



Get the Facts on Complementary & Alternative Medicine
www.naturaldatabase.com/member_home.asp

The Natural Medicines Comprehensive Database was first released in September 1999. It provides answers to questions about natural medicines, herbs, dietary supplements, sports supplements, minerals, vitamins, etc. Each record includes an easily printable Patient Information handout. You can also click on the references in a citation to see abstracts of research articles. The database is updated daily with new information.

Search Options

There are three ways to search the database: *Product Search*, *Advanced Search* and *Browse*.

Product Search

The fastest way to search. Type in any name: product, common, scientific, brand, etc.

Product Search (Help)

You can search here for any name...PRODUCT, COMMON, and SCIENTIFIC names of herbs and supplements...and BRAND names too!

Product Name:

Advanced Search

The Advanced Search allows you to select which fields you would like to search., helping you get only the information that you need, and speeding up the search time. Click on any or all of the sixteen fields to search. The default is to search *All Fields*.

Advanced Search (Help)

You can limit your search by looking only in the fields that you specify. This can reduce the number of results, help you get only the information that you need, and speed up the search time.

Search for keywords only in these fields (You can specify as many fields as you like).

<input checked="" type="checkbox"/> Common Names	<input checked="" type="checkbox"/> Nutrient Depletion
<input checked="" type="checkbox"/> Scientific Names	<input checked="" type="checkbox"/> Interactions wFoods
<input checked="" type="checkbox"/> People Use This For	<input checked="" type="checkbox"/> Interactions wLab Tests
<input checked="" type="checkbox"/> Safety	<input checked="" type="checkbox"/> Interactions wDiseases or Conditions
<input checked="" type="checkbox"/> Effectiveness	<input checked="" type="checkbox"/> Dosage and Administration
<input checked="" type="checkbox"/> Mechanism of Action	<input checked="" type="checkbox"/> Comments
<input checked="" type="checkbox"/> Adverse Reactions	<input checked="" type="checkbox"/> Brand Name Products
<input checked="" type="checkbox"/> Interactions wOther Herbs/ Dietary Supplements	<input checked="" type="checkbox"/> Ingredients of Brand Name Products
<input checked="" type="checkbox"/> Interactions wDrugs	<input checked="" type="checkbox"/> Manufacturers of Brand Name Products

Keyword(s):

Browse

Shows an alphabetical list of products using a pull-down menu. If the product starts with a number, select the # symbol that appears below the letter Z. This is especially helpful when you aren't sure of the exact spelling of a product. You can choose to view either "Herb/Supplement Monographs" or "Brand Name Products" by clicking on the appropriate button. After you view a monograph, you can use the your browser's "Back" button to return to the alphabetical list and select other products.

You can also browse a list of diseases to see what herbs, supplements, etc. are associated with certain diseases or conditions.

Browse (Help)

Show me an alphabetical list of products that start with the letter selected below. If the product starts with a number select the # symbol that appears below the letter Z. Scroll through the many products to find the product you're looking for. The database contains a very large number of products. Expect this search to take a minute.

A Search Herb/Supplement Monographs Search Brand Name Products

Show me an alphabetical list of diseases for Effectiveness Search.

What's In a Record?

The following information is found in the typical Natural Medicines record. Please note that this is only an abbreviated explanation. For a complete description of the information contained in the records, please see their website at www.naturaldatabase.com/aboutdb.asp.

Monograph Name

Product name (ginkgo, etc.).

Also Known As

Colloquial, non-scientific names.

Scientific Names

Botanical, chemical, family name for plants, etc.

People Use This For

ALL known uses are listed without regard for effectiveness.

Safety

PRACTICAL ratings that are STANDARDIZED throughout the Natural Medicines Comprehensive Database:

- LIKELY SAFE
- POSSIBLY SAFE
- POSSIBLY UNSAFE
- LIKELY UNSAFE
- UNSAFE

Effectiveness

PRACTICAL ratings that are STANDARDIZED throughout the Natural Medicines Comprehensive Database:

- EFFECTIVE
- LIKELY EFFECTIVE
- POSSIBLY EFFECTIVE

- POSSIBLY INEFFECTIVE
- LIKELY INEFFECTIVE
- INEFFECTIVE

Also included is the SPECIFIC FORMULA OR EXTRACT.

Mechanism of Action and Active Ingredients

Known constituents and pharmacological actions that might be attributable to these constituents.

Adverse Reactions

Known adverse reactions and side effects associated with the product typically derived from side effects reported in clinical trials and reliable case reports regarding adverse effects. Allergies are also listed.

Interactions

There are five separate fields listing different categories of possible interactions:

1. Herbs and Other Dietary Supplements
2. Drugs
3. Foods
4. Lab Tests
5. Diseases and Conditions

Drug Influences on Nutrient Levels and Depletion

This field only appears those natural medicines that involved in nutrient depletion interactions.

Dosage and Administration

The dosages in this field are not necessarily recommended doses, safe doses, or efficacious doses. If clinical trials have been conducted then the doses used in the studies are listed. Other doses listed are the common or traditional doses or those typically used in supplements.

Comments

This field presents a potpourri of info.

References

Reference citations.

Research Abstracts

For each citation that is indexed on MEDLINE, the Web version of the Database links directly to the original abstract.

Brand Names Listing

Each brand name listing provides the name of the manufacturer and all of the ingredients.

Updates

The Web version of the Database is updated daily. This allows users to quickly find answers to all the questions their patients are asking about the latest products.

Patient Education

The Web version provides a full set of patient education handouts covering all of our monographs.

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