



American Diabetes Association Guide to Herbs and Nutritional Supplements: What You Need to Know from Aloe to Zinc

Laura Shane-McWhorter C.D.E

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If you are taking, or are thinking about taking, an herb, nutritional supplement, or other natural product to treat your diabetes, you need reliable, unbiased information from the recognized expert on complementary and alternative medicine for diabetes. Here's everything you need to know about 40 of the most popular alternative therapies used for diabetes, including: purported benefits and suggested dosages; study and trial synopses; side effect and drug interaction listings; and much more.

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