

SOUR CHERRY (*Prunus cerasus*, *Montmorency cherry*) **OA** (efficacy unclear): 240 mL juice PO two times per day. **Prevention of gout** (efficacy unclear): 15 mL concentrate PO two times per day. **Insomnia** (possibly effective): 240 mL juice or 30 mL concentrate PO two times per day. **Prevention of exercise-induced muscle damage/pain** after strenuous exercise (efficacy unclear): 240 or 360 mL juice or 30 mL concentrate PO two times per day. Dilute concentrate before drinking. [Not by prescription.] ▶LK ♀0/0/0 for moderate amount in food, ?/?? for supplements ▶+ for moderate amount in food, in supplements \$\$

SOY (*Genisoy*, *Healthy Woman*, *Novasoy*, *Phyto soya*) **Postmenopausal vasomotor symptoms** (modest benefit): Per North American Menopause Society, consider 50 mg/day or more of soy isoflavones for at least 12 weeks. Efficacy unclear for postmenopausal bone loss (conflicting clinical trials). Per American Cancer Society and other experts, breast cancer survivors (including tamoxifen-treated women) can consume up to 2 servings/day of soy foods, but should avoid supplements (including soy powder). [Not by prescription.] ▶Gut, L, K ♀0/0/0 for moderate amounts of soy in food; ?/?? for supplements ▶+ for food, ? for supplements \$

ST. JOHN'S WORT (*Hypericum perforatum*) **Mild to moderate depression** (effective): 300 mg PO three times per day of standardized extract (0.3% hypericin). Does not appear effective for ADHD. May decrease efficacy of other drugs (e.g., ritonavir, oral contraceptives) by inducing CYPs and P-glycoprotein. May cause serotonin syndrome; caution with SSRI/SNRI and avoid MAOI. [Not by prescription.] ▶L ♀X/X/X ▶- \$

TEA TREE OIL (*melaleuca oil*, *Melaleuca alternifolia*) Not for oral use; CNS toxicity reported. Limited evidence for topical treatment of onychomycosis, tinea pedis, acne vulgaris, dandruff, pediculosis. [Not by prescription.] ▶? ♀- ▶- \$

VALERIAN (*Valeriana officinalis*) **Insomnia** (possibly modestly effective; conflicting clinical trials): 400 to 900 mg of standardized extract PO 30 min before bedtime. [Not by prescription.] ▶? ♀- ▶- \$

WILLOW BARK EXTRACT (*Salicis cortex*, *salicin*) **OA, low-back pain** (possibly effective): 60 to 240 mg/day salicin PO divided two to three times per day. Contains a salicylate; consider contraindications and precautions that apply to other salicylates. Avoid coadministration of NSAIDs. [Not by prescription. Some products standardized to 15% salicin content.] ▶K ♀?/?/X ▶- \$