

**20 Important Herbs and Supplements
for Physicians to Know About**

| | Efficacy data | Safety Concern | Drug interactions |
|--------------|---------------|----------------|-------------------|
| Black cohosh | | | |
| Chamomile | | | |
| Chondroitin | ★ | | |
| DHEA | | | |
| Echinacea | | | |
| Ephedra | | | |
| Feverfew | | | |

| | | | |
|--------|---|--|---|
| Garlic | ★ | | ⚡ |
|--------|---|--|---|

| | | | |
|---------------|---|--|---|
| Ginkgo biloba | | | ⚡ |
| Ginger | ★ | | |

| | | | |
|----------------|---|--|--|
| Goldenseal | | | |
| Glucosamine | ★ | | |
| Horse chestnut | ★ | | |

| | | | |
|--------------|---|--|--|
| Milk thistle | | | |
| Kava | ★ | | |

| | | | |
|----------------|---|--|--|
| Phytoestrogens | | | |
| Peppermint oil | ★ | | |
| Saw palmetto | ★ | | |

| | | | |
|----------------|---|--|---|
| Valerian | | | |
| St John's wort | ★ | | ⚡ |

★ Significant amount of data exists to support efficacy.
One or more significant associated safety concerns.

⚡ Serious potential drug interactions have been identified.