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Herbal supplements most commonly used by elderly patients based on published studies between 2001-2011**

de Souza Silva JE et al. Arch Gerontol and Geriatr 2014;59:227-233

Supplement	Claimed benefits	Potential major risks
Gingko biloba	Enhance memory Improve circulation	Drug interactions (HIV meds) Increased bleeding risks
Garlic	Control cholesterol Antihypertensive Enhance immune function Anti-thrombotic effect	Increased bleeding risks Decreased absorption of INH
Ginseng	Boost energy Improve mental performance Enhance immune function	Drug interactions (inducer of CYP3A4)
Aloe vera	Improve constipation Treat skin disorders Improve osteoarthritis Lower blood sugar	Abdominal cramps Diarrhea Hypoglycemia ?

**APPENDIX 2:  
Other herbal supplements commonly used by American adults**

Supplement	Common Uses
Chondroitin	Treat osteoarthritis
Coenzyme Q10	Various uses, including treatment of hypertension
Cranberry extracts	Prevent heart disease and cancer, treat UTI
Echinacea	Prevent/fight common cold
Flax seeds	Prevent heart disease
Glucosamine	Treat osteoarthritis
Saw palmetto	Treat benign prostatic hypertrophy
St. John's wort	Depression

Additional information: National Center for Complementary and Integrative Health (<https://nccih.nih.gov/>)