

Natural Medicines in the Clinical Management of Diabetes

Recommendation Chart for Natural Medicines Used for Diabetes *						
Safety \	Likely Safe	Possibly Safe	Insufficient Evidence	Possibly Unsafe	Likely Unsafe	Unsafe
Effective						
Likely Effective						
Possibly Effective	<ul style="list-style-type: none"> - Blond psyllium - Guar gum - Magnesium - Oat bran - Soy 	<ul style="list-style-type: none"> - Agaricus mushroom - Alpha-lipoic acid - American ginseng - Chromium - Glucomannan - Panax ginseng - Prickly pear cactus - White mulberry 				
Insufficient Evidence	<ul style="list-style-type: none"> - Cassia cinnamon - Coenzyme Q10 - Stevia (short-term) - Vanadium 	<ul style="list-style-type: none"> - Banaba - Bean pod - Bitter melon - Chia - Fenugreek - Gymnema 				
Possibly Ineffective	<ul style="list-style-type: none"> - Selenium 					
Likely Ineffective						
Ineffective						

KEY:

Consider recommending this product.

Don't recommend using this product.

Recommend against using this product.

* These proposed recommendations are based solely on the Safety and Effectiveness Ratings contained in *Natural Medicines Comprehensive Database*. This assumes use of high-quality, uncontaminated products and the use of typical doses. Keep in mind that some products are never appropriate for some patients due to concomitant disease states, potential drug interactions, or other clinical factors. Use your clinical judgment before recommending any product.