

Herbal Product or Supplement	Possible Side Effects
Chondroitin sulfate	Diarrhea; constipation; stomach pain
Echinacea	Upset stomach; diarrhea; constipation; skin rash; dizziness
Ephedra	Headache; feeling nervous; trouble falling asleep; high blood pressure or uneven heartbeat; seizures; heart attack; stroke
Garlic	Nausea; diarrhea; allergic reactions; bleeding
Ginkgo biloba	Mild upset stomach; diarrhea; headache; skin problems; bleeding; seizures or dizziness; muscle cramps
Ginseng	Headache; feeling nervous; trouble sleeping; skin rashes; vaginal bleeding; tender breasts; high or low blood pressure
Glucosamine	Upset stomach; heartburn; gas; bloating; diarrhea
Kava	Feeling sleepy; rash; strange movements of your mouth, tongue or other parts of your body; liver problems
Melatonin	Feeling sleepy; headache; feeling "hung over" or like your head is heavy; upset stomach; depression
Phytoestrogens	Varies depending on exact substance used; with heavy use of soy products, some people (especially women) may develop low thyroid levels (hypothyroidism); because some of these substances may act like estrogen in the body, using them may affect tissue in the breast and lining of the uterus
Saw palmetto	Not common; sometimes upset stomach
St. John's Wort	Upset stomach; dry mouth; fatigue; feeling dizzy, confused or anxious; skin rash; sunburn more easily; headache