

# Herbal Medicine

Pam Potter  
Chairman

Art Grollman

Julia Ousterhout

Teh-Ching Chu

Henry R. Besch

Dolores C. Shockley

Sam Strada

Pushkar N. Kaul

Kanji Nakatsu

Midwestern University

ppotte@midwestern.edu

State University of New York

Kirksville

Moorhouse

Indiana University

Meharry Medical College

University of South Alabama

Queens University

## Knowledge Objectives:

1. Understand that there is little or no regulation of herbal products, so that products may not contain the quantity of active compound listed on the bottle.
2. If you are going to use a herbal product, use information from independent labs which determine the quality of herbal products (e.g. consumerlab.com).
3. Be aware that there is evidence for effectiveness for some herbal products, but many others have been shown to have no beneficial effect.
4. Be aware of serious drug interactions that can occur between herbal products and prescription medicines.
5. Be aware of serious side effects of herbal products, and which must be avoided in pregnancy.