



## Accurate Clinic

2401 Veterans Memorial Blvd. Suite 16  
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Phone: 504.472.6130 Fax: 504.472.6128

[www.AccurateClinic.com](http://www.AccurateClinic.com)

In our effort to present information regarding complementary and alternative medical (CAM) treatments to be considered as additional treatment options, we may advise and sometimes provide educational handouts regarding dietary supplements including "nutraceuticals."

Nutraceuticals are "products isolated or purified from foods that are generally sold in medicinal forms not usually associated with food and are demonstrated to have a physiological benefit or provide protection against chronic disease." Dietary supplements are often sought for a variety of reasons from cost savings to preference for "natural" remedies. When considering the use of dietary supplements, like all over-the-counter remedies, bear in mind that many claims may be made regarding a product's effectiveness despite the fact that research and clinical support for such claims is lacking, insufficient and/or unreliable. In addition, even natural products and nutraceuticals have the potential to cause significant side effects and dangerous drug interactions that should be understood prior to use.

"Medical food" is a specific category of therapeutic agents created in 1988, which, for regulatory purposes, separate medical foods from drugs. Medical foods contain ingredients that are generally recognized as safe (GRAS). They are often found by trial and error, and may be normal, unaltered food sources (e.g., flavonoids from tea or bee propolis) or may have to be extracted by some means, usually boiling (e.g., salicylic acid from willow bark), but they withstand the test of time for therapeutic effectiveness. They must be prescribed by a physician for a therapeutic purpose for a specific medical condition.

The use of herbs and other "natural" products is a time honored approach to strengthening the body and treating disease. Natural products, however, can trigger side effects and can interact with other herbs, supplements, or medications. For these reasons, you should take all supplemental products with care and under the supervision of a health care practitioner.

With these warnings in mind, however, the supplement lists provided by Accurate Clinic are made with the best of intent, acknowledging less than perfect research documentation. The supplements advised at Accurate Clinic are "evidence-based" and are suggested based on reasonable scientific evidence to support their use. Patients are encouraged to do their own research on any supplement being considered and to discuss it further with their physician before embarking on a treatment regimen.

### **Disclaimer:**

**The lists of substances and supplements provided by Accurate Clinic include those for which there is at least some research that supports the claims described. The supplement lists are provided for educational benefit and the reference to being "advised" is not meant to equate to "recommended." With supplements there may be a lack of definitive proof of safety and effectiveness and no guarantees are implied. Please discuss with your physician if you use or plan to use any of these or other supplements to treat yourself.**

**To help assure that a product is one of high quality and effectiveness, look for the following labels:**

- USP seal of approval
- GMP seal of approval
- NSF seal of approval
- "Clinically Tested"

### **For More Information:**

**1. NCCAM Clearinghouse** (National Center for Complementary and Alternative Medicine (CAM):

The U.S. government's NCCAM Clearinghouse provides information on CAM and NCCAM, including publications and searches of Federal databases of scientific and medical literature. The Clearinghouse does not provide medical advice, treatment recommendations, or referrals to practitioners.



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**Toll-free:** 1-888-644-6226

**Web site:** [nccam.nih.gov/health/clearinghouse/](http://nccam.nih.gov/health/clearinghouse/)

**E-mail:** [info@nccam.nih.gov](mailto:info@nccam.nih.gov)

### **2. [www.ConsumerLabs.com](http://www.ConsumerLabs.com)**

This website lists companies that have passed inspections.

### **3. [www.PureFormulas.com](http://www.PureFormulas.com)**

This commercial website offers many reputable brands for on-line purchase and seems to have a good reputation. No specific recommendation is made for this website otherwise.

**References:** Further references are available from your physician