

**Mayo Clinic Medical Edge**  
**Herbal Supplement Study**

1:00

**Log**

**Audio**

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<b>Intro with music</b>	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
	AS A CHEERLEADING COACH, STAYING FIT AND KEEPING HEALTHY IS A PRIORITY FOR CONNIE WALKER.
<b>Connie Walker, Supplement User</b>	“THERE ARE A LOT OF HEALTH ISSUES IN MY FAMILY. THE TWO GLARING ONES ARE HEART DISEASE AND DIABETES.”
<b>Uh-Deet-Chuh Bar-Dee-uh</b>	CONNIE TAKES SEVERAL SUPPLEMENTS TO HELP BOTH CONDITIONS. BUT SHE ALWAYS TALKS TO HER DOCTOR FIRST, SO SHE KNOWS THE RISKS AND BENEFITS. BUT A STUDY LED BY MAYO CLINIC DR. ADITYA BARDIA

	SHOWS TWO-THIRDS OF ALL AMERICANS WHO TAKE HERBAL SUPPLEMENTS DO SO WITHOUT KNOWING THE SCIENCE BEHIND THEM... WITHOUT KNOWING IF THEY'RE SAFE.
<b>Aditya Bardia, M.D.</b> <b>Mayo Clinic</b>	“THESE SUPPLEMENTS, LIKE ANY DRUGS, CAN HAVE ADVERSE EFFECTS. THEY CAN REACT WITH OTHER DRUGS YOU'RE TAKING.”
	AND BECAUSE SUPPLEMENTS ARE NOT FDA REGULATED, THEY MAY CONTAIN INGREDIENTS NOT LISTED ON THE LABEL. SO TALK TO YOUR DOCTOR BEFORE YOU TAKE HERBAL SUPPLEMENTS TO MAKE SURE THEY'RE IMPROVING YOUR HEALTH NOT HURTING IT.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT <a href="http://MAYOCLINIC.ORG">MAYOCLINIC.ORG</a> . I'M VIVIEN WILLIAMS.
