

**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'S MEDICAL EDGE.
	THE SALE AND USE OF HERBAL SUPPLEMENTS IS SKYROCKETING. BUT A RECENT STUDY SHOWS THAT MOST CONSUMERS PAY LITTLE IF ANY ATTENTION TO SCIENTIFIC INDICATIONS ABOUT THOSE SUPPLEMENTS. MAYO CLINIC DR. ADITYA BARDIA WAS THE STUDIES LEAD AUTHOR.
<b>Aditya Bardia, M.D.</b> <b>Track 1 (2:18)</b>	"IF THESE HERBAL SUPPLEMENTS WERE TOTALLY SAFE OR DEVOID OF ADVERSE AFFECTS, ONE COULD SAY THAT IT'S FINE. THEY MIGHT NOT BENEFIT YOU, BUT THEY PROBABLY ALSO DO NOT

	HAVE ANY HARM.”
	BUT THAT’S NOT ALWAYS THE CASE. MANY CAN CAUSE SYMPTOMS ON THE OWN OR DANGEROUSLY INTERACT WITH OTHER DRUGS. AND BECAUSE THE SUPPLEMENT INDUSTRY IS UNREGULATED, YOU NEED TO BE VERY CAREFUL ABOUT WHAT’S ACTUALLY IN THE BOTTLE.
<b>Dr. Bardia</b> <b>Track 1 (7:22)</b>	“THESE SUPPLEMENTS COULD BE ADULTERATED WITH HEAVY METALS SUCH AS LEAD, MERCURY AND THESE HAVE THEIR OWN ADVERSE AFFECTS.”
	OF COURSE THERE ARE HERBAL SUPPLEMENTS THAT HAVE PROVEN BENEFIT. BUT IT’S ALWAYS A GOOD IDEA TO TALK WITH YOUR PHYSICAN FIRST.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT <a href="http://MAYOCLINIC.ORG">MAYOCLINIC.ORG</a> . I’M VIVIEN

	WILLIAMS.