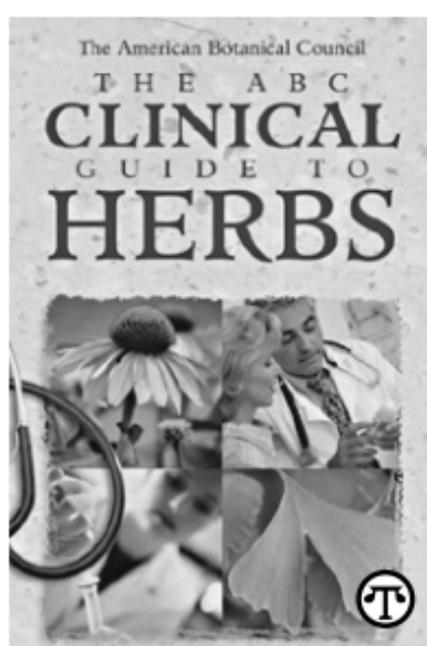


HEALTH NOTES

Botanicals: A Long And Healthy History

(NAPSA)—Echinacea, ginkgo, valerian and other popular botanicals have a long and rich history of use by ancient cultures. Today, backed by a growing body of scientific research and combined with modern manufacturing processes, botanical supplements continue to generate keen interest from consumers



looking for alternative ways to enhance their overall well-being.

According to the Council for Responsible Nutrition (CRN), while botanical supplements are regulated by the

Food and Drug Administration, consumers should still use the same kind of common sense applied to all products that you put in your body.

For example, CRN recommends purchasing a brand you know and trust, and buying from a reliable source. Always read the label and make sure not to exceed the recommended dosage. If you're taking medicine, either over-the-counter or prescription, it's a good idea to ask your doctor or pharmacist about any potential interactions of those products with botanical supplements.

A new book by The American Botanical Council (www.herbalgram.org) provides information on 29 of the most popular botanicals, including historical background, modern day usage, and reference to nearly 600 clinical studies.

To learn more about dietary supplements, visit www.crnusa.org.