

Warning Labels on Dietary Supplements: A Patchwork Quilt of Confusing Messages

Supplement	Product Form	Manufacturer	Claims	Ingredients	Warnings on Products
Bee Pollen and Royal Jelly¹	Capsules	GNC	None	Bee pollen, gelatin	None
	Propolis (Bee harvested Tree Resin)-liquid drops	Herb Pharm	Rich in flavonoids, and aromatic resins and balsams.	Minimal amounts of bees wax, dry herb/menstruum ratio-1:4, grain alcohol (81-91%) and Propolis extractives	May rarely cause allergic reaction in certain individuals. Do not take during pregnancy.
	Tablets	Nature's Plus	They claim to be hypo-allergenic; nutritional support for general well-being	Bee pollen, microcrystalline cellulose, dicalcium phosphate, stearic acid, magnesium stearate, riboflavin, pharmaceutical glaze and silica	None

¹ The New Zealand Ministry of Food Safety requires the following warnings to appear on products comprised solely of royal jelly:
 "WARNING - THIS PRODUCT IS NOT RECOMMENDED FOR ASTHMA AND ALLERGY SUFFERERS AS IT CAN CAUSE SEVERE ALLERGIC REACTIONS"
 In the case of a product that contains royal jelly as an ingredient in a multi-ingredient product:
 "WARNING - THIS PRODUCT CONTAINS ROYAL JELLY AND IS NOT RECOMMENDED FOR ASTHMA AND ALLERGY SUFFERERS AS IT CAN CAUSE SEVERE ALLERGIC REACTIONS."
 OR the following may be used for products consisting in part or entirely of royal jelly"
 "WARNING -THIS PRODUCT CONTAINS ROYAL JELLY WHICH HAS BEEN REPORTED TO CAUSE ALLERGIC REACTIONS AND IN RARE CASES, FATALITIES IN ASTHMA AND ALLERGY SUFFERERS."
 For bee pollen: "THIS PRODUCT MAY CAUSE SEVERE ALLERGIC REACTIONS."
 For Bee Propolis: "PROPOLIS MAY CAUSE SEVERE ALLERGIC REACTIONS."

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Supplement	Product Form	Manufacturer	Claims	Ingredients	Warnings on Products
	“Bee Pollen and Siberian Eleuthero” capsules	Nature’s Way	Endurance and Vitality	Bee pollen (pollen), Siberian Eleuthero (root), gelatin	Bee products may cause allergic reaction in some people. Eleuthero is an adaptogen that may raise or lower blood pressure-consult a healthcare professional before using if you have high blood pressure.
	Bee Pollen-loose	Yes! Organic Market	None	None	None
	“Royal Jelly Bee Pollen Propolis” drink mix	Y.S. Organic Bee Farms	Energizing, meal replacement or sport drink enhancer	Royal jelly, Bee pollen, Bee propolis, Korean Ginseng (root), blend of Astragalus root, Gotu Kola, Fo-Ti root, Eleuthero root, Ashwaganda root, Kelp, Papaya and Orange Juice solids, Stevia and citric acid	Bee products may cause an allergic reaction in some sensitive people.

Supplement	Product Form	Manufacturer	Claims	Ingredients	Warnings on Products
Beta Carotene²	Soft gels	Country Life	Beta-Carotene is a pre-cursor to Vitamin A, which is essential for normal vision	Vitamin A as beta carotene, Vitamin E as mixed tocopherols, Soy lecithin, Soybean oil, gelatin, glycerin, purified water, deionized water, annatto color	None
	Softgel capsules	GNC	None	Vitamin A 100% as Beta-carotene, soybean oil, gelatin, partially hydrogenated corn oil, glycerin	None
	Natural Beta Carotene-softgels	Nature's Plus	Nutrition support for Free-Radical Defence and Overall Well-Being	Vitamin A as Beta-carotene, Vitamin E (as d-alpha Tocopherol), soy oil, Dunaliella salina algae, gelatin, glycerin and purified water	None
	Softgel capsules	PharmAssure	Beta-Carotene is a pre-cursor to Vitamin A, which is essential for normal vision	Vitamin A 100% as Beta-carotene, soybean oil, gelatin, partially hydrogenated corn oil, glycerin	None
	Soft gels	Schiff	Protects against cellular damage, antioxidant	Vitamin A as Beta carotene, carrot oil and softgel (soybean oil, gelatin and glycerin), and purified water	None

² On Dec. 5, 2007, CSPI sent a letter to FDA requesting that it require warnings on synthetic beta carotene products exceeding 5,000 International Units as follows: "U.S. FOOD AND DRUG ADMINISTRATION NOTICE: High potency beta-carotene supplements increase the risk of lung cancer in smokers and people who have been heavily exposed to asbestos. The FDA advises against taking more than 5,000 IU a day." CSPI's request followed the release of an exhaustive review by the World Cancer Research Fund and the American Institute for Cancer Research of the scientific literature on the effects of diet, nutrition and physical activity on cancer that concluded: "The evidence that beta carotene supplements cause lung cancer in current smokers is convincing." World Cancer Research Fund/American Institute for Cancer Research, Food Nutrition, Physical Activity and the Prevention of Cancer: A Global Perspective. (AICR 2007) at 185.

Supplement	Product Form	Manufacturer	Claims	Ingredients	Warnings on Products
	Tablets	Solgar	None	Vitamin A as Beta carotene, carotenoid mix (alpha carotene, lutein, zeaxanthin, cryptoxanthin), microcrystalline cellulose, vegetable cellulose, vegetable stearic acid, silica, vegetable magnesium stearate, annatto (color), vegetable glycerin, titanium dioxide, caramel (color)	If you are pregnant, nursing, taking any medication or have a medical condition, please consult your health care practitioner before taking any dietary supplement.
	Tablets	Vitamin Shoppe Basics	Supports immune and eye health	Vitamin A as Beta carotene, dicalcium phosphate, microcrystalline cellulose, stearic acid, magnesium stearate, silicon dioxide, croscarmellose sodium, purified water, hydroxypropyl methylcellulose, polyethylene glycol	Consult your physician if you are pregnant, nursing, have a medical condition or are taking any medication.
	Capsules	Whole Foods	None	Vitamin A as beta carotene, rice powder, silicon dioxide, magnesium stearate, gelatin	If you are pregnant or lactating, consult your health care practitioner before using this product.
Beta Carotene (cont.)	Beta Carotene	Yes! Organic Market	Beta carotene is a non-toxic form of Vitamin A.	Vitamin A as beta carotene, gelatin, glycerin, water, (may contain soybean oil and/or beeswax)	None
Echinacea	Echinacea Blend-tablets	365	Increase immune protection	Echinacea Purpurea whole plant and root, Dicalcium phosphate, microcrystalline cellulose, stearic acid. Croscarmellose sodium, silicon dioxide, magnesium stearate, food glaze	If you have an autoimmune disorder or are pregnant or lactating, consult your health care practitioner before using this product.
	“Echinaforce”-liquid	A.Vogel	Supports healthy immune function	Echinacea Purpurea aerial part and root, alcohol 65% v/v	If pregnant or nursing a baby, seek professional advice before using this product.

Supplement	Product Form	Manufacturer	Claims	Ingredients	Warnings on Products
	Echinacea Goldenseal-capsules	Eclectic Institute	None	Echinacea angustifolia (wildcrafted root), Echinacea Purpurea (flower, leaf and root), Echinacea tennesseensis root, Goldenseal wildcrafted rhizome and root	Consult your health care advisor regarding the use of herbs during pregnancy, with infants or with prescription drugs.
	EchinaFresh (Powder made from fresh pressed juice)-capsules	Enzymatic Therapy	Dietary supplement to support immune system function	Echinacea Purpurea aerial part (concentrate 50:1) and standardized to contain a minimum of 2.4% soluble beta-1, 2-D-fructofuranosides (sensitive biomarkers that indicate the quality of freshness, purity and potency), magnesium stearate, silicon dioxide and gelatin capsule.	Not recommended for individuals with autoimmune diseases, HIV infection, or who are allergic to Echinacea.
	Echinacea Supreme-liquid filled capsules	Gaia Herbs	Ultimate support for health immune function	Echinacea Purpurea aerial part and root, Echinacea angustifolia root, Echinacea Purpurea seed, vegetable glycerin, vegetable cellulose	Not to be used during pregnancy or lactation, use only as directed on label.
	Liquid drops	GNC	Supports natural resistance	Echinacea Root extract (Echinacea purpurea and angustifolia), glycerin, deionized water, natural vanilla flavor, peppermint flavor, natural wintergreen flavor, stevia, methylparaben and propylparaben	Consult your physician prior to using this product if you are pregnant, nursing, taking medication, or have a medical condition. Discontinue use two weeks prior to surgery.
	Echinacea-liquid drops	Herbs Etc.	Supports a healthy immune system	Echinacea angustifolia root, extract with 70% grain alcohol, distilled water	None

Supplement	Product Form	Manufacturer	Claims	Ingredients	Warnings on Products
	Super Echinacea-liquid drops	Herb Pharm	Supports healthy function of the immune system	Fresh Echinacea root juice, mature seed, leaf juice, flower juice and certified organic grain alcohol (45-55%) distilled water and Echinacea extractives	None
	Capsules	Natrol	Supports the body's immune system	Echinacea Purpurea powdered flowers, rice powder, gelatin, magnesium stearate	Generally it is best to use Echinacea in eight week cycles, separated by one week breaks. Consult your health care professional prior to use if you have or suspect a medical condition, are taking prescription medication, or are pregnant or lactating.
	Echinacea-capsules	Nature's Bounty	Promotes immune system health and "can be used any time of the year."	Echinacea purpurea aerial, gelatin	If you are pregnant, nursing, or taking any medications, consult your doctor before use. Avoid this product. If you are allergic to sunflowers, or daisy-like flowers. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18.
	Echinacea Purpurea Herb-capsules	Nature's Way	Immune Support	Organic Echinacea purpurea stem, leaf and flower, gelatin	Not recommended for individuals with autoimmune conditions.
	Echinacea-tablets	PharmAssure	Echinacea supports natural resistance	Echinacea angustifolia root extract (2% echinacosides), dicalcium phosphate, cellulose	None
	Echinacea-capsules	Rite Aid	"Non-clinical and laboratory studies show that Echinacea stimulates the body's own defenses."	Echinacea purpurea herb powder, gelatin, cellulose, magnesium stearate, silicon dioxide	None

Supplement	Product Form	Manufacturer	Claims	Ingredients	Warnings on Products
	Echinacea Angustifolia and Purpurea-Capsules	Solaray	None	Echinacea purpurea and angustifolia roots, gelatin capsule and magnesium stearate	Keep your licensed health care practitioner informed when using this product. Not recommended to exceed 8 weeks of continual usage without rest periods.
	Echinacea Plus-lozenges	Traditional Medicinals	Supports the immune system	Organic Echinacea Plus tea formula, dried juice of Echinacea Purpurea flowering tops, organic gum Arabic base from the Acacia tree, lemongrass, spearmint leaf, Echinacea angustifolia flowering tops, raw cane sugar, maltose syrup, honey, spearmint leaf essential oil, lemongrass leaf essential oil, natural vegetable and beeswax glaze	Consult a healthcare provider prior to use if you have rheumatoid arthritis, an auto-immune disorder or a progressive systematic disease such as tuberculosis, leucosis, collagenosis, multiple sclerosis, AIDS or HIV infections. Also consult if you are taking immunosuppressants, or if symptoms persist. Do not use if you are pregnant or breastfeeding. Do not use if you have an allergy to Asteraceae/Compositae (the daisy family) plants.
	Capsules	Vitamin Shoppe	Promotes immune health	Echinacea Purpurea herb, gelatin	Consult your physician prior to use if you are pregnant or nursing. Not recommended to exceed 8 weeks of usage without a rest period.
	Echinacea-capsules	Yes! Organic Market	Echinacea Purpurea is added to provide important synergistic benefits	Echinacea root extract (Echinacea angustifolia-standardized to 4% echinacosides, Echinacea herb powder (Echinacea purpea), gelatin, (may contain one or more of the following: rice powder, vegetable stearin, magnesium stearate and silica	None

Supplement	Product Form	Manufacturer	Claims	Ingredients	Warnings on Products
Kava Kava ³	Liquid filled capsules	Gaia Herbs	Relaxation	Kava Kava root, kavalactones, soy lecithin, vegetable glycerin, vegetable cellulose	Caution: US FDA advises that a potential risk of rare, but severe, liver injury may be associated with kava-containing dietary supplements. Ask a healthcare professional before use if you have or have had liver problems, frequently use alcoholic beverages, or are taking any medication. Stop use and see a doctor if you develop symptoms that may signal liver problems, including jaundice (yellowing of the skin or whites of the eyes) and brown urine. Other non-specific symptoms can include nausea, vomiting, light-colored stools, unexplained tiredness,, weakness, stomach or abdominal pain, and loss of appetite. Not for use by persons under 18 years of age, or by pregnant or breastfeeding women. Not for use with alcoholic beverages. Excessive use, or use with products that cause drowsiness, may impair your ability to operate a vehicle or heavy equipment. Use only as directed on label.

³ On March 25, 2002, the United States Food and Drug Administration issued a Consumer Advisory. The Advisory stated that: "Liver-related risks associated with the use of kava have prompted regulatory agencies in other countries, including those in Germany, Switzerland, France, Canada, and the United Kingdom, to take action ranging from warning consumers about the potential risks of kava use to removing kava-containing products from the marketplace. Although liver damage appears to be rare, FDA believes consumers should be informed of this potential risk. Kava-containing products have been associated with liver-related injuries – including hepatitis, cirrhosis, and liver failure -- in over 25 reports of adverse events in other countries. Four patients required liver transplants. In the U.S., FDA has received a report of a previously healthy young female who required liver transplantation, as well as several reports of liver-related injuries. Given these reports, persons who have liver disease or liver problems, or persons who are taking drug products that can affect the liver, should consult a physician before using kava-containing supplements. Consumers who use a kava-containing dietary supplement and who experience signs of illness associated with liver disease should also consult their physician. Symptoms of serious liver disease include jaundice (yellowing of the skin or whites of the eyes) and brown urine. Nonspecific symptoms of liver disease can include nausea, vomiting, light-colored stools, unusual tiredness, weakness, stomach or abdominal pain, and loss of appetite." Available at <http://www.cfsan.fda.gov/~dms/addskava.html> (accessed May 22, 2008)

Supplement	Product Form	Manufacturer	Claims	Ingredients	Warnings on Products
	Liquid drops	Quantum Herbal Products	Anxiety/Stress Formula-claims safe for children	Kava Kava root, schizandra berry, passion flower, hops and chamomile in a base of super-oxygenated distilled water and organic grain alcohol; magnetically infused with color frequency.	None
	Capsules	Vitamin Shoppe	Promotes calm and relaxation	Kava Kava extract (piper methysticum) root, Kava Kava (piper methysticum) root, rice flour, gelatin, magnesium stearate, water	Not for use by pregnant or nursing women, or persons under the age of 18. Consult a health care practitioner prior to use if you have or have had liver problems, frequently use alcoholic beverages or are taking any medication. Stop use and see a doctor if you develop symptoms that may signal liver problems, including jaundice (yellowing of the skin or whites of the eyes) and brown urine. Other non-specific symptoms can include nausea, vomiting, light-colored stools, unexplained tiredness, weakness, stomach or abdominal pain, and loss of appetite. Excessive use, or use with products that cause drowsiness, may impair your ability to operate a vehicle or heavy equipment. Not for use with alcoholic beverages. The US FDA advises that a potential risk of rare, but severe liver injury may be associated with kava-containing dietary supplements.

Supplement	Product Form	Manufacturer	Claims	Ingredients	Warnings on Products
St. John's Wort⁴	St. John's Wort-liquid filled capsules	Gaia Herbs	Emotional well-being	St. John's Wort flower buds (hypericum perforatum), vegetable glycerin, vegetable cellulose	Not to be used during pregnancy or lactation. If you have a medical condition or take pharmaceutical drugs, please consult with your Doctor before using this product.
	St. John's Wort-herbal supplement-vegetarian capsules	GNC	Promotes positive mood balance	St. John's Wort herb extract (hypericum perforatum), cellulose, vegetable cellulose	Consult your physician prior to using this product if you are pregnant, nursing, taking medication, or have a medical condition. Discontinue two weeks prior to surgery. Use of this product may cause your skin to be extra sensitive to UV sources such as artificial or natural sunlight. Avoid excessive exposure from these sources.
	Vegetarian capsules	MOM-My Organic Market	Promotes mental well-being and relaxation	St. John's Wort extract (flower), vegetable source (capsule), cellulose, magnesium stearate (vegetable source), maltodextrin, silica	Pregnant or lactating women should consult their health care professional before using this product. This product may make the skin sensitive to the sunlight.
	Capsules	Nature Made	My help enhance mood; St. John's Wort is considered relatively safe when used according to the noted restrictions, including cautions not to use with certain medications.	St. John's Wort- aerial parts extract (hypericum perforatum), Hypericin (by UV), cellulose gel, gelatin (non-bovine), maltodextrin, stearic acid, magnesium stearate, tribasic calcium phosphate, water	If you are pregnant or nursing, consult a health professional before taking this product. There is a possibility that St. John's Wort may interfere with some prescription drugs. Consult with your physician or pharmacist as needed, limit the exposure to the sun as St. John's Wort may cause increased photosensitivity in fair skinned individuals. Discontinue use in the event of a rash. People who suffer from major depression, bipolar disorder, or psychotic symptoms, should not attempt to self-medicate with SJW; such cases require a qualified health practitioner. A

⁴ On February 10, 2000, the FDA issued a public health advisory to inform health care professionals about the results of a National Institutes of Health Study on St. John's Wort. FDA stated that: "St. John's Wort appears to be an inducer of an important metabolic pathway, cytochrome P450. As many prescription drugs used to treat conditions such as heart disease, depression, seizures, certain cancers or to prevent conditions such as transplant rejection or pregnancy (oral contraceptives) are metabolized via this pathway, health care providers should alert patients about these potential drug interactions to prevent loss of therapeutic effect of any drug metabolized via the cytochrome P450 pathway." FDA, Public Health Advisory, *Risk of Drug Interactions with St John's Wort and Indinavir and Other Drugs* (Feb. 10, 2000). Available at <http://www.fda.gov/cder/drug/advisory/stjwort.htm> (accessed May 22, 2008).

Supplement	Product Form	Manufacturer	Claims	Ingredients	Warnings on Products
					<p>leading database on herb contraindications also includes a history of bipolar disorder as contraindications: Four cases have been reported. SJW should be discontinued 2 weeks prior to surgery due to the potential of interactions with some anesthetic drugs. According to the Commission E, there are no known restrictions for use during pregnancy or lactation. However, it is generally agreed that SJW has not been adequately scientifically tested for its effects on pregnant or nursing women. The American Botanical Council advises pregnant or nursing women to consult a knowledgeable healthcare practitioner before using any herbal product or conventional medication. SJW produces few side effects. The WHO states that drug monitoring studies (which did not exceed 8 weeks) indicate that side effects of the herb are rare and mild, and include minor gastrointestinal irritations, allergic reactions, tiredness or restlessness. Photosensitization and phototoxicity is a very rare side effect reported in some fair-skinned individuals usually taking excessive amounts of SJW, but numerous references report that no cases of photosensitivity have been reported when using recommended dosages. Nevertheless, fair-skinned persons should be cautious of this potentials reaction at any dose and immediately discontinue use of SJW if any abnormal skin symptoms are observed. People with a history of bipolar disorders should not self-medicate but seek professional guidance. SJW has interactions with certain drugs, for which there should be precautions. Thus, persons who contemplate the use of SJW and are taking standard OTC or prescription medications (particularly cardiac glycosides, HIV medications, immunosuppressants, oral contraceptives and warfarin) should check with their physician, or other qualified health practitioner to determine the safety of using SJW in conjunction with other medications. St. John's Wort is considered relatively safe when used according to noted restrictions, including cautions not to use it with certain medications.</p>

Supplement	Product Form	Manufacturer	Claims	Ingredients	Warnings on Products
	Capsules	Nature's Way	Positive mood	St. John's Wort (stem, leaf and flower), gelatin, cellulose	Do not use this product while taking any prescription drug without the advice of your prescribing physician. Avoid excessive exposure to UV radiation (e.g., sunlight, tanning) when using this product. Not recommended for use by pregnant or lactating women. Keep out of reach of children.
	St. John's SC 27-Softgel capsules	New Chapter	"Safely promotes balanced brain chemistry to support positive emotional health; potency assured for key active hyperforins, and modulates serotonin"	St. John's Wort flower, olive oil-extra virgin, gelatin, vegetable glycerin, water, and carob	As with any dietary or herbal supplement, you should advise your health care practitioner of the use of this product. If you are taking a prescription medicine, check with a health care professional before using. St. John's Wort is not recommended for children, or for women who are nursing, pregnant, or considering pregnancy. Although phototoxicity in humans is rare, fair-skinned individuals should avoid excessive exposure to sunlight when using St. John's Wort (<i>Hypericum perforatum</i>). May potentiate pharmaceutical MAO-inhibitors. Use of <i>Hypericum perforatum</i> with pharmaceutical antiretrovirals such as protease inhibitors, non-nuclease reverse transcriptase inhibitors, and other drugs that are similarly metabolized (such as birth control pills, digoxin, cyclosporine, blood thinners, chemotherapy drugs, asthma medications, or drugs relating to the treatment of HIV) is not recommended and should be done only under the direct supervision of one's physician. Other potential side effects may include gastrointestinal symptoms, dizziness, tiredness and mild allergic skin reactions (skin rash).
	Tablets	PharmAssure	None	St. John's Wort Herb with Flowers Powdered Extract-hypericum perforatum (0.3% Hypericin= 0.9 mg), cellulose, dicalcium phosphate	Consult your physician prior to using this product if you are pregnant, nursing, taking medication, or have a medical condition. Discontinue use two weeks prior to surgery
	Capsules	Rite Aid	Mood enhancer	St. John's Wort Herb Extract-hypericum perforatum (0.3% Hypericin= 0.9 mg), whole brown rice powder (<i>oryza sativa</i>), gelatin, silicon dioxide, magnesium stearate	None

Supplement	Product Form	Manufacturer	Claims	Ingredients	Warnings on Products
	Capsules	Solaray	Promotes a naturally positive outlook	St. John's Wort-hypericum perforatum (aerial), gelatin and magnesium stearate	Do not use if you are pregnant or lactating.
	Capsules	Sundown	Promotes a positive mood and emotional balance	St. John's Wort Extract-hypericum perforatum (aerial) (standardized to contain .3% Hypericin, 0.9 mg), maltodextrin, gelatin, magnesium silicate, vegetable magnesium stearate, silica	Not intended for use by pregnant or nursing women. If you are taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18.
	St. John's Wort extract-vegicaps	Vitamin Shoppe	Promotes positive mood	St. John's Wort-hypericum perforatum (flower), rice flour, vegetable cellulose, magnesium stearate, maltodextrin, silica gel	Do not use St. John's Wort if you are pregnant, nursing or taking anti-depressants, HIV protease inhibitors (such as Indinavir) or drugs to prevent organ transplant rejection (such as Cyclosporine). Consult your physician before use if you are taking any oral contraceptives, anti-coagulant medication (such as Warfarin), selective serotonin reuptake inhibitors, or any other medication. Limit exposure to sun and other sources of ultraviolet light. Stop use and ask a doctor if you develop a rash.
	Capsules	Whole Foods	Promotes a healthy mood	St. John's Wort- aerial parts, rice powder, magnesium stearate, silicon dioxide and cellulose	Individuals who are pregnant or lactating, consult your health care practitioner before using this product.
Vitamin E	Isomer E-Softgels	Bodyonics-Pinnacle Body	Provide antioxidant protection against free radicals, and help maintain	Vitamin E as d-alpha Tocopherol, proprietary blend of d-alpha, d-gamma, d-delta and d-beta tocopherols, proprietary blend of rice bran	None

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			healthy cardiovascular and immune systems, as well as prostate health, eye health, mental health and skin health	oil and concentrate, palm oil, red raspberry seed oil, and cranberry seed oil together containing the Isomer-E ratio d-gamma, d-alpha, d-delta and d-beta tocopherol, d-alpha tocopherol concentrate, gelatin, rice bran oil, mixed tocopherol concentrate, glycerin, purified water, rice bran tocotrienol and tocopherol concentrate, palm oil, red raspberry seed, cranberry seed oil, titanium dioxide, sodium copper chlorophyllin	
	Soft gels	Country Life	None	Vitamin E as d-alpha Tocopherol Acetate, gelatin, glycerin, purified water, soybean oil	None
	Natural E 200	GNC	None	Vitamin E as d-alpha Tocopherol, gelatin, soybean oil, glycerin	None
	Soft gels	Nature Made	Antioxidant-helps maintain a healthy heart- Vitamin E also helps boost the immune system, maintain red blood cells, and muscle tissues such as cardiac and skeletal muscles	dl-alpha Tocopherol Acetate, gelatin, glycerin, water	If you are pregnant or nursing, or taking medication, facing surgery, have bleeding problems, or undergoing any other treatment which may affect the ability of blood to clot, consult your physician before taking this product.

Supplement	Product Form	Manufacturer	Claims	Ingredients	Warnings on Products
	Vitamin E-softgels	Nature's Plus	Nutritional support for Free-Radical defense	Vitamin E as d-alpha Tocopherol, soy oil, gelatin and glycerin, beta, gamma and delta tocopherols and purified water	None
	Softgel capsules	PharmAssure	Vitamin E provides dietart support for healthy heart, lung, prostate and digestive tract function.	Vitamin E as dl-alpha Tocopherol Acetate, gelatin, glycerin	None
	Soft gels	Rite Aid	Naturally contributes to a healthy heart	Vitamin E (as d-alpha Tocopherol), soybean oil, gelatin, glycerin	None
	Natural Vitamin Dry E-capsules	Solaray	Provides antioxidant activity	Vitamin E as dry natural d-alpha Tocopherol succinate, unesterified mixed tocopherols including d-Beta, d-Gamma, and d-Alpha Tocopherol, whole rice concentrate (including the kernel, polishings and hull), and gelatin	None
	Capsules	Solgar	Antioxidant	Vitamin E (as d-alpha Tocopherol), gelatin, safflower oil, soybean oil, glycerin, water	If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement.
	Vitamin E Vegagels-softgels	Source Naturals	Fat soluble antioxidant, lipid peroxidation.	Vitamin E (as d-alpha Tocopherol), mixed tocopherols including d-Beta, d-Gamma, and d-Delta, modified potato starch, sorbitol, maltitol, glycerin, glyceryl monostrearate and purified water	If you are pregnant, or may become pregnant, or breastfeeding, consult your health care professional before using this product.

Supplement	Product Form	Manufacturer	Claims	Ingredients	Warnings on Products
	Super E-Complex-softgels	Twinlab	None	Vitamin E from d-alpha, d-Beta, d-Gamma, and d-Delta, tocopherols, gelatin, glycerin, purified water, soybean oil	None
	E-400-softgels	Vitamin Shoppe Basics	Antioxidant to promote cardiovascular and joint health	Vitamin E (as d-alpha Tocopherol acetate), gelatin, soybean oil, purified water, glycerin	None
	Soft gels	Whole Foods	None	Vitamin E as d-alpha Tocopherol, gelatin, glycerin, soybean oil, water	If you are pregnant or lactating, consult your health care practitioner before using this product.
	Softgels	Yes! Organic Market	None	Vitamin E (as d-alpha Tocopherol acetate), gelatin, glycerin, water, (may contain soybean and/or beeswax).	None

Supplement	Product Form	Manufacturer	Claims	Ingredients	Warnings on Products
Willow Bark ⁵	Liquid drops	Herb Pharm	None	Dry herb/menstruum ratio 1:5, distilled water, certified organic grain alcohol (15-19%), vegetable glycerin and Willow extractives	None
	Willow Bark-natural form (loose)	Frontier-purchased at Yes! Organic Market	Support for well-being	White Willow Bark cut	None-when I asked the store clerk, they assured me that there were no contraindications to taking Willow Bark
	Power-Herbs Willowprin-capsules	Nature's Herbs (a Twinlab division)	None	Certified potency white willow bark extract (standardized for 15% salicin), white willow bark extract, white willow bark, gelatin, purified water, MCT, Vitamin E and Rosemary oil as natural fresh care preservatives	None
	White Willow Bark-capsules	Nature's Way	None	White Willow Bark, gelatin	None

⁵ The FDA listed Willow Bark in a compilation of illnesses and injuries associated with supplement use. FDA stated that "...[used for] its analgesic, antirheumatic, and antipyretic (fever-reducing) properties. Willow bark is widely promoted as an "aspirin-free" analgesic, including in dietary supplements for children. Because it shares the same chemical properties and the same adverse effects as aspirin, this claim is highly misleading. The 'aspirin-free' claim is particularly dangerous on products marketed, without warning labels, for use by children and other aspirin-sensitive individuals. The pharmacologically active component in willow bark is "salicin," a compound that is converted to salicylic acid by the body after ingestion. Both willow bark and aspirin are salicylates, a class of compounds that work by virtue of their salicylic acid content. Aspirin (acetylsalicylic acid) is also converted to salicylic acid after ingestion. All salicylates share substantially the same side effects. The major adverse effects include irritation of the gastric mucosa (a particular hazard to individuals with ulcer disease), adverse effects when used during pregnancy (including stillbirth, bleeding, prolonged gestation and labor, and low-birth-weight infants), stroke, and adverse effects in children with fever and dehydration. **Children with influenza or chickenpox should avoid salicylates because their use, even in small doses, is associated with development of Reye syndrome, which is characterized by severe, sometimes fatal, liver injury. (Emphasis added).** Salicylate intoxication (headache, dizziness, ringing in ears, difficulty hearing, dimness of vision, confusion, lassitude, drowsiness, sweating, hyperventilation, nausea, vomiting, and central nervous system disturbances in severe cases) may occur as the result of over-medication, or kidney or liver insufficiency. Hypersensitivity, manifested by itching, broncho-spasm and localized swelling (which may be life-threatening), can occur with very small doses of salicylates, and may occur even in those without a prior history of sensitivity to salicylates. Approximately 5 percent of the population is hypersensitive to salicylates."

Illnesses and Injuries Associated with the Use of Selected Dietary Supplements (1993), available at <http://www.cfsan.fda.gov/~dms/ds-ill.html> (accessed May 22, 2008).

Supplement	Product Form	Manufacturer	Claims	Ingredients	Warnings on Products
	White Willow Standardized-capsules	Nature's Way	None	White Willow Bark, White Willow extract (bark), 15% salicin, gelatin, magnesium stearate	Do not exceed recommended dosage. Not intended for long term use. This product should not be used for children with a fever. It is not recommended for persons with gastritis or peptic ulcer disease.
	Super oxygenated Willow Bark-liquid drops	Quantum	Safe for children-call for dosage	White Willow bark in a base of super-oxygenated distilled water and organic grain alcohol; magnetically infused with color frequency	None