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Book Review

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Review of Herbal Supplements−Drug Interactions. Scientific and Regulatory Perspectives

Herbal Supplements−Drug Interactions. Scientific and Regulatory Perspectives. Volume 162. Edited by Y. W. F. Lam, S.-M. Huang, and S. D. Hall (University of Texas Science Center, FDA CDER, and Indiana University School of Medicine, respectively). Taylor & Francis Group: New York, NY. 2006. xiii + 332 pp. 16 × 24 cm. $199.95. ISBN 978-0-8247-2538-9.

This volume is part of a series of books that compose *Drugs and the Pharmaceutical Sciences*. There are 15 chapters that include reviews of the worldwide use of botanicals (Chapters 1−3), specific drug and botanical interactions (Chapters 4−7), required documentation, standards, and pharmacokinetic principles (Chapters 8 and 9), drug, food, and botanical interactions (Chapters 10−13), and recommendations for future drug development as it relates to regulations and perspectives (Chapters 14 and 15).

The reviews included in this book provide the reader with statistics that relate to the use of botanicals by patients and the likelihood that they will inform a physician of their over-the-counter regimen. Safety and efficacy concerns about these products are also addressed in the light of the increased use of herbal products worldwide as a result of increased advertising via traditional formats and the Internet. The authors also review drug reactions and the altered pharmacokinetics that can occur with the use of botanical products, including relevant *in vitro* studies. Further, the authors give a detailed look at the role of the cytochrome P450 system in the metabolism of the major botanicals used today, including St. John's wort, *Echinacea*, garlic, ginkgo, ginseng, Chinese botanical products, and grapefruit juice.

In the later chapters, the authors discuss quality control and the 1994 DSHEA Act, and the different factors that may affect the quality differences between various manufacturers' products. A useful discussion is also included for the proper labeling techniques to ensure the safest and most effective way to take a botanical supplement along with a prescription drug, and a prescription drug with another prescription drug. Useful case reports describe how to identify a significant interaction, how to report it, and how to prevent any future drug interactions.

The final chapters of the book provide a historical perspective on botanical and drug development and how it has grown into what it is today. The authors take a look at the different perspectives in the U.S. about topics ranging from regulation to marketing and intended usage and discuss how the diversity of chemical entities can either become a prescription drug or remain a botanical supplement. The book ends with a discussion of the overall challenges and future goals of creating a new drug.

In conclusion, we recommend *Herbal Supplements−Drug Interactions, Scientific and Regulatory Perspectives* in the series *Drugs and the Pharmaceutical Sciences* as an excellent review of the subject for students and researchers in the area of herbal dietary supplements.

Dianna Wood
Melany P. Puglisi
Chicago State University
Chicago, Illinois

AUTHOR INFORMATION

Notes

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