

Herb, Dietary Supplement, and CAM Information on the Web

Select References

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Databases	URL	Cost/yr	Comments
Natural Medicines Comprehensive Database	www.naturaldatabase.com	\$92	<ul style="list-style-type: none"> Very comprehensive (herbs and DS only) Up-to-date, well-referenced, good pt handouts
Herbmed	http://www.herbmed.org	Free	<ul style="list-style-type: none"> Moderately comprehensive (herbs and DS only) Well-referenced, not as intuitive to navigate as above database
MD Anderson Complementary/ Integrative Medicine	www.mdanderson.org/departments/CIMER	Free	<ul style="list-style-type: none"> Mod. comprehensive (herbs, DS and therapies) Cancer-specific, well-referenced
Memorial Sloan Cancer Center IM Service Herb/Botanical Info	http://www.mskcc.org/mskcc/html/11570.cfm	Free	<ul style="list-style-type: none"> Small database (herbs and DS only) Cancer-specific, brief monographs
MayoClinic.com	www.mayoclinic.com	Free	<ul style="list-style-type: none"> Small database (herbs, DS and therapies) Patient-friendly language, not referenced
Dr. Duke's Phytochemical and Ethnobotanical Databases	http://www.ars-grin.gov/duke/	Free	<ul style="list-style-type: none"> Detailed summary of chemical constituents and biological activity Research-focused
On-line Tools			
MayoClinic.com "Take a Break to Meditate"	http://mayoclinic.com/health/meditation/MM00623	Free	<ul style="list-style-type: none"> Nice, brief video introduction to meditation
General Information			
NIH	www.healthfinder.gov/	Free	<ul style="list-style-type: none"> Guide to reliable consumer health information
National Center for CAM (NCCAM)	http://nccam.nih.gov	Free	<ul style="list-style-type: none"> Growing number of articles and references Many links to other quality sites
NIH-NLM	http://www.nlm.nih.gov/medlineplus/druginfo/herb_All.html	Free	<ul style="list-style-type: none"> Content from Natural Standard
The Office of Cancer CAM (OCCAM) – NCI	http://www.cancer.gov/cancertopics/treatment/cam	Free	<ul style="list-style-type: none"> Mod. comprehensive (herbs, DS and therapies)
ACS	http://www.cancer.org/docroot/ETO/ETO_5.asp?sitearea=ETO	Free	<ul style="list-style-type: none"> Mod. comprehensive (herbs, DS and therapies)
CAM on PubMed	http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?db=PubMed&orig_db=PubMed&cmd_current=Limits&pmfilter_Subsets=Complementary+Medicine	Free	<ul style="list-style-type: none"> Limits searches to articles that are identified as having Complementary Medicine theme
IOM Report on CAM	http://www.iom.edu/CMS/3793/4829/24487.aspx	Free/\$	<ul style="list-style-type: none"> Institute of Medicine report on CAM Can be read online or downloaded for ~\$50
The Consortium of Academic Health Centers for Int. Med.	http://www.imconsortium.org/	Free	<ul style="list-style-type: none"> Membership currently includes 33 academic medical centers Integrative Medicine curriculum guide
Quackwatch	http://www.quackwatch.org	Free	<ul style="list-style-type: none"> Nonprofit corporation whose purpose is to "combat health-related frauds, myths, fads, and fallacies"
Mayo Clinic CIM Program	http://mayoresearch.mayo.edu/mayo/research/cimp/	Free	<ul style="list-style-type: none"> Summary of Complementary and Integrative Medicine research activities at Mayo Clinic

Herb Quality Info.			
ConsumerLab.com	www.consumerlab.com	\$24	<ul style="list-style-type: none"> ▪ Provides independent test results on many dietary supplements ▪ Products that pass testing can display the CL Seal of Approval
Consumer Reports	www.consumerreports.org	\$24	<ul style="list-style-type: none"> ▪ Occasional articles on herbs, DS
United States Pharmacopeia	www.usp.org	Free	<ul style="list-style-type: none"> ▪ Discusses the Dietary Supplement Verification Program and the meaning of the USP label
Internet Info. Quality			
AMA	www.ama-assn.org/ama/pub/category/1905.html	Free	<ul style="list-style-type: none"> ▪ Guidelines for Medical and Health Information Sites on the Internet
Health on the Net Foundation	www.hon.ch	Free	<ul style="list-style-type: none"> ▪ Promotes guidelines that create a “code of conduct” for websites delivering medical information
Regulatory Info.			
FDA	http://www.cfsan.fda.gov/~dms/su pplmnt.html	Free	<ul style="list-style-type: none"> ▪ Nice background on DSHEA, current regulatory environment in US ▪ Recent adverse events associate with DS reported here
FTC	www.ftc.gov	Free	<ul style="list-style-type: none"> ▪ Reviews regulations re: advertising DS ▪ Link to file complaints
Practitioners			
Message therapist	http://www.amtamassage.org/findamassage/locator.htm	Free	<ul style="list-style-type: none"> ▪ Maintained by AMTA
Licensed acupuncturist	http://www.aaom.org/45000.asp	Free	<ul style="list-style-type: none"> ▪ Maintained by AAOM
Yoga class	http://www.yogafinder.com/index.html	Free	<ul style="list-style-type: none"> ▪ Commercial site

NOTE: You may e-mail bauer.brent@mayo.edu if you would like to receive this as an electronic document with active site URLs.
All links verified current as of 01-03-09.