

**Evidence-based data on Traditional Chinese
and Ayurvedic formulations now available from
*Natural Medicines Comprehensive Database***

March 30, 2007 – STOCKTON, CA – Eastern medicine, such as Traditional Chinese and Indian (Ayurvedic) herbal formulations, is used by millions of people around the world. It's also a rapidly growing, multi-million dollar industry in North America. The challenge for Western medicine practitioners is finding reliable information on the contents of these products, and whether they might be beneficial, or potentially harmful.

These formulations can be complex mixtures, often containing 10 or more ingredients blended together.

For some of these products, scientific research shows benefit. Others can be harmful. Some contain potentially dangerous herbs, such as the stimulants ephedra or bitter orange. Others are contaminated with heavy metals or prescription medicines.

Therapeutic Research, the publisher of *Natural Medicines Comprehensive Database*, *Prescriber's Letter*, and *Pharmacist's Letter*, announced today that *Natural Medicines Comprehensive Database* now includes scientifically-reliable information about traditional Chinese and Ayurvedic medicine combinations.

“Patients are using these products and they are taking them with other medications. There are real concerns about possible interactions,” says Phil Gregory, PharmD, Editor of *Natural Medicines Comprehensive Database*. “Until now, it hasn't been possible for clinicians to get their hands on trustworthy information about these products.”

Natural Medicines Comprehensive Database is now leading the way to a better understanding of what these products really contain, and what the evidence says about them. The *Database* already gives in-depth, evidence-based information and ratings on over 1,000 individual herbs and other natural ingredients, as well as data on over 20,000 brand name supplement products that are sold in stores and online.

The traditional Chinese and Ayurvedic medicine combinations are now fully integrated into *Natural Medicines Comprehensive Database*. These ingredients seamlessly link to the extensive evidence-based ingredient ratings contained in the *Database*. Medical professionals who use *Natural Medicines Comprehensive Database* are given a concise analysis of all significant scientific findings on each product including a rating on the safety, a rating on the effectiveness, and a rating on the significance of any potential interactions, and a listing of products that have passed the USP Verified product quality test. These ratings make *Natural Medicines Comprehensive Database* the universal reference that Western medical professionals use. This allows healthcare providers to be just a few clicks away from scientifically reliable, evidence-based information on Western as well as Eastern formulations, all in one resource.

Natural Medicines Comprehensive Database (www.naturaldatabase.com) was originally developed by 24 researchers over a two-year period. New information is added daily. *Natural*

Medicines Comprehensive Database is available by subscription in book form, on the Internet, and is downloadable to PDA. Thousands of pharmacists, physicians, regulatory health agencies, educators and students worldwide rely on *Natural Medicines Comprehensive Database* regularly.

About Therapeutic Research

Therapeutic Research is a completely independent research and publishing organization that provides evidence-based information for physicians, pharmacists, and other medical professionals. Therapeutic Research also publishes *Pharmacist's Letter*, *Prescriber's Letter*, *Ident-A-Drug Reference*, and a variety of continuing medical education courses, including live courses. Therapeutic Research accepts no advertising and provides objective information for subscribers.

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