

## Natural Medicines Comprehensive Database

Available on all Griffin workstations in all libraries or remotely via the worldwide web: <http://www.systems.wsu.edu/griffin/INDEXES.htm/>

The Natural Medicines Comprehensive Database (NMCD) contains evidence-based clinical information, with references and citations to primary literature, for many natural medicines sold in the U.S. and Canada. The data includes herbal and non-herbal supplements and is compiled and analyzed by pharmacists, physicians, dietitians, and pharmacologists. NMCD is updated daily.

### HOW DO I START?

Go to the **Article Indexes/E-journals** page <<http://www.systems.wsu.edu/griffin/INDEXES.htm>>.

Under **Article Indexes and Other Databases A to Z**, click on the down arrow ↓ to the right of **Select From List**. Scroll down to **Natural Medicines (LOG OUT after using!)** and select by clicking on it.

### HOW DO I SEARCH?

There are 6 search options:

#### 1. PRODUCT SEARCH

- Type an herb name, compound or product in the search box, then click on the **Search** button. This is the fastest way to search. You can search for product names, common names, scientific names and brand names. You do not need to know if a name is an ingredient name or a brand name to get to the listing.

*Example:* If you search for *ginkgo* in this section, you'll be searching for products that list ginkgo in their product name, common name, scientific name, or brand name. Your result will be a listing of the two ginkgo monographs, GINKGO BILOBA (Ginkgo Leaf) and GINKGO (Ginkgo Seed). Similar Matches section lists links to monographs for natural products with similar names, as well as all the brand name products which list ginkgo in the title or name of the product.

#### 2. BROWSE THE LIST OF PRODUCTS

- Select the first letter of your search term, (Use the # symbol for search terms that begin with a number). Use this search when you aren't sure of the exact spelling of a product. The lists contain brand name products as well as links to the monographs.

#### 3. NATURAL PRODUCT EFFECTIVENESS CHECKER

- Type the name of a condition or disease to find a list of natural products used for that condition, listed by effectiveness level. Effectiveness level is indicated by the following ratings:
  - ◆ EFFECTIVE = The product has passed a rigorous scientific review equivalent to a review by the FDA, Health Canada, or other governmental authority and has been found to be effective for a specific indication as an OTC drug, orphan drug, or prescription drug product.
  - ◆ LIKELY EFFECTIVE = Reputable references generally agree that the product is effective for the given indication, based on two or more randomized, controlled, clinical trials involving several hundred to several thousand patients, giving positive results for clinically relevant end-points and published in established, refereed journals.
  - ◆ POSSIBLY EFFECTIVE = Reputable references suggest that the product might work for the given indication based on one or more clinical trials giving positive results for clinically relevant end-points.
  - ◆ POSSIBLY INEFFECTIVE = Reputable references suggest that the product might not work for the given indication based on one human study giving negative results for clinically relevant end-points.
  - ◆ LIKELY INEFFECTIVE = Reputable references generally agree that the product is not effective for the given indication, based on two or more randomized, controlled, clinical trials giving negative results for clinically relevant end-points and published in established, refereed journals.
  - ◆ INEFFECTIVE = Most reputable references agree that the product is not effective for the given indication, or multiple high-quality studies resulted in negative results; there are no equally reliable human studies offering convincing contradictory data.

#### 4. DISEASE/MEDICAL CONDITIONS SEARCH

- Type the name of a condition or disease to find a list of natural products listed by effectiveness level. This is especially helpful when you aren't sure of the exact spelling of the condition you are looking for, or want to find related conditions.

*Example:* If you browse the "A" section, you will see listings for both *Age-related cognitive impairment* and *Age-related memory impairment*.

#### 5. NATURAL PRODUCT/DRUG INTERACTION CHECKER

- Use this search to find potential interactions between conventional drugs and natural medicines. Enter a conventional drug name (such as Prozac® or acetaminophen), any herb or supplement (such as echinacea or

glucosamine), or any brand name supplement combination product. This search checks for interactions with EACH INGREDIENT of each product. Click the "Add" button to add products to the list.

- Use the browse feature if you aren't sure how to spell the name of the drug or supplement. The browse will display an alphabetical listing of products. Click the "Add to List" link to add all the products to the list, then click the "Check Interactions" button. A report showing any potential interactions will display.
- Remember, this feature checks for interactions between conventional drugs and supplements. **It does NOT check for drug-drug interactions.**

## 5. ADVANCED SEARCH

- Select any or all field boxes. Type your search term in the **KEYWORD(s)** text box below the list of fields. Click on the **KEYWORD Search** button.  
You can limit your search by looking only in the fields that you specify. Click any or all of the 16 fields to search the database selectively--you search only in the fields that you choose. The default setting selects all fields. You can select and deselect fields by clicking the check boxes.  
*Example:* To get a list of all occurrences of the word fibromyalgia in the database, type *fibromyalgia* in the text box and check all field boxes.  
*Example:* To see a list of herbs that interact with warfarin, type *warfarin* in the text box and select the **Interactions with Drugs** field box.  
*Example:* To view a list of herbs that interact with diabetes, check only the **Interactions with Diseases or Conditions** box and type in the word *diabetes* in the text box.

## SEARCH RESULTS

The search results screen shows your search term and offers an alphabetical listing of related terms in two categories:

### Closest Matches

### Similar Matches

- Click on **Read Detailed Information** under either category to display detailed information.
- Click on **New Search** at the top of the page to move to another page.

## MONOGRAPH DISPLAY

The Monograph display divides product information into seventeen general categories including names, what people are using it for, safety, effectiveness, possible mechanism of action, interactions with herbs, drugs, foods, lab tests, or conditions, active ingredients, adverse reactions including known allergies, typical dosages and routes of administration commonly used, comments, and references.

- Every listing includes a rating for safety, including safety in pregnancy and lactation.
  - ◆ **LIKELY SAFE** = The product has undergone a rigorous scientific evaluation equivalent to a review by the FDA, Health Canada, or other governmental authority and has been found to be safe when used appropriately. Or reputable references generally agree that the product is safe when used appropriately based on two or more randomized, controlled, clinical trials involving several hundred to several thousand patients and published in refereed journals; or based on large-scale post-marketing surveillance showing a low incidence of significant adverse effects.
  - ◆ **POSSIBLY SAFE** = Reputable references agree that the product might be safe when used appropriately, and there are human studies reporting no serious adverse effects.
  - ◆ **POSSIBLY UNSAFE** = There is some evidence suggesting that use of the product might be unsafe.
  - ◆ **LIKELY UNSAFE** = Reputable references agree that the product can be harmful, based on human studies or reliable case reports of significant adverse effects.
  - ◆ **UNSAFE** = The product has undergone a rigorous scientific evaluation or a review by a reliable regulatory agency and found to often cause clinically significant harm to humans. Or large-scale post-marketing surveillance shows a high incidence of significant adverse effects
- Click on the numbers in the monograph to bring up the original citations from the peer-reviewed medical literature. You can get the list of references for the entire document by clicking on the **References** button at the bottom of the page.
- Other buttons at the bottom of the page offer additional options:
  - Print Version** generates a printable copy.
  - Patient Education Handout** provides the information in **easy-to-read language**.
  - Brand Names** links to a list of products that contain the material as an ingredient.

## HOW DO I EXIT?

Click on **Logout** at the top of the page when finished because of limited user access.

## WHERE CAN I GET HELP?

If you have questions about searching the NMCD, click on the **More Help** link next to each search option box. Additional assistance is available from a librarian either at the library, by phone at 335-9556, or via email [vetref@wsu.edu](mailto:vetref@wsu.edu).