

Table e-3 CAM therapies with no evidence from studies in multiple sclerosis

Mind–body medicine	Biologically based therapies	Manipulative and body-based systems	Other therapies
<ul style="list-style-type: none"> • Guided imagery • Prayer • Religion • Spirituality 	<p><i>Herbs</i></p> <ul style="list-style-type: none"> • Ashwagandha • Blue green algae • Caffeine • Coffee • Cranberry • Echinacea • Epigallocatechin gallate • Ephedra • Grape seed • Green tea • Kava kava • Ma huang • Oligomeric proanthocyanidin • Psyllium • Pycnogenol • St. Johns Wort • Skullcap • Spirulina • Valerian • Yohimbe 	<ul style="list-style-type: none"> • Chiropractic medicine • Craniosacral therapy • Pilates • Tai-chi • Trager approach 	<p><i>Vitamins and minerals</i></p> <ul style="list-style-type: none"> • Folic acid • Magnesium • Selenium • Vitamin A • Vitamin B₁₂ • Vitamin E • Zinc
	<p><i>Other supplementation</i></p> <ul style="list-style-type: none"> • Carnitine • Chondroitin • Coenzyme Q10 • Curcumin • Dehydroepiandrosterone • Flavonoids • Germanium • Lipoic acid • Luteolin • Mangosteen • Melatonin • Oral myelin or oral brain • Quercetin • Turmeric 		<p><i>Miscellaneous therapies</i></p> <ul style="list-style-type: none"> • Amalgam replacement • Aspartame • Chelation therapy • Chinese medicine • Colloidal silver • Radon therapy

Mind–body medicine	Biologically based therapies	Manipulative and body-based systems	Other therapies
	<i>Dietary supplementation</i> <ul style="list-style-type: none"> • Gluten-free diet • Lorenzo’s oil 		<i>Energy therapy</i> <ul style="list-style-type: none"> • Therapeutic touch
	<i>Other biologically based practices</i> <ul style="list-style-type: none"> • Candida treatment • Colon therapy • Detoxification • Enzyme therapy • Hydrolytic enzymes • Mercury 		<i>Alternative medical systems</i> <ul style="list-style-type: none"> • Ayurvedic medicine • Homeopathy

CAM = Complementary and alternative medicine, EAP = Ethylamino-phosphate.