

Consumers Beware: Know Your Supplements



Many people believe that because a remedy is natural, it must be safe. What they don't realize is that natural medicines might also cause strong side effects, including negative interactions with other medications.

We've teamed up with the Natural Medicines Comprehensive Database to bring you reliable information so that you can make smart decisions about taking natural medicines, from [vitamin D](#) to [ginkgo biloba](#) to [echinacea](#).

Look up vitamins, herbs, and other supplements*

Be sure to discuss the safety and effectiveness of any natural medicine with your doctor or pharmacist to find out how it may interact with any existing medication.

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