

AltMedDex[®] System

from MICROMEDEX

- ◆ **Covers herbal, vitamin, mineral, and other dietary supplements**
- ◆ **Presents clinically focused, scientifically sound data**
- ◆ **Undergoes extensive editorial review by representatives from both conventional Western medicine and alternative medicine**

Consumers and patients are increasingly more interested in complementary and alternative medicine (CAM) therapies. As a result, clinicians in traditional healthcare settings are being asked more questions about these therapies. To support this interest and help answer these questions, MICROMEDEX has developed the *Complementary & Alternative Medicine (CAM) Series*, a reliable, comprehensive source of scientifically based information for complementary and alternative medicines and practices. One of the databases within the CAM Series, the **AltMedDex[®] System** provides clinically focused information about herbal, vitamin, mineral, and other dietary supplements.

The AltMedDex System contains:

- Evidence-based monographs covering herbal, vitamin, mineral, and other dietary supplements
- Referenced consults presenting critical areas of interest and general information pertaining to complementary and alternative medicine
- Historical uses for CAM therapies and those most commonly used among CAM practitioners
- Fully researched data on administration, dosing, warnings, precautions, contraindications, and interactions
- Clinically focused, scientifically sound data

The AltMedDex System provides:

- Extensive editorial review by both alternative medicine and conventional medicine practitioners (MDs, DOs, RPhs, RNs, and NDs)
- Answers to safety and efficacy questions
- Regular updates incorporating the latest research available
- The same integrity and quality as the other MICROMEDEX products on which you rely

To learn more, please call (800) 525-9083 (+1 303 496-6444 outside the U.S. and Canada) or your local distributor. Or visit www.micromedex.com/products.

AltMedDex Monographs *(currently and soon to be available)*

5- HTP	Boldo	Cloves	Ginseng,	Licorice
Acetyl-Carnitine	Boneset	Coenzyme Q-10	Siberian	Liferoot
Adonis	Borage Oil	Coleus Forskolii	GLA	Linden
Adrenal	Boric Acid	Colostrum	Glandulars	Linoleic Acid
Extracts	Boswellia	Coltsfoot	Glucomannan	Lobelia
African	Boxwood	Comfrey	Glucosamine	Lorenzo's Oil
Stargrass	Brewer's Yeast	Coriolus	Glutamine	Lycopene
Agrimony	Bromelain	Versicolour	Glutathione	Lysine
ALA	Broom	Cranberry	Glycine	Maca Root
Alfalfa	Buchu	Crataegus	Goldenrod	Mace
Aloe	Buckthorn	Creatine	Goldenseal	Magnesium
Androstene-	Bugleweed	Cysteine	Gossypol	Mahuang
dione	Burdock Root	Damiana	Gotu Kola	Maitake
Angelica Root	Butcher's	Dandelion	Gou-ten	Malic Acid
Anise	Broom	Deer/Elk Antler	Grape Seed	Mannose
Arginine	Cajuput Oil	Velvet	Extract	Marshmallow
Arnica	Calamus	Devil's Claw	Grapefruit Seed	MCP
Artichoke	Calcium	DGL	Extract	Meadowsweet
Asparagus	Calendula	DHA	Green Tea	Melatonin
Astragalus	Calf Thymus	DHEA	Guggul	Melissa
Avena	Extract	Digitalis	Gymnema	Mercaptic Acid
Barberry	Camphor	Diosimin	HER	Methionine
Bee Pollen	Cannabis	DMG	Hesperidin	Milk Thistle
Belladonna	Caprylic Acid	Dong Quai	HGH	Mistletoe
Beta-Carotene	Cascara	Echinacea	Hops	Monascus
Betaine	Castor Oil	EPA	Horse Chestnut	Monkshood
Betel Nut	Catechu	Evening	Huperzine A	MSM
Betony	Catnip	Primrose	Hyssop	Myrtol
Bilberry	Cat's Claw	False Unicorn	Inositol	NAC
Biotin	Cayenne	Fennel	Hexaphosphate	NADH
Birch	Celandine	Fenugreek	Iodine	Neem
Bismuth	Centaury	Feverfew	Ipecac	Nettle
Subsallylate	Cernilton	Flaxseed	Ipriflavone	New Zealand
Bitter Melon	Chamomile	Fluoride	Iron	Green-lipped
Bitter Orange	Chaparral	Folic Acid	Ivy	Mussel
Bittersweet	Charcoal	FOS	Jewel Weed	Niacin
Nightshade	Chaste Tree	Fumaric Acid	Juniper	Niacinamide
Black Cherry	Chenodeoxy-	Fumitory	Kaolin	Octacosonal
Black Cohosh	cholic Acid	GABA	Kava	Olive Leaf
Black Root	Chinese	Gamma	Kelp	Onion
Black Walnut	Cucumber	Oryzanol	KH-3	OPC
Blackberry	Chitin	Garcinia	Khat	Oregano
Blackthorn	Chlorophyll	Garlic	Khella	Pancreatin
Bladderwrack	Choline	GBL	Kombucha	Pantocrine
Blessed Thistle	Chondroitin	Gentian	Kudzu	Pantothenic
Bloodroot	Chromium	Germander	Lactobacillus	Acid
Blue Cohosh	Cinchona	GHB	Laminaria	Papain
Blue Green	Cineraria	Ginger	Lavender	Passion Flower
Algae	Maritima	Gingko	L-Carnitine	Pau D'arco
Bog Bean	Citronella	Ginseng, Panax	Lemongrass	Pennyroyal

Peppermint	Pumpkin Seed	Sea Cucumber	Tea Tree	Vitamin C
Periwinkle	Pygeum	Selenium	Thymic Extract	Vitamin D
Permethrin	Africanum	Senna	Tribulus Extract	Vitamin E
Peruvian	Pyruvate	Shark Cartilage	Turmeric	Vitamin H
Balsam	Quercetin	Shepherd's	Tyrosine	Vitamin K
Phenylalanine	Red Bush Tea	Purse	Undecylenic	Whey Protein
Phosphatidyl-	Red Clover	Shitake	Acid	Wild Yam
choline	Red Yeast Rice	Slippery Elm	Ursodeoxy-	Witch Hazel
Phosphatidyl-	Reishi	Bark	cholic Acid	Yarrow
serine	Rosemary	SOD	Uva-Ursi	Yohimbe
Podophyllum	Royal Jelly	Sodium	Valerian	Yucca
Potassium	Safflower	Soy	Vanadium	Zinc
Potency Wood	SAME	Squalene	Vitamin A	
Propionyl-L	Sassafras	St. John's Wort	Vitamin B-1	
Carnitine	Saw Palmetto	Stevia	Vitamin B-12	
Prunella	Schizandra	Sulfur	Vitamin B-2	
Psyllium	Sculcap	Suma Extract	Vitamin B-6	

AltMedDex Consults (*currently and soon to be available*)

5-HTP - Impurities	Chinese Herbal Remedies - FDA Warnings	Fu Ling - Chinese Herb Mini-review
Adrenal Extracts	Chitosan - Weight Loss	Fu Zi - Chinese Herb Mini-review
Adverse Events Associated with Ephedrine-containing Products	Chlorella - Mini-review	Gamma Butyrolactone (GBL) - FDA Warnings
AltMedDex™ Editorial Policy	Cho Low Tea - FDA Report	Garcinia Cambogia – Antiobesity Agent
Ambofilin	Chomper - FDA Warnings	Ge Gen - Chinese Herb Mini-review
American Feverfew - Allergy	Chuan Bei Mu- Chinese Herb Mini-review	German Commission E - Approved Herbs
Angel's Trumpet – Lethal Poisoning	Chuan Xiong - Chinese Herb Mini-review	German Commission E - Unapproved Herbs
Anti-HIV Activity of MGN-3	Chuiifong Tokuwan - Cadmium and Lead Exposure	Glucomannan - Mini-review
Aristolochia	Colostrum	Gossypol - Contraceptive
Arsenic Poisoning	Cong Er Zi - Chinese Herb Mini-review	Gou Qi Zi - Chinese Herb Mini-review
Ashwaganda	Copper Supplementation - Effects on Cholesterol	Grapefruit Juice - Drug Interactions
Bai Zhi - Chinese Herb Mini-review	Cordyceps - Chinese Longevity Herb	Grapefruit Seed Extract
Ban Xia - Chinese Herb Mini-review	Da Huang - Chinese Herb Mini-review	Gua Di - Chinese Herb Mini-review
Bee Venom	Deaths Associated with a Purported Aphrodisiac	Helichrysi
Blueberries – Antioxidant Activity	Deer Velvet - Mini-review	Herbal Fen-Phen - FDA Warnings
Botanical Safety Handbook Terms -Definitions	Di Gu Pi - Chinese Herb Mini-review	Herbal Supplements - Dosing
Bovine Cartilage	Dictionary - Complementary & Alternative Medicine	Herbal Supplements - Hepatotoxicity
Cang Er Zi - Chinese Herb Mini-review	Dihomogamma-Linoleic Acid (DGLA)	Herbal Supplements - Quality & Efficacy
Cellasene	Dimethyl Glycine (DMG) - General Use	Herbal Supplements - Safety
Chai Hu - Chinese Herb Mini-review		
Chaparral-Induced Hepatitis		
Chinese Herbal Medicines - Poisonings		
Chinese Herbal Names		

Herbal Supplements -
Contamination/Adulteration
Herbal Tea - Anticholinergic
Poisoning
Herbalife
Ho Show Wu - Chinese Herb
Mini-review
Homeopathy - FDA Report
Homeopathy - What Is It?
Hong Hua - Chinese Herb
Mini-review
Hou Po - Chinese Herb
Mini-review
Hoxsey Treatment
Huang Lian - Chinese Herb
Mini-review
Human Growth Hormone (HGH)
Hydroxyethylrutosides (HER)
Jerusalem Artichoke
Jin Bu Huan - Toxicity
Jui-induced Thrombocytopenia
Kirwin Mixture - Formula
Kombucha Tea – Unexplained
Illness
L-Glutamine
Lead Poisoning - Folk Remedies
Liliverum - Treatment of Cancer
Lithospermum
Liver Extracts
Long Dan - Chinese Herb
Mini-review
Ma Qian Zi - Chinese Herb
Mini-review
Medicinal Herbal Therapy of
AIDS
Medicinal Leech – Availability
and Use
Megavitamin Therapy
Metabolife
Modified Citrus Pectin -
Mini-review
Noni - Mini-review
Nut Consumption Decreases
Cardiac Risk
Nutmeg - Treatment of Diarrhea
Ornithine
PABA
Pancreatic Enzymes
Pantethine - Effect on
Cholesterol
PC-SPES - Treatment of Prostate
Cancer
Pennyroyal - Toxicity
Phenylalanine and Depression
Plantain - FDA Warnings
Pregnancy Risk Categories
Purple Grapes - Coronary Artery
Disease
Pygnogenol
Rose Hips - Vitamin C Content
Saiboku-Tu - Efficacy in Asthma
Patients
Sairei-To
San Qi - Chinese Herb
Mini-review
Seaweed - Labor Induction
Septicemia Associated with
Rattlesnake Powder
Shan Zha - Chinese Herb
Mini-review
She Xiang - Chinese Herb
Mini-review
Sleeping Buddha Dietary
Supplement- FDA Warnings
Smilax Officinalis
Spleen Extracts
Suan Zao Ren - Chinese Herb
Mini-review
Sup-Herb Toxicity – FDA
Warnings
Superoxide Dismutase (SOD) -
Mini-review
Supplements Associated with
Illnesses and Injuries
Sweet Clover
Taurine
Tea - Effects on Blood Pressure
Tian Hua Fen - Chinese Herb
Mini-review
Titles and Degrees of CAM
Practitioners
Triax - FDA Warnings
Tryptophan
US Government Sponsored CAM
Research
Vitamin B15
Vitamins - Synonyms
Wild Yam - Mini-review
Wu Bei Zi - Chinese Herb
Mini-review
Xuan Shen - Chinese Herb
Mini-review
Yan Hu Suo - Chinese Herb
Mini-review
Yu Jin - Chinese Herb
Mini-review
Zhi Ai - Chinese Herb
Mini-review