Access comprehensive, up-to-date evidence-based, information on the safety and efficacy of CAM including potential adverse effects and interactions with prescription medications.

Provide clinical decision support to address growing patient interest and utilization of natural therapies.

Encourage shared decision making between patients and providers to support patient-driven healthcare initiatives.

Take free online CE’s/CME’s to learn about popular natural therapies that patients self medicate with.

Complement your Ovid-subscribed resources in evidence-based practice and Traditional Chinese Medicine (TCM) of research.

Current and new features include:

- Over 1100 Natural Medicines Ingredient Monographs
- 90,000+ Commercial Dietary Supplement Products
- Evidence-Based NMBER® System for all Commercial Products
- New and Improved Checkers and Tools
- Patient Handouts in English, Spanish, and French
- Enhanced Health & Wellness Monographs
- Sports Medicine Monographs
- Natural MedWatch Adverse Event Reporting System

Why You Need the Natural Medicines Database

- Which therapies work? Which are safe? Which are effective?
- High patient utilization rates and increasing expenditures on CAM - healthcare provider liability to be educated in this area.
- Increasing number of healthcare institutions offering integrative care towards total health and wellness- counsel with confidence.
- Lack of high-quality CAM resources available to professionals and patients- other drug and CAM resources fail to evaluate study quality and have dangerous omissions.
- The World Health Organization (WHO) endorses Natural Standard as "The best and most authoritative web site available on herbal medicines.”
Natural Medicines Contents:

Searchable Databases

- **Foods, Herbs & Supplements** – Systematic, searchable evidence-based reviews of functional foods, herbs, supplements, vitamins, and minerals.
- **Health and Wellness** – Coverage of acupuncture, chiropractic, reiki, and other alternative therapies, including special diets and exercises.
- **Comparative Effectiveness** – Searchable by indication or contraindication, these clinical decision support tools enable practitioners to compare and contrast the evidence behind treatments.
- **Commercial Products** – Identify thousands of international products, sort by product name or manufacturer.
- **Sports Medicine** – Covers a wide array of popular anabolic steroids, amino acids, and nutritional supplements, as well as exercises and foods.

New and Improved Checkers and Tools:

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<th>Checker/Tool</th>
<th>Description</th>
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<tr>
<td>Enhanced Interaction Checker</td>
<td>Quickly screen for interactions between natural medicines, including multi-ingredient supplements, and conventional medicines</td>
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<tr>
<td>Nutrient Depletion Checker</td>
<td>Enter any medication and get a report showing any nutrients that might be depleted</td>
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<td>Effectiveness Checker</td>
<td>Quick comparison of the effectiveness of different natural medicines for a specific condition</td>
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<tr>
<td>Adverse Effects Checker</td>
<td>Select any symptom or side effect and get a list of natural medicines that have evidence to suggest that they might cause a side effect</td>
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<tr>
<td>Pregnancy and Lactation Checker</td>
<td>Select any natural medicine and instantly find out the evidence-based Safety Rating for women who are pregnant or breastfeeding</td>
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Evidence-Based NMBER® System

**NMBER** (Natural Medicines Brand Evidence-Based Rating) allows you to quickly assess safety, effectiveness, and product quality on over 90,000 commercially available natural medicines and dietary supplement products. Each product is given an evidence-based, scientific rating from one – ten with 10 being the highest.

**Natural MedWatch**

Natural MedWatch gives practitioners a quick and easy way to report adverse events related to dietary supplements. When evaluating adverse effects related to supplements, you can generate an adverse event report with just a few clicks. Reports are shared with the FDA and enhance our knowledge about supplement safety. Plus they can also be easily printed for patient charts.

**Therapeutic Research Center** is the only large independent organization of its kind specializing in actionable recommendations on drug therapy and medication management. In addition to its highly regarded Letters, Therapeutic Research Center provides advisory services, databases, interactive resources, live webinars, drug comparisons, patient education, continuing education programs, learning management systems, and online competency and compliance training programs. Every month over 400,000 prescribers, pharmacists, and pharmacy technicians rely on our advisory services to help them improve medication use, prevent medication errors, and improve patient care and outcomes.