



Natural Standard Database on OvidSP

Authoritative Evidence-Based Reviews of Complementary & Alternative Medicine (CAM)

More than 80% of the world's population uses natural supplements; over US\$ 200 billion is spent on complementary therapies each year. Before Natural Standard there was inadequate centralized monitoring of quality, safety, and effectiveness of these therapies despite known side effects, interactions, and risks associated with them.

The Natural Standard Database, now on OvidSP, offers quick access to comprehensive, evidence-based information on complementary medicine topics including herbs, supplements, therapeutic modalities, and special diets. Sections include safety, efficacy, adverse effects, precautions, contraindications, pregnancy and lactation data, overdosing, mega-dosing, and potential interactions with foods, herbs, supplements, drugs and diagnostic tests/labs.

Whether you're a physician educating patients; a pharmacist reconciling patient medication profiles; or a drug development executive involved in R & D, the Natural Standard Database is a critical research tool that bridges the knowledge gap between conventional and alternative medicine.

Why You Need the Natural Standard Database

- Which therapies work? Which are safe? Which are effective?
- High patient utilization rates and increasing expenditures on CAM - healthcare provider liability to be educated in this area.
- Increasing number of healthcare institutions offering integrative care towards total health and wellness- counsel with confidence.
- Lack of high-quality CAM resources available to professionals and patients- other drug and CAM resources fail to evaluate study quality and have dangerous omissions.
- The World Health Organization (WHO) endorses Natural Standard as "The best and most authoritative web site available on herbal medicines."

- Access comprehensive, up-to-date evidence-based, information on the safety and efficacy of CAM including potential adverse effects and interactions with prescription medications
- Provide clinical decision support to address growing patient interest and utilization of natural therapies
- Encourage shared decision making between patients and providers to support patient-driven healthcare initiatives
- Take free online CE's/CME's to learn about popular natural therapies that patients self medicate with
- Complement your Ovid-subscribed resources in evidence-based practice and Traditional Chinese Medicine (TCM)

See page 2 for more information on the Natural Standard Database.

Natural Standard Database on OvidSP

OvidSP

Transforming Research into Results.

OvidSP is your complete online research solution, offering a single online destination where you can search, discover, and manage the critical information you need to streamline your research productivity and your work.

- Work the way you want to work with a variety of search modes and customizable work productivity and content alerting tools
- Save and manage critical research findings and documents in a dedicated work area—**My Projects**
- Extend your Ovid research experience beyond OvidSP with the **Ovid Toolbar**
- Search all Ovid resources—books, journals, and databases—simultaneously with just one query

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Natural Standard Contents

10 Searchable Databases

- **Foods, Herbs & Supplements** – Systematic, searchable evidence-based reviews of functional foods, herbs, supplements, vitamins, and minerals.
- **Health and Wellness** – Coverage of acupuncture, chiropractic, reiki, and other alternative therapies, including special diets and exercises.
- **Comparative Efficacy Charts** – Searchable by indication or contraindication, these clinical decision support tools enable practitioners to compare and contrast the evidence behind treatments.
- **Charts & Tables** – Natural product and drug classifications, including their potential adverse effects and interactions.
- **Brand Names** – Identify thousands of international products, sort by product name or manufacturer.
- **Medical Conditions** – Educational monographs organized by medical specialty and offering a comprehensive overview of each medical condition along with traditional and alternative treatment options.
- **Genomics & Proteomics** – Extensive coverage of genetic diseases and concepts in genomics. Included are hereditary conditions such as Down's Syndrome, Tay Sachs, and Hemophilia.
- **Sports Medicine** – Covers a wide array of popular anabolic steroids, amino acids, and nutritional supplements, as well as exercises and foods.
- **Environmental & Global Health** – Supplements and substances related to infectious and communicable diseases, toxic waste, industrial pollution, and more.
- **Animal Health** – Covers conditions and therapies used in domesticated animals and livestock.

Symptoms, Interaction & Adverse Effects Checkers

Instantly identify interactions among international drugs, herbs, foods, supplements, diagnostic and laboratory tests.

- Interactions Checker
- Depletions Checker
- Products Studied Checker
- Symptoms Checker
- Adverse Effects Checker

Additional Interactive Tools

- **Calculators** – Point-of-care tools for computing blood alcohol content, body fat, body mass index, cost of smoking, and more.
- **Dictionary** – Glossary of key conventional and alternative medicine terminology.
- **Patient Handouts** – Communication tools in English, and Spanish, and French.
- **Practitioner Search** – Identify dietitians, acupuncturists, and other natural and alternative practitioners and therapists.
- **Nutrition Labels** – Search labels of natural food products across numerous categories, such as baby foods, pork products, and snacks.
- **Recipes** – Healthy meals for nutritionists, dietitians, and patients.

For more details on the Natural Standard Database package, including pricing, contact your Ovid Account Representative or sales@ovid.com.