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## Vitamins, Supplements, and Herbs

### **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:**

Look for a brand with the following seals:

**NSF:** National Sanitation Foundation: non profit group

**USP:** United States Pharmacopeia Verified seal. Nature made, Kirkland signature, and TruNature These are companies that verify 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/herbsataglance.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>.

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.