Natural Medicines: Selected Products & Effectiveness

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Dietary Supplement Regulations (U.S.)
- Dietary supplements include
  - Vitamins, minerals, and amino acids
  - Herbal or botanicals
  - Dietary substance for use by man to supplement the diet by increasing the total dietary intake
  - Concentrate, metabolite, constituent, extract, or combination of any of the above
- Dietary supplements are regulated under DSHEA
  - Not intended to diagnose, cure, prevent, or treat a medical disease or condition
  - FDA oversight and regulation is significantly LESS

Table 1: Garlic
- Antioxidant effects
- Antiprotease effects

Table 2: Ginkgo
- May help prevent or minimize symptoms of AMS
- Conflicting results, may decrease incidence or severity of AMS

Table 3: Vitamin E
- Antioxidant effects
- Antiprotease effects

Table 4: Insect Repellents
- Nipah virus
- Prevention: various parts, roots
- Treatment: various parts, roots

Table 5: Jet Lag
- Nipah virus
- Prevention: various parts, roots
- Treatment: various parts, roots
Motion Sickness

<table>
<thead>
<tr>
<th>Product</th>
<th>Rationale</th>
<th>Evidence for Motion Sickness</th>
<th>Dosing</th>
<th>Safety/ADRs</th>
<th>Source</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ginger</td>
<td>Pregnancy-associated n/v</td>
<td>Subjective improvement: nausea and ↓ latency before nausea onset</td>
<td>500-1000mg 4 hrs prior to travel</td>
<td>↑ Risk of bleeding</td>
<td>CDC Yellow Book</td>
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<td>Abdominal pain</td>
<td>Micromedex</td>
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<td>Heartburn</td>
<td>Natural Medicines Database</td>
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<tr>
<td>Pyridoxine</td>
<td>Pregnancy-associated n/v (in conjunction with doxylamine)</td>
<td>No supporting evidence for motion sickness</td>
<td>10-25mg Q8H x72-96H</td>
<td>N/V/D, h/a paresthesias</td>
<td>CDC Yellow Book</td>
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<td>Natural Medicines Database</td>
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Dietary Supplements Referenced in Lay Print

- Aloe Vera: constipation
- Ashwagandha ("Indian ginseng"): stress, anxiety, immune support
- Feverfew: sleep/jet lag
- Goldenseal: travelers diarrhea
- Oregano oil: antibacterial, antifungal
- Probiotics: immune support, diarrhea, digestion
- Pycnogenol: ankle swelling

Quality Assurance

Concern: product contamination and patient safety

**Pharmacists**

- Check for drug-supplement interactions
- Counsel on safety and possible side effects
- Encourage least amount of supplement for effect
- Encourage standardized, prescription medications as "main therapy"

**Patients**

- Purchase dietary supplements from reliable manufacturers
- Bottles should have an expiration date and lot number
- Make sure that capsules are not excessively compacted together
- Pay attention to the color and smell of the product
- Assurance of the contents of dietary supplements does not extend to safety and/or efficacy (e.g. USP seal)