The purpose of this guide is to help you find information and support on herbs and nutritional supplements. This guide provides links and references to reliable and current information sources for patients, families, and caregivers.

Many of these materials are available to purchase through online resources, or to borrow at your public library.

**Brochures and Fact Sheets**

- National Center for Complementary and Alternative Medicine.
  
  **Using Dietary Supplements Wisely**
  
  Available at: [https://nccih.nih.gov/health/supplements/wiseuse.htm](https://nccih.nih.gov/health/supplements/wiseuse.htm)

**Books**


**Book Chapters**


Web Resources

- **About Herbs, Botanicals & Other Products**
  Provided by Sloan Kettering, this site provides evidence-based information about herbs, botanicals, supplements, and more.

- **Dietary Supplements**
  [https://www.fda.gov/Food/DietarySupplements/](https://www.fda.gov/Food/DietarySupplements/)
  The dietary supplements section of the US 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**
  A section in the National Center for Complementary and Alternative Medicine (NCCAM) of the National Institutes of Health provides general information on dietary supplements and herbs as well as fact sheets on specific supplements.

- **Dietary Supplements and Herbal Information from the Food and Nutrition Information Center**
  This site provides links to credible and accurate information and resources on dietary and nutritional supplements.

- **National Institutes of Health Dietary Supplement Label Database**
  The Dietary Supplement Label Database (DSLD) is a joint project of the National Institutes of Health (NIH), Office of Dietary Supplements (ODS), and the National Library of Medicine (NLM). The DSLD contains the full label contents from a sample of dietary supplement products marketed in the US.

- **MedlinePlus: Herbs and Supplements**
  This site, a service of the US National Library of Medicine and the National Institutes of Health, lets one browse dietary supplements and herbal remedies to learn about their effectiveness, usual dosage, and drug interactions.
University of Michigan Resources

- Cancer Nutrition Services at the University of Michigan Rogel Cancer Center
  The registered dietitians at the U-M Cancer Center are specially trained in the field of oncology nutrition. They focus on assessing the individual dietary and nutrition needs of each patient.