

112 **Supplemental Table 1:** Data collection strategy for collecting and recording herbal supplement use

Stepwise manner to elicit recall of herbal supplement use:

1. Have you ever used any protein shakes or weight loss supplements?
2. Have you ever used any herbal supplements or green juices?
3. Have you ever taken *Spirulina*, *Echinacea*, *Chlorella*, Alfalfa, or *Aphanizomenon flos-aquae*?

Provide flyer (Supplementary Material 1)

List common brands containing immunostimulatory CAM

If patient says “yes” to any of the above questions:

- Do you recall when you started using this supplement, and when you last used it?

If the patient reports using a brand with unknown ingredients, study staff will look up the ingredients and record if it contains *Spirulina*, *Echinacea*, *Chlorella*, Alfalfa, or *Aphanizomenon flos-aquae*.