Herb and Supplement Consult

What is a 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 considering taking.
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 Integrative Medicine Center 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 Integrative Medicine Center 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 products.

4. **The Internet or a 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 that are 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, because herbal products might interfere with your condition or the drugs you are taking.

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

Your consultation.
During a consultation, 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.
Schedule your appointment.
The Integrative Medicine Center has a pharmacist available for herb and supplement consultations. If you would like to schedule a consultation, please call the Integrative Medicine Center at 720.553.2750.

How much do herbals and supplements cost?
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.

Contact information.
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By making this information available, UCHealth and the Integrative Medicine Center 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.

Learn more at uchealth.org