

Appendix

Herbal Supplements, Vitamins, and “Natural” Hormones Interview Questions

I am going to read you a list of herbal/botanical products, supplements, vitamins, and “natural” hormones. Please respond with **NO** if you did not use the product in the **LAST YEAR**. Please respond with **YES** if you have used the product in the **LAST YEAR**, and then indicate how many times PER DAY, PER WEEK, PER MONTH, or PER YEAR that you used the product. Also tell me if the product that you used in the **LAST YEAR** was NOT AT ALL HELPFUL, SOMEWHAT HELPFUL, or VERY HELPFUL.

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|-----------------------------------------|--------------------------|----------------------|
| Aloe Vera | Echinacea | Kava Kava |
| *Aspartame (Nutrasweet) | Ephedrine Alkaloids | Melatonin |
| Astragalus | Evening Primrose Oil | Melissa (Lemon Balm) |
| Bee Sting Serum | Feverfew | Milk Thistle |
| Bilberry | Fish Oils (Omega-3 Fatty | Sam-e |
| Black Cohosh | Acids) | Saw Palmetto |
| Cascara Segreda | Garlic | Schizandra |
| Cat’s Claw | Ginger | Selenium |
| Cayenne Pepper | Gink Biloba | Siberian Ginseng |
| *Calcium | Ginseng | Snake Venom |
| Chamomile | Glucosamine and/or | St. John’s Wort |
| Chromium | Chondroitin Sulfate | Valarian |
| Cod Liver Oil | Goldenseal | *Zinc |
| Cranberry | Grape Seed Extract | |
| Dong Quai | Hawthorn | |
| Other herbals or supplements (specify): | | |

***VITAMINS**

- | | | |
|-------------------------|-------------------|------------------|
| Multi-vitamin (example: | Vitamin D | Vitamin E (mixed |
| Centrum, One-A-Day) | Vitamin E (alpha- | tocopherols) |
| Vitamin B Complex | tocopherol only) | |
| Vitamin C | | |
| Other (specify): | | |

“NATURAL” HORMONES

(Do not include hormone preparations that need a doctor’s prescription)

- | | |
|-------------------------------------|---------------------------------------|
| Wild yam or progesterone creams | Phytoestrogen pills (soy or flax) |
| Wild yam pills | Phytoestrogen creams (soy or flax) |
| Progesterone suppositories | Phytoestrogen containing foods (tofu, |
| DHEA (dehydroepiandrosterone) pills | soybeans) |
| Other “natural” hormones (specify): | |

FOODS

- | | |
|--------------------------------|------------------------------------------|
| Raisins soaked in gin or vodka | Vinegar, honey, and cranberry juice or a |
| Certo in grape juice | combination of these |
| Other special foods (specify): | |

*Although information was collected concerning aspartame, calcium, zinc, and vitamins, this information was not included in our measures of herb or OTC medication utilization.