



# Herbs and Nutritional Supplements

Patient Education Resource Center (PERC)  
Information Guide

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## Books

- DerMarderosian, Ara. **Guide to Popular Natural Products**. 3rd Ed. St. Louis, MO: Facts and Comparisons, 2003.
- Bratman, Steven & Kroll, David. **Natural Health Bible**. 2nd Edition. Roseville, CA: Prima Health, 2002.
- Fetrow, Charles W. **Complete Guide to Herbal Medicines**. Springhouse, PA: Springhouse Corporation, 2000.
- Kumar, Nagi B. **Integrative Nutritional Therapies for Cancer: A Scientific Guide to Natural Products Used to Treat and Prevent Cancer**. St. Louis, MO: Facts and Comparisons Publishing Group, 2002.
- Medical Economics. **PDR for Nutritional Supplements**. 3rd Ed. Montvale, NJ: Medical Economics, 2004.
- Skidmore-Roth, Linda. **Mosby's Handbook of Herbs & Natural Supplements**. 2nd Ed. St. Louis, MO: Mosby, 2004.
- Tyler, Varro E. **Tyler's Honest Herbal: A Sensible Guide to the Use of Herbs and Related Remedies**. 4th Edition. London: Haworth, 2002.

## Book Chapters

- **"Dietary Supplements: Vitamins, Minerals and Herbs"** Chapter 5 in: Bloch, Abby. *Eating Well, Staying Well: During and After Cancer*. Atlanta, GA: American Cancer Society, 2004.

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The purpose of this information guide is to direct patients and health care professionals to sources of information on cancer and related topics, it does not constitute an endorsement of the information contained in the resources. This list is not meant to be comprehensive, but rather to provide starting points for Information seeking.

All listed materials can be found at the Patient Education Resource Center of the University of Michigan Comprehensive Cancer Center in room B1-361. An online version of this document can be found at:  
<http://www.cancer.med.umich.edu/learn/percpathways.htm>

## Web Resources

- **About Herbs, Botanicals & Other Products**  
<http://www.mskcc.org/mskcc/html/11570.cfm>  
Provided by Sloan-Kettering this site provides evaluations of alternative or unproved cancer therapies, as well as products for sexual dysfunction.
- **Dietary Supplements** [www.cfsan.fda.gov/~dms/supplmnt.html](http://www.cfsan.fda.gov/~dms/supplmnt.html)  
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**  
<http://nccam.nih.gov/health/supplements.htm>  
A section in the National Center for Complementary and Alternative Medicine (NCCAM) of the National Institutes of Health includes documents on specific dietary supplements and herbs.
- **Dietary Supplements and Herbal Information from the Food and Nutrition Information Center (FNIC) at the National Agricultural Library**  
<http://www.nal.usda.gov/fnic/etext/000015.html>  
A collection of articles and links about herbs and nutrition supplements. Links to the International Bibliographic Information on Dietary Supplements (IBIDS) Database.

This document is not intended to take the place of the care and attention of your personal physician or other professional medical services. Our aim is to promote active participation in your care and treatment by providing information and education. Questions about individual health concerns or specific treatment options should be discussed with your physician.

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