>

**Description:** Provides information on ongoing clinical trials open to public participation. Includes many trials involving dietary supplements.

## **Complementary and Alternative Medicine in Cancer Treatment: Questions and Answers**

National Cancer Institute, National Center for Complementary and Alternative Medicine

**Web site:** <http://www.cancer.gov/cancertopics/treatment/cam>

**Description:** This web page provides a listing of patient-oriented fact sheets on specific herbs and supplements.

## **Dietary Supplements**

U.S. Food and Drug Administration, Center for Food Safety and Applied Nutrition

**Web site:** <http://vm.cfsan.fda.gov/~dms/supplmnt.html>

**Description:** This web site includes warnings and safety information, adverse event reporting, announcements and meetings, general information, industry information, and frequently requested information about dietary supplements.

## **Dietary Supplements: Facts vs. Fad**

Nemours Foundation. TeensHealth.

**Web site:** [http://kidshealth.org/teen/food\\_fitness/dieting/diet\\_supplements.html](http://kidshealth.org/teen/food_fitness/dieting/diet_supplements.html)

**Description:** Information for teens on how to evaluate claims made in dietary supplement advertisements.

## **Functional Foods Fact Sheet: Antioxidants**

## **Functional Foods Fact Sheet: Omega-3 Fatty Acids**

## **Functional Foods Fact Sheet: Soy**

International Food Information Council (IFIC)

**Web site:** <http://ifc.org/publications/factsheets/antioxidantfs.cfm>

<http://ifc.org/publications/factsheets/omega3fs.cfm>

<http://ifc.org/publications/factsheets/soyfs.cfm>

**Description:** A review of antioxidants, omega-3 fatty acids, and soy, including health effects and recent research findings.



### **Herbs at a Glance**

National Center for Complementary and Alternative Medicine

**Web site:** <http://nccam.nih.gov/health/herbsataglance.htm>

**Description:** Fact sheets that provide a brief overview of selected herbs and botanicals.

### **Herbal Products and Supplements: What You Should Know**

American Academy of Family Physicians

**Web site:** <http://familydoctor.org/860.xml>

**Description:** Questions and answers about herbal products including safety and possible side effects.

### **MayoClinic.com**

**Web site:** <http://www.mayoclinic.com/>

**Description:** Enter the term “Dietary Supplements” into the search box to locate a variety of articles pertaining to dietary supplements.

### **MedlinePlus: Drugs, Supplements & Herbal Information**

U.S. National Library of Medicine, National Institutes of Health

**Web site:** <http://www.nlm.nih.gov/medlineplus/druginformation.html>

**Description:** Users can browse for information on herbs and supplements for links to authoritative health information.

### **NIH Dietary Supplement Fact Sheets**

Office of Dietary Supplements, National Institutes of Health

**Web site:**

[http://ods.od.nih.gov/Health Information/Information About Individual Dietary Supplements.aspx](http://ods.od.nih.gov/Health%20Information/Information%20About%20Individual%20Dietary%20Supplements.aspx)

**Description:** Fact sheets on vitamins, minerals, herbal, botanical and other dietary supplements.

### **Nutritional Supplements**

The National Center for DrugFree Sport, Inc.

**Web site:** <http://www.drugfreesport.com/choices/supplements/index.html>

**Description:** Provides information on the banned status of substances including dietary supplements.

### **Vitamins**

Harvard School of Public Health

**Web site:** <http://www.hsph.harvard.edu/nutritionsource/vitamins.html>

**Description:** Summary of vitamins and their role in health and disease.



## **Vitamin and Mineral Supplements**

American Heart Association (AHA)

**Web site:** <http://www.americanheart.org/presenter.jhtml?identifier=4788>

**Description:** Scientific position paper on vitamin and mineral supplement use. Links to other AHA scientific papers on antioxidant vitamins and fish and omega-3 fatty acids.

## **What Dietary Supplements Are You Taking?**

National Institutes of Health, Office of Dietary Supplements

**Web site:** <http://ods.od.nih.gov/pubs/partnersbrochure.asp>

**Description:** Overview of dietary supplements including a nutrition assessment and diary for consumers and health care providers.

## **What's in the Bottle? An Introduction to Dietary Supplements**

National Institutes of Health, National Center for Complementary and Alternative Medicine

**Web site:** <http://nccam.nih.gov/health/bottle/>

**Description:** Fact sheet that answers questions about supplements, their use, and health claims.

## **V. Agencies and Organizations (in alphabetical order)**

### **American Botanical Council**

6200 Manor Road

Austin, TX 78723

(512) 926-4900

(512) 926-2345 (Fax)

**Web site:** <http://www.herbalgram.org>

**Description:** The American Botanical Council is a non-profit research and educational organization focusing on educating about beneficial herbs and plants and to promote the safe and effective use of medicinal plants.

### **American Council on Science and Health**

1995 Broadway

Second Floor

New York, NY 10023-5860

(212) 362-7044

(212) 362-4919 (Fax)

**Web site:** <http://www.acsh.org/>

**Description:** The American Council on Science and Health is a consumer education consortium concerned with issues related to food, nutrition, chemicals, pharmaceuticals, lifestyle, the environment and health.





**Consumer Lab.com**

ConsumerLab.com, LLC  
333 Mamaroneck Avenue  
White Plains, NY 10605  
(914) 722-9149

For Licensing, Advertising, or Technical Reports: (609) 936-0770

**Web site:** <http://www.consumerlab.com/>

**Description:** Provides consumers and healthcare professionals with results of independent tests of the quality of health and nutrition products including dietary supplements.

**Federal Trade Commission (FTC)**

CRC-240  
Washington, D.C. 20580  
(202) 326-2222

**Web site:** <http://www.ftc.gov/index.html>

**Description:** The FTC enforces a variety of federal antitrust and consumer protection laws. The web site provides links to news releases related to dietary supplement products.

**Food and Nutrition Information Center (FNIC)**

National Agricultural Library  
10301 Baltimore Avenue, Room 105  
Beltsville, MD 20705-2351  
(301) 504-5414  
(301) 504-6409 (Fax)

**Web site:** <http://fnic.nal.usda.gov>

**Description:** Part of the United States Department of Agriculture, the FNIC web site has a large range of food and nutrition resources for both professionals and the public. Click on the "Dietary Supplements" link on the left-hand menu.

**Health Canada**

A.L. 0900C2  
Ottawa, Ontario  
Canada  
K1A 0K9  
(866) 225-0709 (Toll-Free) or (613) 957-2991  
(613) 941-5366 (Fax)

**Web site:** [http://www.hc-sc.gc.ca/index\\_e.html](http://www.hc-sc.gc.ca/index_e.html)

**Description:** Provides public with warnings about potential hazards of food, drugs, natural health products, and consumer products.



### **The Healthy Competition Foundation**

PO Box 81289

Chicago, IL 60681-0289

(312) 297-5824

**Web site:** <http://www.healthycompetition.org/>

**Description:** A web site of the Blue Cross and Blue Shield Association which seeks to educate young people and their families about the potential health dangers of sports supplements and provides their position on creatine supplements.

### **Herb Research Foundation**

4140 15th St.

Boulder, CO 80304

(303) 449-2265.

(303) 449-7849

**Web site:** <http://www.herbs.org/>

**Description:** The Herb Research Foundation is a non-profit research and educational organization focusing on herbs and medicinal plants.

### **The Johns Hopkins Center for Complementary and Alternative Medicine**

Room 7400, 1830 Building

1830 E. Monument St.

Baltimore, MD 21287

(410) 614-5678

(410) 614-7552

**Web site:** <http://www.hopkinsmedicine.org/CAM/>

**Description:** Research center focusing on complementary and alternative medicine as it relates to cancer and cancer treatments. Lists current projects using herbs for cancer treatment. Provides links to ongoing research studies.

### **International Food Information Council (IFIC)**

IFIC Foundation

1100 Connecticut Avenue N.W., Suite 430

Washington D.C. 20036

(202) 296-6540

(202) 296-6547

**Web site:** <http://ific.org/>

**Description:** Includes newsletters, fact sheets (antioxidants, soy, omega-3 fatty acids, and stanol esters) and web site information on functional foods and supplements.





**MedWatch**

U.S. Food and Drug Administration  
5600 Fishers Lane  
Rockville, MD 20857  
(888) 463-6332 Toll-Free

**Web site:** <http://www.fda.gov/medwatch/report/consumer/consumer.htm>

**Description:** FDA's safety information line where consumers can report serious reactions and quality problems with dietary supplement products.

**Micronutrient Information Center**

The Linus Pauling Institute, Oregon State University  
571 Weniger Hall  
Corvallis, OR 97331-6512  
(541)737-5075  
(541)737-5077 (Fax)

**Web site:** <http://lpi.orst.edu/infocenter/>

**Description:** Provides scientific information on the role of vitamins, minerals, and phytochemicals in preventing disease and promoting health.

**National Academy of Sciences, Institute of Medicine, Food and Nutrition Board**

500 Fifth Street, NW  
Washington, DC 20001  
(202) 334-2352  
(202) 334-1412 (Fax)

**Web site:** <http://www.iom.edu/CMS/3788.aspx>

**Description:** Contains the Dietary Reference Intakes and Recommended Dietary Allowances for macronutrients, vitamins and minerals.

**National Center for Complementary and Alternative Medicine (NCCAM)****National Institutes of Health**

NCCAM Clearinghouse  
P.O. Box 7923  
Gaithersburg, MD 20898  
(888) 644-6226 (Toll-Free)  
(866) 464-3616 (Fax)

**Web site:** <http://nccam.nih.gov/>

**Description:** Supports basic and applied research and training and provides information on complementary and alternative medicine to practitioners and the public.



**National Council Against Health Fraud (NCAHF)**

119 Foster Street  
Peabody, MA 01960  
(978) 532-9383

**Web site:** <http://www.ncahf.org/>

**Description:** The NCAHF is a non-profit, voluntary health agency that focuses its attention upon health fraud, misinformation and quackery as public health problems.

**The National Institutes of Health, Office of Dietary Supplements (ODS)**

6100 Executive Blvd., Room 3B01, MSC 7517  
Bethesda, MD 20892-7517  
(301) 435-2920  
(301) 480-1845 (Fax)

**Web site:** <http://dietary-supplements.info.nih.gov/>

**Description:** The ODS supports research and disseminates research results in the area of dietary supplements. Provides links for consumers and researchers on topics related to dietary supplements.

**The National Institutes of Health, National Cancer Institute,  
Office of Cancer Complementary & Alternative Medicine**

6116 Executive Plaza North, Suite 609, MSC 8339  
Bethesda, Maryland 20892  
1-800-4CANCER (Cancer Information Service)

**Web site:** <http://www3.cancer.gov/occam/>

**Description:** Coordinates and promotes the activities of the National Cancer Institute in the area of complementary and alternative medicine.

**Quackwatch**

P.O. Box 1747  
Allentown, PA 18105  
(610) 437-1795

**Web site:** <http://www.quackwatch.com/>

**Description:** This non-profit organization investigates questionable claims related to health frauds and fads.

**The Richard and Hinda Rosenthal Center for Complementary & Alternative  
Medicine**

Columbia University, College of Physicians & Surgeons  
630 W. 168th Street, Box 75  
New York, NY 10032  
(212) 342-0101  
(212) 342-0100 (Fax)

**Web site:** <http://cpmcnet.columbia.edu/dept/rosenthal/>

**Description:** Conducts research on the effectiveness and safety of alternative medicine products and practices.



## U.S. Pharmacopeia (USP)

(800) 227-8772

(301) 816-8148 (Fax)

**Web site:** <http://www.usp.org/>

**Description:** USP provides manufacturing standards for more than 3,700 medicines, dietary supplements, and dosage forms. Their web site provides monographs on selected dietary supplements.

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### **This resource list was compiled by:**

Andrea T. Lindsey, MS, Nutrition Information Specialist

### **Acknowledgment is given to the following FNIC reviewer:**

Joyce M. Merkel, MS, RD, Nutrition Information Specialist

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Locate additional FNIC publications at <http://fnic.nal.usda.gov/resourcelists>.

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Agricultural Research Service, USDA  
National Agricultural Library  
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Beltsville, MD 20705-2351  
Phone: 301-504-5414  
Fax: 301-504-6409  
TTY: 301-504-6856

Contact: <http://fnic.nal.usda.gov/contact>

Web site: <http://fnic.nal.usda.gov>

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