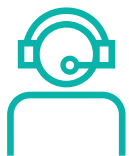


## 12 dangerous supplements

According to the Consumer Reports website, [consumerreports.org](http://consumerreports.org), these 12 supplements have been “linked to serious adverse events, or in the case of glandular supplements, to strong theoretical risks.” Consumer Reports’ shoppers were able to easily purchase these potentially dangerous supplements both individually and in multi-ingredient combinations online and in retail stores. These unsafe dietary supplements should be avoided.

Name (also known as)	In products such as*	Dangers	Regulatory actions
<b>DEFINITELY HAZARDOUS</b> Documented organ failure and known carcinogenic properties			
<b>1. Aristolchic acid</b> ( <i>Aristolochia</i> , birthwort, snakeroot, snakeweed, sangree root, sangrel, serpenteria, serpentaria; asarum canadense, wild ginger)	Växa PMS-Ease, Shanghai Chinese Herbal Company Cardioflex (Guan Xin Su He Wan), Min Shan Brand Long Dan Xie Gan Wan	Potent human carcinogen; kidney failure, sometimes requiring transplant; deaths reported	U.S. FDA warning to consumers and industry and import alert, in April 2001. Banned in seven European countries and Egypt, Japan, and Venezuela.
<b>VERY LIKELY HAZARDOUS</b> Banned in other countries, FDA warning, or adverse effects in studies			
<b>2. Comfrey</b> ( <i>Symphytum officinale</i> , ass ear, black root, blackwort, bruisewort, consolidae radix, consound, gum plant, healing herb, knitback, knitbone, salsify, slippery root, symphytum radix, wallwort)	American Health & Herbs Ministry Asthma Formula 1040 Tincture	Abnormal liver function or damage, often irreversible; deaths reported	FDA advised industry to remove from market in July 2001
<b>3. Androstenedione</b> ( <i>4-androstene-3, 17-dione</i> , andro, androstene)	AST Sports Science Andro100, SDI-Labs D-Bol Methadrogenol, Young Again Nutrients Androstene Dione	Increased cancer risk, decrease in HDL cholesterol	FDA warned 23 companies to stop manufacturing, marketing, and distributing in March 2004. Banned by athletic associations
<b>4. Chaparral</b> ( <i>Larrea divaricata</i> , creosote bush, greasewood, hediondilla, jarilla, larreastat)	Arizona Naturals Chaparral tablets, American Health & Herbs Ministry Bowel & Liver Cleanser Tincture, Larreacorp Ltd. Larreastat	Abnormal liver function or damage, often irreversible; deaths reported	FDA warning to consumers in December 1992
<b>5. Germander</b> ( <i>Teucrium chamaedrys</i> , wall germander, wild germander)	Nature's Wonderland Germander Herb Powder	Abnormal liver function or damage, often irreversible; deaths reported	Banned in France and Germany
<b>6. Kava</b> ( <i>Piper methysticum</i> , ava, awa, gea, gi, intoxicating pepper, kao, kavain, kawa-pfeffer, kew, long pepper, malohu, maluk, meruk, milik, rauschpfeffer, sakau, tonga, wurzelstock, yagona, yangona)	NutriBiotic MetaRest, Ancient Herbs Relaxit, BlueBerry Matrix Herbal Stress Relief and Relaxation Enhancement Tablet	Abnormal liver function or damage, occasionally irreversible; deaths reported	FDA warning to consumers in March 2002. Banned in Canada, Germany, Singapore, South Africa, and Switzerland

Name (also known as)	In products such as*	Dangers	Regulatory actions
<b>LIKELY HAZARDOUS</b> Adverse-event reports or theoretical risks			
<b>7. Bitter orange</b> ( <i>Citrus aurantium</i> ), green orange, kijitsu, neroli oil, Seville orange, shangzhou zhichiao, sour orange, zhi oiao, zhi xhi	Xenadrine EFX, Metabolife Ultra, NOW Diet Support	High blood pressure; increased risk of heart arrhythmias, heart attack, stroke	None
<b>8. Organ/glandular extracts</b> (brain/adrenal/pituitary/placenta/other gland "substance" or "concentrate")	Healthgenesis.com Brain Concentrate capsules, Plymouth Bell Labs Multigland-F Aspen GroupGlan-Fem Plus	Theoretical risk of mad cow disease, particularly from brain extracts	FDA banned high-risk bovine materials from older cows in foods and supplements in January 2004. (High-risk parts from cows under 30 months still permitted) Banned in France and Switzerland
<b>9. Lobelia</b> ( <i>Lobelia inflata</i> , asthma weed, bladderpod, emetic herb, gagroot, lobelia, indian tobacco, pukeweed, vomit wort, wild tobacco)	Nature's Way Lobelia Herb respiratory tonic, Nature's Way Breathe-Aid, American Health & Herbs Ministry Asthma Formula 1040 Tincture	Breathing difficulty, rapid heartbeat, low blood pressure, diarrhea, dizziness, tremors; possible deaths reported	Banned in Bangladesh and Italy
<b>10. Pennyroyal oil</b> ( <i>Hedeoma pulegioides</i> , lurk-in-the-ditch, mosquito plant, piliolerial, pudding grass, pulegium, run-by-the-ground, squaw balm, squawmint, stinking balm, tickweed)	Nature's Answer Pennyroyal Herb Extract, Nature's Wonderland Pennyroyal Herb capsules, American Health & Herbs Ministry Pennyroyal Tincture	Liver and kidney failure, nerve damage, convulsions, abdominal tenderness, burning of the throat; deaths reported	None
<b>11. Scullcap</b> ( <i>Scutellaria lateriflora</i> , blue pimpernel, helmet flower, hoodwort, mad weed, mad-dog herb, mad-dog weed, quaker bonnet, scutelluria, skullcap)	Solaray Skullcap Capsules, American Health & Herbs Ministry Appetite Stimulant Formula Tincture	Abnormal liver function or damage	None
<b>12. Yohimbe</b> ( <i>Pausinystalia yohimbe</i> , johimbi, yohimbehe, yohimbine)	Twinlab Yohimbe Fuel, Nature's Purest Herbal Niagara, K-Max Power-for-Men Pure Yohimbe Bark Extract	Change in blood pressure, heart arrhythmias, respiratory depression, heart attack; deaths reported	None



### Additional Support

If you have any questions talk to your specialist or contact the CVS Specialty Hemophilia Care Program toll-free at **1-866-RxCare-1 (1-866-792-2731)**.

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\*According to product labels.

Sources: *Natural Medicines Comprehensive Database 2004 and Consumers Union's medical and research consultants. Information available online at www.consumerreports.org*

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