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a series of fact sheets written  
by experts in the field of liver  
disease

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## *HCV & CAM: Internet Resources for Dietary Supplements*

Lucinda Porter, RN

**SOME OF THESE WEBSITES HAVE ADVERTISING.  
THIS LIST IS NOT MEDICAL ADVICE OR ENDORSE-  
MENT OF ANY PARTICULAR PRODUCT.**

### **Aetna Intellihealth**

– [www.intelihealth.com](http://www.intelihealth.com)

Although this is a commercial site, the information is good, including the use of Harvard experts. Click on “Complementary and Alternative Medicine” under “Healthy Lifestyles” heading.

### **American Botanical Council**

– [www.herbalgram.org](http://www.herbalgram.org)

This international, non-profit organization has botanical information for members and non-members.

### **Center for Science in the Public Interest: Nutrition Action Health Letter**

– <http://cspinet.org>

CSPI is a non-profit organization that has probably done more for nutrition and food safety than any other group in the U.S. Its subscription publication, the Nutrition Action Healthletter is outstanding.

### **ConsumerLab.com**

– [www.consumerlab.com](http://www.consumerlab.com)

Consumer Labs conducts testing on herbs and supplements. Although it charges an annual membership fee, there is some free information. If you are serious about supplements, this site is worth considering.

### **Consumer Reports**

– [www.consumerreports.org](http://www.consumerreports.org)

Consumer Reports charges a subscription fee, but has some good free information. If you prefer not to subscribe, you can read the magazine at your public library.

### **The Cochrane Collaboration**

– [www.cochrane.org/index.htm](http://www.cochrane.org/index.htm)

This international non-profit group is dedicated to independent verification of research relating to healthcare.

### **Drugs.com: Drug Information Online**

– [www.drugs.com](http://www.drugs.com)

This website has an extensive encyclopedia of drugs and supplements. You can use this website to check the interactions between all your medications and dietary supplements.

### **Food and Drug Administration (FDA) Warnings and Dietary Supplements**

– [www.cfsan.fda.gov/%7Edms/ds-warn.html](http://www.cfsan.fda.gov/%7Edms/ds-warn.html)

This lists the FDA’s dietary supplement warnings.

### **Healthtouch Online**

– [www.healthtouch.com](http://www.healthtouch.com)

This resource gives basic information covering a wide variety of health issues, including supplements.

### **HerbMed**

– [www.herbmed.org](http://www.herbmed.org)

This website, provided by the Alternative Medicine Foundation, offers a database of herb information.

## Mayo Clinic

– [www.mayoclinic.com](http://www.mayoclinic.com)

In addition to general information, this website has information about drugs and supplements. There is a link to Natural Standard, an excellent but pricey website that no longer offers individual subscriptions.

## Memorial Sloan-Kettering Cancer Center

– [www.mskcc.org/aboutherbs](http://www.mskcc.org/aboutherbs)

This website offers a great deal of information about the supplements it lists. It is easy to use.

## National Institutes of Health National Center for Complementary and Alternative Medicine NCCAM

– <http://nccam.nih.gov>

Although poorly funded and just entering its adolescence, NCCAM shows an earnest attempt to address the public's interest in CAM.

## National Institutes of Health Office of Dietary Supplements Health Information

– [http://ods.od.nih.gov/Health\\_Information/Health\\_Information.aspx](http://ods.od.nih.gov/Health_Information/Health_Information.aspx)

The quality and amount of information found on this website is worth the visit.

## National Institutes of Health Office of Dietary Supplements Bibliographic Information

– [http://ods.od.nih.gov/Health\\_Information/IBIDS.aspx](http://ods.od.nih.gov/Health_Information/IBIDS.aspx)

An offshoot of the previously mentioned website, this is a good database of abstracts and citations.

## NSF international

– [www.nsf.org](http://www.nsf.org)

This organization is dedicated to food and supplement safety. Supplements certified by NSF have submitted to and met voluntary standards.

## Prevention Magazine

– [www.prevention.com](http://www.prevention.com)

This newsstand magazine is small enough to put in your glove compartment, purse or large pocket for those appointment-waiting times. The website has good free information and tools.

## United States Department of Agriculture (USDA)

– [www.nutrition.gov](http://www.nutrition.gov)

This USDA website gives information about current nutrition information.

## United States Food and Drug Administration (FDA)

– [www.fda.gov](http://www.fda.gov)

This agency is responsible for food and drug safety in the U.S.

## United States Pharmacopeia

– [www.usp.org](http://www.usp.org)

This organization is dedicated to quality assurance of drugs and supplements. Supplements with USP approval have submitted to and met voluntary standards.

## University of Texas MD Anderson Cancer Center

– [www.mdanderson.org/departments/CIMER](http://www.mdanderson.org/departments/CIMER)

A good site for general information about alternative and complementary medicine.

**For more information about hepatitis C, hepatitis B and HCV coinfections, please visit [www.hcvadvocate.org](http://www.hcvadvocate.org).**

## • hcspFACTsheet •

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The information in this fact sheet is designed to help you understand and manage HCV and is not intended as medical advice. All persons with HCV should consult a medical practitioner for diagnosis and treatment of HCV.

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