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Herbals and Dietary Supplements

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Herbals and dietary supplements do not receive INNs, and they are not regulated as drugs in many countries, including the United States (as mandated by the Dietary Supplement Health and Education Act, passed in 1994). In the United States, Congress has defined a dietary supplement as a product taken by mouth that contains a “dietary ingredient” intended to supplement the diet. The “dietary ingredients” in these products may include: vitamins, minerals, herbs or other botanicals, amino acids, and substances such as enzymes, organ tissues, glandulars, and metabolites. Dietary supplements can also be extracts or concentrates, and may be found in