

| <b>Herbal Product or Supplement</b> | <b>Possible Side Effects</b>  |
|-------------------------------------|---|
| 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   |