

SELECTED COMPLEMENTARY TREATMENTS

COMMON NAME	PURPORTED USES	CAUTIONS - REPORTED ADVERSE EVENTS
☉ Algae	Antiviral, Candida, Diabetes, Immune stimulant, Weight loss. African clinical studies of HIV/AIDS patients underway.	Constipation, diarrhea, fatigue, headache, nervousness, polyuria, possible immunosuppression , skin rash. Safety of algae is not established in children, during pregnancy or lactation
☉ Carnitine Best food sources: Animal products	Cognitive disorders, Drug toxicity, HIV/AIDS, Lactic acidosis, Metabolic syndrome, Neuropathy, Weight loss	GI problems (gastritis, nausea, vomiting, diarrhea, stomach cramps), fishy body odor, microbiological contamination, hypothyroidism
☉ Coenzyme Q10 (Q10) Vitamin like substance in tiny amounts in foods and made in body tissues. Best food sources: organ meats, meats, poultry, fatty fish (sardines, mackerel), soy oil, and peanuts.	Cancer, Hepatitis, HIV/AIDS, Degenerative/Cognitive/Neuromuscular diseases, Metabolic syndrome, Weight loss. May be used to replenish Q10 losses due to smoking, hypertension or use of drugs such as oral antidiabetics, Lipitor and Mevacor (HMGCoA reductase inhibitors).	↓ blood pressure and blood sugar, ↑ liver enzymes, fatigue, headache, GI problems (heartburn, nausea, vomiting, diarrhea, stomach pain/upset). ↓ response to warfarin. May interact with other medications or other dietary supplements. Safety of Q10 is not established in children during pregnancy or lactation
☉ Conjugated Linoleic Acid (CLA) Polyunsaturated fatty acids (positional and stereoisomers of linoleic acid). Found mainly in animal products.	Atherosclerosis, Bone density, Cancer, Diabetes, ↓ Fat mass, Immune stimulant, Obesity, Oxidative stress, ↑ Lipid and fatty acid metabolism. Metabolic syndrome clinical studies of HIV/AIDS patients in progress.	↓ body fat, blood glucose, and serum lipid levels, ↓ body weight, ↓ leptin, ↓ cholesterol including ΔLow-density lipoprotein (LDL) and *VLDL cholesterol, ↓ serum triglycerides, ↓ insulin sensitivity, ↑ fasting insulin levels. No reported clinical contraindications or drug interactions in humans.
☉ DHEA	'Cure all' including HIV/AIDS, Metabolic syndrome, ↓ fat mass and diabetes risk, ↑ muscle mass, improve bone turnover. In clinical trials at Washington University School of Medicine in MO for metabolic syndrome and Stanford University in CA for the treatment of lupus in women.	Abdominal pain/pressure, abnormal labs, acne, anorexia, bleeding (nose, oral and anal), heart disorders, congestion, cough, dysuria, high blood pressure/sugar, fatigue, fever, gas, headache, hepatitis, HIV progression , hormone related cancers (breast, etc.), hyperthermia, hypokalemia, hypotension, ↑ IL-2 levels, insomnia, irritability, itchy palms/feet, kidney failure, liver disease, malaise, manic depression, menstrual changes, ↑ muscle mass, nausea, polydypsia, polyuria, profuse sweating, rash, short of breath, submandibular tumor, swelling (feet, hands, eyes), vomiting blood, ↑ weight
☉ N-acetylcysteine (NAC) In the U.S. known as a drug and a dietary supplement. Best cysteine food sources: animal proteins with whey protein, eggs and cheese.	Acetaminophen overdose, Angina pectoris, Chemotherapy, Colds, Hepatitis C, ↑ glutathione and CD4 T cells, Renal cysteine stones, Respiratory disorders, Liver protection, Hepatitis B	GI distress (diarrhea, nausea, vomiting), headache, rashes. Cysteine renal stones rarely occur. The combination of NAC and nitroglycerin can cause severe headaches. No known contraindications with oral dietary supplementation.
☉ Omega-3 Fatty acids Best food sources: Fatty fish such as mackerel and salmon and vegetable oils rich in alpha-linolenic acid such as flax and canola.	ADHD, Cognitive disorders, ↓ Blood pressure, Heart disease, HIV/AIDS, Inflammatory diseases, ↓ serum triglycerides. Metabolic syndrome clinical studies of HIV/AIDS patients in progress.	Blood thinner, decreased platelet aggregation, gas, GI upset, fishy taste, higher levels may have adverse effects on immune function , nausea. Safety of omega-3 fatty acids is not established during pregnancy or lactation. ↑ ΔLDL and High-density lipoprotein cholesterol (HDL), ↓ serum triglycerides and *VLDL cholesterol
☉ Plant Stanol Esters Found in functional food products such as spreads (Benecol, Take Control, etc.) and Benecol Smart Chews	Heart disease, Metabolic syndrome	↓ total cholesterol and ΔLDL cholesterol as part of a diet low in saturated fat and cholesterol. Malabsorption of fat-soluble carotenoids possible. Health Canada notes the margarine may pose health risks to those predisposed to hemorrhagic strokes, pregnant women, children and people on cholesterol-lowering medications. Some products contain 10 times more plant sterols than similar fat spreads and the effects of exposure have not been properly assessed. No drug interactions noted to date.

☉ Please refer to HIV ReSource Review and HIV Nutrition Update newsletter issues for more information.

Notes:

- 1) *VLDL (very low-density lipoprotein cholesterol) is believed to be one of the most atherogenic types of lipoproteins.
- 2) Dietary supplements are not required to undergo testing or manufacturing controls. Some versions sold in stores may not contain potentially beneficial amounts of the compound. Also, there may be composition variations from one batch to another and manufacturers may sell poor quality products. To increase the likelihood of securing a reliable product consumers can visit Consumer Labs at www.consumerlabs.com to see a list of products that passed or failed their review.

COMPLEMENTARY TREATMENT RESOURCES

PUBLICATION	NOTES
<i>PDR for Nonprescription Drugs and Dietary Supplements, 2004</i>	Key facts of nonprescription drugs and dietary supplements; 500 pages (hardcover). List: \$59
<i>Herb-Drug Interaction Handbook</i> http://www.onlinernd.com	A reliable, handy, pocket-sized guide to herb-drug interactions; 418 pages (spiral bound). List: \$25 plus \$5 shipping & handling
<i>The Pill Book Guide to Natural Medicines: Vitamins, Minerals, Nutritional Supplements, Herbs, etc.</i>	Information on effectiveness and safety of 250+ popular natural remedies; 1088 pages (paperback). List: \$6.99
<i>Handbook of Medicinal Herbs, Second Edition</i>	Data on 800+ botanicals; 896 pages (hardcover) List: \$270
<i>Integrative BodyMind Information System</i>	Software database on alternative medical therapies List: varies www.integrativemedicalarts.com/ibis.html
<i>Herb Contraindications And Drug Interactions</i>	Notes potential serious effects from using herbals with prescription drugs; 440 pages (paperback). List: \$26
<i>Natural Medicines: Comprehensive Database</i>	Comprehensive 2004 Edition; 2,161 pages (paperback). List: \$92
<i>The People's Pharmacy Guide to Home and Herbal Remedies</i>	Describes safe use of home/herbal remedies; 384 pages (paperback). List: \$7
<i>Encyclopedia of Natural Medicine</i>	960 pages of useful information (paperback) List: \$25
<i>The A-Z Guide to Drug-Herb and Vitamin Interactions</i>	Comprehensive reviews; 464 pages (paperback). List: \$20
Visit www.hivresources.com/Books2.html to order many of these books through the Internet for a reduced price.	



RESOURCE	TELEPHONE NO.	WEB SITES
Alternative Medicine Foundation, Inc.	301/340-1960	www.amfoundation.org
American Botanical Council	512/926-4900	www.herbalgram.org
Alternative Medicine Review	208/263-1337	www.thorne.com/altmedrev/index.html
Article Citation Database—AGRICOLA	301/504-5755	http://agricola.nal.usda.gov/
BMJ Complementary Medicine Web Site		www.bmj.com/cgi/collection/complementary_medicine
ConsumerLab.com	914/722-9149	www.consumerlab.com
Evidence-based Complementary and Alternative Medicine Jrn.		http://ecam.oupjournals.org/
Food and Drug Administration (FDA)	888/463-6332	www.fda.gov
FDA MedWatch	800/332-1088	www.fda.gov/medwatch/index.html
HerbNet	717/393-3295	www.herbnet.com/herbnet.htm
Herb Research Foundation	303/449-2265	www.herbs.org
Herb Society of North America	440/256-0514	www.herbsociety.org
Int. Bibliographic Information (IBIDS)	301/435-2920	http://ods.od.nih.gov/Health_Information/IBIDS.aspx
Journal of Natural Products	800/333-9511	http://pubs.acs.org/journals/jnprdf/index.html
National Center for Complementary and Alternative Medicine	888/644-6226	http://nccam.nih.gov
National Council Against Health Fraud	978/532-9383	www.ncahf.org
National Nutritional Foods Association	800/966-6632	www.nnfa.org
NIH ODS CARDS Database	301/435-2920	http://ods.od.nih.gov/databases/cards.html
USDA ARS Phytochemical/Ethnobotanical Databases		www.ars-grin.gov/duke/index.html
Quackwatch		www.quackwatch.com
MD Anderson Cancer Center	800/392-1611	www.mdanderson.org/departments/cimer
Supplementwatch	888/576-0788	www.supplementwatch.com
UK's Herb Society		www.herbsociety.co.uk
U.S. FDA Food Safety & Applied Nutrition	888/723-3366	http://vm.cfsan.fda.gov/~dms/supplmnt.html
United States Pharmacopeial	800/227-8772	www.usp.org