



Herbal Contraindications are in bold type.

Category I. Clinical (empirical, human research or case reports)

Category II. Pre-clinical (*in vitro* or *in vivo* lab studies; speculative for humans)

Herbal-Drug Interactions have drugs in bold type.

Category Ia. From human therapeutic trials
OR research on healthy subjects

Category Ib. Empirically based on experiences
OR individual human case reports

Category II. From *in vivo* studies on animals

Category III. From *ex vivo* laboratory tests on cells, tissue, or organs from animals or humans previously administered an herbal agent,

OR from *in vitro* laboratory tests with cells or tissue samples to which herbal agents are added,

OR speculative interactions from *in vitro*, *in vivo*, or human research on herbals not combined with drugs

Category IV. Dubious speculative interactions based on inadequate information contradicted by established evidence [bracketed; drugs are underlined]

Herbal Complementary Adjuncts are for

conditions, adverse effects, or markers with bold underlines that may be benefitted when herbal agents are combined with medicines in bold type.

Category Ia. From human clinical trials

Category Ib. From clinical case reports or empirical observations.

Category IIa. From pre-clinical *in vivo* studies

Category IIb. From *in vitro* evidence.

Abbreviations for types of *in vivo* herbal administration:

IH (inhalation)

IM (intramuscular injection)

IP (intraperitoneal injection)

IV (intravenous injection)

PO (*per os* – by mouth or gastric feeding tube)

SC (subcutaneous injection)

TP (topical)

* Herbs with potentially toxic compound(s)

In Appendices

Research: bold indicates human studies, italics are for animal studies, and plain type is for *in vitro* in B.1, B.7, E.1, and E.3 - E.6.

Abbreviations for herbal agents in appendices B4, B5, and E2 - E6:

h (herb)

e (extract)

f (fraction)

c (component)

In Index subheadings

AE (adverse effects of drugs)

Constructing the bookmark

1) Fold on the dotted line at the far left so that the back side of column 1 is over the back side of column 2.

2) Insert column 3 (this column) into the crease between columns 1 and 2 by folding on the dotted line at the near left.

This bookmark will help make *Herbal Contraindications and Drug Interactions plus Herbal Adjuncts with Drugs* (fourth edition) more user friendly.

HCDI4 Bookmark is free online, together with free pdf file of Reference citations 1 to 2708 and free HCDI4 Updates and additions, at the website for Eclectic Medical Publications: www.eclecticherb.com/emp.