**Patient asks about and/or requests to add a supplement to care**

Search reliable websites + MEDLINE

Check for safety and efficacy

Side effects, drug-herb-nutrient interactions

Risk- minimal

Benefit- hints of clinical benefit

Clues of clinical effectiveness

Risk- unknown or minimal

Benefit- unknown/questionable

(Only preclinical research or extrapolation from other research)

Suggest to **Avoid** Use

(But: discuss with patient and family the rational for avoiding use)

Discuss with all patients:

1. Patient perspective on this use
2. Expectations
3. Uncertainty of use
4. Pros and cons
5. **If patient decides to use**: Always leave the door open for communication that will help to monitor use, adverse reactions, dosage, possible interactions

Consider supporting use

Verify dosage

Verify reliable manufacturers

Risk- high

Benefit- unknown

There is no reason to recommend

After discussion patient should make his/her own decision about use