VOLUME 2

PART III: BOTANICAL PROFILES— PRODUCT AND CLINICAL TRIAL INFORMATION (Grape Seed-Valerian and Herbal Formulas)

G	Trape Seed	745
	Preparations Used in Reviewed Clinical Studies Grape Seed Summary Table	745 746
	Summary of Reviewed Clinical Studies	747 750
	Adverse Reactions or Side Effects Details on Grape Seed Products and Clinical Studies	750
G	Grass Pollen	773
	Preparation Used in Reviewed Clinical Studies	773
	Summary of Reviewed Clinical Studies	773
	Grass Pollen Summary Table	774
	Systematic Reviews	776
	Adverse Reactions or Side Effects	777
	Information from Pharmacopoeial Monographs	777 780
	Details on Grass Pollen Products and Clinical Studies	
Green Tea		787
	Preparations Used in Reviewed Clinical Studies	787
	Green Tea Summary Table	788
	Summary of Reviewed Clinical Studies	789
	Epidemiological Studies	792
	Adverse Reactions or Side Effects	793
	Details on Green Tea Products and Clinical Studies	796
F	Iawthorn	809
	Preparations Used in Reviewed Clinical Studies	809
	Hawthorn Summary Table	810
	Summary of Reviewed Clinical Studies	811
	Postmarketing Surveillance Studies	813
	Adverse Reactions or Side Effects	814
	Information from Pharmacopoeial Monographs	814
	Details on Hawthorn Products and Clinical Studies	820

Horse Chestnut	843
Preparations Used in Reviewed Clinical Studies	843
Horse Chestnut Summary Table	844
Summary of Reviewed Clinical Studies	845
Systematic Reviews	849
Adverse Reactions or Side Effects	850
Information from Pharmacopoeial Monographs	851
Details on Horse Chestnut Products and Clinical Studies	855
Kava	887
Preparations Used in Reviewed Clinical Studies	887
Summary of Reviewed Clinical Studies	887
Kava Summary Table	888
Systematic Reviews	892
Adverse Reactions or Side Effects	893
Information from Pharmacopoeial Monographs	895
Details on Kava Products and Clinical Studies	899
Lemon Balm	923
Preparations Used in Reviewed Clinical Studies	923 923 923
Preparations Used in Reviewed Clinical Studies Summary of Reviewed Clinical Studies	923
Preparations Used in Reviewed Clinical Studies	923 923
Preparations Used in Reviewed Clinical Studies Summary of Reviewed Clinical Studies Lemon Balm Summary Table Adverse Reactions or Side Effects	923 923 924
Preparations Used in Reviewed Clinical Studies Summary of Reviewed Clinical Studies Lemon Balm Summary Table	923 923 924 925
Preparations Used in Reviewed Clinical Studies Summary of Reviewed Clinical Studies Lemon Balm Summary Table Adverse Reactions or Side Effects Information from Pharmacopoeial Monographs	923 923 924 925 926 928
Preparations Used in Reviewed Clinical Studies Summary of Reviewed Clinical Studies Lemon Balm Summary Table Adverse Reactions or Side Effects Information from Pharmacopoeial Monographs Details on Lemon Balm Products and Clinical Studies Milk Thistle	923 923 924 925 926 928
Preparations Used in Reviewed Clinical Studies Summary of Reviewed Clinical Studies Lemon Balm Summary Table Adverse Reactions or Side Effects Information from Pharmacopoeial Monographs Details on Lemon Balm Products and Clinical Studies Milk Thistle Preparations Used in Reviewed Clinical Studies	923 923 924 925 926 928 933
Preparations Used in Reviewed Clinical Studies Summary of Reviewed Clinical Studies Lemon Balm Summary Table Adverse Reactions or Side Effects Information from Pharmacopoeial Monographs Details on Lemon Balm Products and Clinical Studies Milk Thistle	923 923 924 925 926 928 933
Preparations Used in Reviewed Clinical Studies Summary of Reviewed Clinical Studies Lemon Balm Summary Table Adverse Reactions or Side Effects Information from Pharmacopoeial Monographs Details on Lemon Balm Products and Clinical Studies Milk Thistle Preparations Used in Reviewed Clinical Studies Milk Thistle Summary Table	923 923 924 925 926 928 933 933
Preparations Used in Reviewed Clinical Studies Summary of Reviewed Clinical Studies Lemon Balm Summary Table Adverse Reactions or Side Effects Information from Pharmacopoeial Monographs Details on Lemon Balm Products and Clinical Studies Milk Thistle Preparations Used in Reviewed Clinical Studies Milk Thistle Summary Table Summary of Reviewed Clinical Studies	923 923 924 925 926 928 933 933 934 935
Preparations Used in Reviewed Clinical Studies Summary of Reviewed Clinical Studies Lemon Balm Summary Table Adverse Reactions or Side Effects Information from Pharmacopoeial Monographs Details on Lemon Balm Products and Clinical Studies Milk Thistle Preparations Used in Reviewed Clinical Studies Milk Thistle Summary Table Summary of Reviewed Clinical Studies Meta-Analyses and Systematic Reviews	923 923 924 925 926 928 933 933 934 935 941

Pygeum	981
Preparations Used in Reviewed Clinical Studies	981
Pygeum Summary Table	982
Summary of Reviewed Clinical Studies	983
Systematic Reviews	987
Adverse Reactions or Side Effects	987
Details on Pygeum Products and Clinical Studies	990
Red Clover	1011
Preparations Used in Reviewed Clinical Studies	1011
Summary of Reviewed Clinical Studies	1011
Red Clover Summary Table	1012
Adverse Reactions or Side Effects	1015
Information from Pharmacopoeial Monographs	1015
Details on Red Clover Products and Clinical Studies	1017
Red Yeast Rice	1027
Preparations Used in Reviewed Clinical Studies	1027
Red Yeast Summary Table	1028
Summary of Reviewed Clinical Studies	1029
Adverse Reactions or Side Effects	1031
Details on Red Yeast Products and Clinical Studies	1033
Saw Palmetto	1043
Preparations Used in Reviewed Clinical Studies	1043
Saw Palmetto Summary Table	1044
Summary of Reviewed Clinical Studies	1046
Meta-Analyses and Systematic Reviews	1052
Adverse Reactions or Side Effects	1053
Information from Pharmacopoeial Monographs	1053
Details on Saw Palmetto Products and Clinical Studies	1059

St. John's Wort	1101
Preparations Used in Reviewed Clinical Studies	1101
St. John's Wort Summary Table	1102
Summary of Reviewed Clinical Studies	1105
Systematic Reviews and Meta-Analyses	1114
Postmarketing Surveillance Studies	1115
Adverse Reactions or Side Effects	1116
Drug Interactions	1117
Information from Pharmacopoeial Monographs	1121
Details on St. John's Wort Products and Clinical Studies	1131
Valerian	1197
	1105
Preparations Used in Reviewed Clinical Studies	1197
Valerian Summary Table Summary of Reviewed Clinical Studies	1198 1200
Adverse Reactions or Side Effects	1200
Information from Pharmacopoeial Monographs	1207
Details on Valerian Products and Clinical Studies	1214
Herbal Formulas	1249
2nd Wind™	1249
Preparations Used in Reviewed Clinical Studies	1249
Summary of Reviewed Clinical Studies	1249
2nd Wind [™] Summary Table	1250
Adverse Reactions or Side Effects	1251
Details on 2nd Wind Product and Clinical Studies	1252
Cystone®	1257
Preparations Used in Reviewed Clinical Studies	1257
Cystone® Summary Table	1258
Summary of Reviewed Clinical Studies	1259
Adverse Reactions or Side Effects	1260
Details on Cystone Product and Clinical Studies	1261

Gastrim®	1265
Preparations Used in Reviewed Clinical Studies	1265
Gastrim® Summary Table	1266
Summary of Reviewed Clinical Studies	1267
Adverse Reactions or Side Effects	1268
Details on Gastrim Product and Clinical Studies	1269
Geriforte®	
Preparations Used in Reviewed Clinical Studies	1275
Geriforte® Summary Table	1276
Summary of Reviewed Clinical Studies	1277
Adverse Reactions or Side Effects	1277
Details on Geriforte Product and Clinical Studies	1279
Iberogast TM	
Preparations Used in Reviewed Clinical Studies	1283
Summary of Reviewed Clinical Studies	1283
Iberogast TM Summary Table	1284
Adverse Reactions or Side Effects	1286
Details on Iberogast Product and Clinical Studies	1288
Padma®	
Padma® Summary Table	1296
Preparations Used in Reviewed Clinical Studies	1297
Summary of Reviewed Clinical Studies	1298
Adverse Reactions or Side Effects	1301
Details on Padma Product and Clinical Studies	1303
Phytodolor TM	
Preparations Used in Reviewed Clinical Studies	1321
Phytodolor [™] Summary Table	1322
Summary of Reviewed Clinical Studies	1323
Systematic Reviews	1324
Adverse Reactions or Side Effects in Clinical Studies	1325
Details on Phytodolor Product and Clinical Studies	1326

Prostane®	1333
Preparations Used in Reviewed Clinical Studies Summary of Reviewed Clinical Studies Prostane® Summary Table Adverse Reactions or Side Effects Details on Prostane Product and Clinical Studies	1333 1333 1334 1335 1336
Resistex TM	1339
Preparations Used in Reviewed Clinical Studies Summary of Reviewed Clinical Studies Resistex® Summary Table Adverse Reactions or Side Effects Details on Resistex Product and Clinical Studies	1339 1339 1340 1341 1343
Sinupret®	1347
Preparations Used in Reviewed Clinical Studies Summary of Reviewed Clinical Studies Sinupret® Summary Table Postmarketing Surveillance Study Adverse Reactions or Side Effects Details on Sinupret Product and Clinical Studies	1347 1347 1348 1350 1350 1353
Appendix A. Products Listed by Manufacturer/ Distributor	1359
Appendix B. Manufacturer/Distributor Contact Information	1367
Index	1377