

# HerbList app launched to provide information on herbal products

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(HealthDay)—The National Institutes of Health's National Center for

Complementary and Integrative Health (NCCIH) has announced the launch of an app for easy access to research-based information on the safety and effectiveness of herbal products.

HerbList allows users to access [information](#) about the science of more than 50 popular herbs and herbal supplements, including kava, acai, ginkgo, turmeric, and others marketed for health purposes. Information on potential safety problems, side effects, and herbal-drug interactions can be also be accessed via additional links for more information. Favorite herbs can be marked for quick recall and offline accessibility.

The app, which was built using the Herbs at a Glance webpage of the NCCIH, includes scientific, research-driven information to provide users with unbiased information, allowing informed decisions to be made. The app can be downloaded for iPhones or iPads and for Android devices.

"Providing an app for users is part of NCCIH's effort to inform consumers and [health care providers](#) within the complementary and integrative health space," David Shurtleff, Ph.D., acting director of NCCIH, said in a statement. "People are considering herbs and [herbal supplements](#) for various reasons, and it is important that they are aware of what the research says about safety and effectiveness."

**More information:** [NIH Press Release](#)  
[Herbs at a Glance](#)

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