

# Understanding Herbals, Vitamins and Minerals



## What are herbals?

Herbal products have active ingredients taken from plants. An example is ginseng.

## What are vitamins and minerals?

Vitamins and minerals are found in most foods. People may take vitamins and minerals to add to their diet. Examples are Vitamin C and Calcium.

## Can herbals, vitamins, or minerals affect your medicine?

Yes, they may affect the way medicine works in your body.

- These can either increase or decrease the effect of the medicine.
- This may result in side effects or the medicine may not work properly.

## Should you tell the doctor or pharmacist if you take vitamins, herbals or minerals?

Yes, it is important to tell the doctor or pharmacist if you are taking these products.

- What you take
- How much you take
- When you take it

## Should this information be on the medicine list?

Yes. Keep a list of all the medicines you take:

- Prescription
- Nonprescription
- Herbals and vitamins

## Are herbals, vitamins and minerals regulated by the Food and Drug Administration (FDA)?

No. The company that makes the product is responsible for the safety of the product. There are requirements for what is on the label of the product but it is not “approved” in the same manner as medicines that are regulated by the FDA.

## Can I call the Poison Control Center if I have questions about herbals, vitamins and mineral products?

Yes. You can always call with any questions.

**Call the New York City Poison Control Center at 1-800-222-1222  
any time to ask questions about your medicines.**

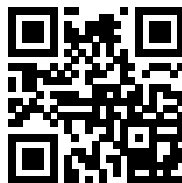
# New York City Poison Control Center



**The New York City Poison Control Center is here  
to help you with medicine safety.**

**Call us anytime at 1-800-222-1222 or 212-POISONS (212-764-7667)  
Visit our website at [nyc.gov/health](http://nyc.gov/health)**

- **Your Poison Control Center is available 24 hours a day,  
7 days a week.**
- **Pharmacists and nurses certified in poison information  
are there to give advice.**
- **All calls are free and confidential.**
- **Translation services are provided.**
- **Ask for free brochures, telephone stickers and magnets.**



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