Dietary Supplements – Free Evidence-Based Resources for the Cautious Consumer

Brian Erb, Reference Librarian, University of Nebraska Medical Center

Links reviewed today are collected in a UNMC library guide at http://unmc.libguides.com/supplements
Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids (Macronutrients)

- An ebook that explains the nutritional rationale for recommended micronutrient and macronutrient intakes. A sort of starting point for relatively “settled” nutritional evidence
- Very detailed
National Institutes of Health
Office of Dietary Supplements

- The NIH provides this portal to a variety of information regarding dietary supplements
- Note links to background information and regulatory definitions/policies
- Note links to lookup tools (see subsequent links)
NIH Dietary Supplement Fact Sheets

- Links to background information may link to monograph or a topical essay.
- A-Z index layout
- List includes botanical and nutrient supplements
- What are the claims? Does it work? Evidence-based information includes references
NIH Vitamin and Mineral Supplement Fact Sheets

• A-Z index list
• Deals only with vitamins and minerals
• Describes nutrient requirements as well as evaluating additional health claims.
• Contains references to the scientific literature.
NIH Botanical Supplement Fact Sheets

- A-Z index list
- Deals only with botanicals
- Evaluates health claims.
- Contains references to the scientific literature.
Dietary Supplement Labels Database

- Ingredients listed by brand
- Information on active ingredients
- Active ingredient record links to evidence-based fact sheets, if available.
- Active ingredient record links to relevant scientific research in PubMed
National Center for Complimentary and Alternative Medicine

- Fact sheets on specific substances as well as news about current research
- Topical A-Z list covers includes medical conditions as well as dietary substances.
- Separate A-Z list for herbs.
- Evidence-based with references.
NLM Medline Plus: Drugs, Supplements and Herbal Information

- A-Z list indexes both drugs and herbs/nutritional supplements
- Background and descriptive information
- Table that grades the evidence with references to the scientific literature
International Bibliographic Information on Dietary Supplements (IBIDS)

- Database of journal citations on supplements drawn from 4 database sources – MEDLINE, AGRICOLA, AGRIS and CAB Abstracts/CAB Global Health
- Includes some abstracts
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