

UNIVERSITY OF COLORADO HOSPITAL
THE CENTER FOR INTEGRATIVE MEDICINE

HERB & SUPPLEMENT CONSULT

WHAT IS AN HERB AND SUPPLEMENT CONSULT?

Herbs and supplements are unregulated, non-prescription products used to treat and prevent a variety of conditions. A consult with a professional educated in herbs, supplements and pharmaceuticals will help a patient evaluate the safety and effectiveness of the products he or she is taking or is considering taking.

INSIDE:

- What is an herb & supplement consult? p.1
- Considerations for using herbs or supplements p.2
- Taking herbs and supplements p.3
- General information p.4

FOUR THINGS TO CONSIDER BEFORE USING HERBS OR SUPPLEMENTS:

1.

When used with care, certain herbs and supplements can have positive effects on your health. A consult with the pharmacist at The Center for Integrative Medicine can help you determine if taking herbs or supplements could help your condition.

2.

Herbs and supplements do not need to be proven safe or effective before being sold. Unlike other over-the-counter or prescription medications, the FDA does not regulate the production or sale of supplements.

3.

There is no meaningful regulation of products marketed as herbs or supplements, including vitamins. The Center for Integrative Medicine recommends supplements labeled USP DSVP (United States Pharmacopeia Dietary Supplement Verification Program). These products have been standardized to USP guidelines. Though the Center does not sell Western herbs or supplements, we can help guide you to find a high-quality, low-cost product.

4.

The Internet or health food store should not be your only sources of information on herbs and supplements. If you are truly interested in taking herbs or supplements, it is best to consult a medical professional.

TAKING HERBS AND SUPPLEMENTS:

BEFORE TAKING HERBS AND SUPPLEMENTS

Unlike over-the-counter medications approved by the FDA, not all conditions treatable by herbs can be safely self-diagnosed. To ensure you are properly and effectively treating the correct condition, please consult a doctor before using herbs or supplements. If you have a chronic illness or use prescription medicine to treat your condition, it is important to be extremely cautious, as herbal products may interfere with your condition or the drugs you are taking.

WHILE TAKING HERBS AND SUPPLEMENTS

In order to objectively determine the efficacy of herbs or supplements, take single-ingredient products, one at a time. It may be helpful to keep a diary of each product's effect on your symptoms. If you notice any adverse side effects, stop taking herbs or supplements immediately and contact your physician.

YOUR CONSULT

During a consult, a physician or pharmacist will evaluate the safety and value of any herbs, supplements or prescription medications you are taking. You may also discuss any new medications, over-the-counter products, herbs or supplements you are considering. Please bring all of your prescription and over-the-counter medications and supplements with you to this visit.



fig. 1 - Combining herbs, supplements and prescription medications without the supervision of a medical professional can be ineffective and even dangerous.

SCHEDULE YOUR APPOINTMENT

The Center for Integrative Medicine has a pharmacist available for herb and supplement consult. If you would like to schedule a consult, please call The Center for Integrative Medicine at 720.848.1090. Phone consults are also available.

HOW MUCH DOES IT COST?

The cost of a consult is approximately \$72 for a 60-minute consult with the pharmacist. By adopting the recommendations of the pharmacist, many patients quickly make up this cost from the savings they would have spent on ineffective or inappropriate supplements. Herbs and supplements are not covered by insurance, and their costs will vary based on the type of herbs and supplements you need. Our pharmacist will help guide you to the highest-quality, lowest-cost product.

All prices are subject to change.

CONTACT INFORMATION

THE CENTER FOR INTEGRATIVE MEDICINE

UNIVERSITY OF COLORADO HOSPITAL
ANSCHUTZ MEDICAL CAMPUS
ANSCHUTZ OUTPATIENT PAVILION

1635 Aurora Court, MS F743
Fifth Floor, Suite 5501
Aurora, Colorado 80045
P: 720.848.1090 | **F:** 720.848.1277
www.uch.edu/integrativemed

By making this information available, the University of Colorado Hospital and The Center for Integrative Medicine do not promise or guarantee the effectiveness of this integrative therapy. For any serious conditions, we recommend that you contact your physician before trying any new therapy.



**University
of Colorado
Hospital**

ANSCHUTZ MEDICAL
CAMPUS