

moderate amount in food, ?/?/? for supplements ▶+ in moderate amount in food, – in supplements \$

**HAWTHORN** (*Crataegus, Crataegutt, HeartCare*) **Mild heart failure** (possibly effective): 80 mg PO two times per day to 160 mg PO three times per day (HeartCare 80 mg tabs), but American College of Cardiology does not recommend. [Not by prescription.] ▶? ♀– ▶– \$

**HONEY** (*Medihoney*) **Topical for burn/wound** (including diabetic foot, stasis leg ulcers, pressure ulcers, 1st- and 2nd-degree partial thickness burns): Apply Medihoney for 12 to 24 h/day. **Oral for nocturnal cough due to upper respiratory tract infection in children** (effective): Give PO within 30 min before sleep. Dose is ½ tsp for 2 to 5 yo, 1 tsp for 6 to 11 yo, 2 tsp for 12 to 18 yo. Not for children younger than 1 yo due to risk of infant botulism. [Mostly not by prescription. Medihoney is FDA-approved.] ▶? ♀0/0/0 for moderate amounts in food ▶+ \$ for oral \$\$\$ for Medihoney

**HORSE CHESTNUT SEED EXTRACT** (*Aesculus hippocastanum, Venostat*) **Chronic venous insufficiency** (effective; reduces leg pain, edema, pruritus): Standardized extract providing escin 50 to 75 mg PO two times per day. Venostat: 1 cap PO two times per day with water before meals. [Not by prescription. Venostat (standardized to 16.7% escin) Caps 300 mg (50 mg escin/cap).] ▶? ?/?/?/▶– \$

**LICORICE** (*Glycyrrhiza*) Chronic high doses can cause pseudoprietary aldosteronism (with HTN, edema, hypokalemia). **Prevention of postop sore throat** (possibly effective): Licorice 0.5 g in 30 mL water gargled 5 minutes before anesthesia. [Not by prescription.] ▶Bile ♀X/X/X ▶– \$

**MELATONIN** **To reduce jet lag after flights over more than 5 time zones** (effective): 0.5 to 5 mg immediate-release formulation PO at bedtime for 3 to 6 nights starting on day of arrival. [Not by prescription.] ▶L ♀?/?/? ▶– \$

**MILK THISTLE** (*Silybum marianum, Legalon, silymarin, Thisilyn*) **Hepatic cirrhosis** (efficacy unclear): 100 to 200 mg PO three times per day of standardized extract (70 to 80% silymarin). Appears ineffective for chronic HCV. [Not by prescription.] ▶LK ♀?/?/? ▶– \$ **NONI** (*Morinda citrifolia*) Promoted for many medical disorders; but insufficient data to assess efficacy. Potassium content comparable to orange juice; hyperkalemia reported in chronic renal failure. Cases of hepatotoxicity. [Not by prescription.] ▶? ?/?/?/▶– \$\$\$

**PEPPERMINT OIL** (*Colpermin, IBGard*) **Irritable bowel syndrome** (possibly effective), age 15 yo or older: 1 or 2 enteric-coated caps PO three times per day taken before meals. Do not crush or chew caps. Avoid products that are not enteric-coated. [Not by prescription. Enteric-coated capsules: Colpermin (187 mg peppermint oil/0.2 mL), IBGard (90 mg ultra-purified peppermint oil/cap; marketed as medical food).] ▶LK ♀+ in food, ? in supplements ▶+ in food, ? in supplements \$

**PROBIOTICS** (*Align, Bifidobacteria, BioGaia, Culturelle, Florastor, Gerber Soothe Colic drops, Lactobacillus, Saccharomyces boulardii, Visbiome, VSL#3*) Visbiome and VSL#3 are medical foods that contain similar bacterial strains. **Ulcerative colitis** in adults (possibly effective): Visbiome or VSL#3 dose of 1 to 2 packets/day, 0.5 to 1 DS or ES sachet/day, or 4 to 8 caps/day. **Active ulcerative colitis** in adults (possibly effective): Visbiome or VSL#3 dose of 8 packets/day

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