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**#1 CHOOSE A
TRUSTWORTHY
SUPPLEMENT**

Feb 3 2015: NY Times: GNC
Target Walgreens and Walmart :
selling products that did not
contain any of the herbs on the
labels.

**Buy an Independently verified
vitamin:**

NSF: National Sanitation
Foundation: non profit group

USP: United States
Pharmacopeia Verified seal.

Nature made, Kirkland signature, and TruNature are verified.

Websites that also verify other brands:

ConsumerLab.com

LabDoor



CHECK THE SAFETY AND EFFICACY OF YOUR SUPPLEMENT

National Center for Complementary and Integrative Health. Herbs at a
glance. <https://nccih.nih.gov/health/herbsataglace.htm>.

National Institutes of Health. Office of Dietary Supplements. Dietary supplement fact
sheets. <http://ods.od.nih.gov/factsheets/list-all>.

National Institutes of Health. Dietary supplement label
database. <http://www.dsld.nlm.nih.gov/dsld/index.jsp>

Natural Medicines Comprehensive Database. [http://naturaldatabase.therapeuticresearch.com/home.aspx?
cs=&s=ND&AspxAutoDetectCookieSupport=1](http://naturaldatabase.therapeuticresearch.com/home.aspx?cs=&s=ND&AspxAutoDetectCookieSupport=1).

Liver toxicity Look up
<https://livertox.nlm.nih.gov/>

General Tips:

Vitamin A, E, D are fat soluble- meaning if you take too much, will lead to toxicity. Do not exceed
recommended amounts.

Check with your healthcare professional if you are taking other medications as supplements may
interact with medications.

Vitamins/supplements/herbs are similar to medication in that they do have good effects on health but they also have side effects as well.