

199 Vitamins and Herbs



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USEFUL WEB RESOURCES

- Natural Medicines Comprehensive Database—<http://www.naturaldatabase.com>
- National Institutes of Health Office of Dietary Supplements—<http://dietary-supplements.info.nih.gov>
- HerbMed*—an interactive, electronic herbal database—provides hyperlinked access to information underlying the use of 20 most popular herbs, maintained by the nonprofit Alternative Medicine Foundation, Inc. (<http://www.amfoundation.org>)—<http://www.herbmed.org>
- The Alternative Medicine Homepage: database links to alternative medicine resources—<http://www.pitt.edu/~cbw/database.html>