

# Dr. Chris D'Adamo's Dietary Supplement Resources

## FOR EFFICACY:

### Examine

- o [Examine.com](http://Examine.com)
- o Led by team of scientists & clinicians
- o Excellent nutrition & supplement resource
- o Supplement-specific evidence
- o Evidence-informed recommendations
- o Dosage details
- o Side effects
- o Interactions with medications
- o Incredibly comprehensive
- o Updated often
- o Articles related to new science
- o No cost for base material
- o Store with enhanced educational content

### NatMed

- o <https://naturalmedicines.therapeuticresearch.com/>
- o Formerly "Natural Medicines Database"
- o Hundreds of detailed monographs on supplements
- o Effectiveness ratings, interactions, adverse effects, pregnancy & lactation safety, nutrient depletion
- o Requires subscription
- o \$182 per year

### Mytavin

- o <http://www.mytavin.com>
- o Database of nutrients depleted by medications
- o Summaries and strength of evidence
- o No cost
- o Link to Fullscript for clinicians
- o **Tip:** choose finished products used in peer-reviewed research

## FOR PURITY:

### Consumer Lab

- o <http://www.consumerlab.com>
- o Mission: Identify quality nutritional products via independent testing
- o Run by physicians with pharmaceutical industry & FDA experience
- o Reviews of hundreds of supplements ... reveal many poor products
- o Funded by consumer memberships (\$30 per year) & product analysis fees from supplement companies (\$ thousands per year)
- o Limitation: cost, financial conflict of interest, many untested products
- o **Tip:** avoid products identified by Consumer Lab as problematic

### Labdoor

- o <https://labdoor.com/>
- o Independent lab evaluation of "off shelf" dietary supplements
- o No manufacturer financial support or product contribution
- o No cost to consumers
- o Supplement store (ratings do not favor any products)
- o Limitation: many untested products
- o **Tip:** avoid products with poor Labdoor ratings