# — A Rough Guide to ———

# TYPES OF SCIENTIFIC EVIDENCE

Being able to evaluate the evidence behind a claim is important, but scientific evidence comes in a variety of forms. Here, the different types of scientific evidence are ranked and described, particularly those relevant to health and medicinal claims.



ANECDOTAL & EXPERT OPINIONS

Anecdotal evidence is a person's own personal experience or view, not necessarily representative of typical experiences. An expert's stand-alone opinion, or that given in a written news article, are both considered weak forms of evidence without scientific studies to back them up.



ANIMAL & CELL STUDIES

/experimental

Animal research can be useful, and can predict effects also seen in humans. However, observed offects can also differ, so subsequent human trials are required before a particular effect can be said to be seen in humans. Tests on isolated cells can also produce different results to those in the body.



CASE REPORTS & CASE SERIES

potroenyationas

A case report is a written record on a particular subject. Though low on the hierarchy of evidence, they can aid detection of new diseases, or side effects of treatments. A case series is similar, but tracks multiple subjects. Both types of study cannot prove causation, only correlation.



CASE-CONTROL STUDIES

(lobservationa)

Case control studies are retrospective, involving two groups of subjects, one with a particular condition or symptom, and one without. They then track back to determine an attribute or exposure that could have caused this. Again, these studies show correlation, but it is hard to prove causation.



COHORT

(tobservational)

A cohort study is similar to a case-control study, it involves selection of a group of people sharing a certain characteristic or treatment (e.g. exposure to a chemical), and compares them over time to a group of people who do not have this characteristic or treatment, noting any difference in outcome.



RANDOMISED CONTROLLED TRIALS

(experience)

Subjects are randomly assigned to a test group, which receives the treatment, or a control group, which commonly receives a placebo. In 'blind' trials, participants do not know which group they are in; in 'double blind' trials, the experimenters do not know either. Blinding trials helps remove blass.



SYSTEMATIC REVIEW Systematic reviews draw on multiple randomised controlled trials to draw their conclusions, and also take into consideration the quality of the studies included. Reviews can help mitigate bias in individual studies and give us a more complete picture, making them the best form of evidence.

Note that in certain cases, some of these types of evidence may not be possible to procure, for ethical or other reasons.







# **Scientific Evidence With 2002 Supplement**

**S Marginson** 

#### **Scientific Evidence With 2002 Supplement:**

Scientific Evidence for Musculoskeletal, Bariatric, and Sports Nutrition Ingrid Kohlstadt, 2006-01-26 Nutrition has long been the missing ingredient in the treatment of the various musculoskeletal conditions seen daily by the health professionals. The often stated reason for giving nutrition short shrift is the lack of evidence Responding to this need. Scientific Evidence for Musculoskeletal Bariatric and Sports Nutrition provides clinicians wit 
Dietary Supplements

Donna Viola Porter, 2003. The use of dietary supplements is often promoted as a solution to a number of nutrition problems including general dietary patterns and nutrient intakes malnutrition in the elderly the nutritional needs in pregnant women poor nutrient intakes in low income children the iron needs of infants after 6 months and the prevention of diseases Although there are situations where the use of vitamin and mineral supplements can improve the health of certain individuals the consumption of conventional food continues to be the preferred method to improve nutritional and health status. This important book examines many of the issues that dietary supplements face today. One such controversial issue is whether the use of dietary supplements should be included in food stamp plans. Also questioned is the regulation of some of the more controversial dietary supplements such as ephedra and if they should be available as over the counter or rather be made prescription necessary medications. Contents Preface Dietary Supplements FDA Reform and Codex Dietary Supplements Purchase with Food Stamps Dietary Supplements Legislative and Regulatory Status Dietary Supplements Ephedra Bibliograp

Effects of Herbal Supplements on Clinical Laboratory Test Results Amitava Dasgupta, 2011-05-26 Herbal supplements are available without prescription in many countries throughout the world and accounting for over 30 billion U S dollar in sale A majority of U S population 25 40% use herbal supplements while alternative medicines are major forms of therapy in third world countries used by as much as 80% population Contrary to the popular belief that herbal remedies are safe and effective many herbal supplements have known toxicity and unexpected laboratory test results may be the early indications of such toxicity In addition some herbal products such as St John s wort can interact with many Western drugs causing increased clearance of such drugs and hence treatment failure This monograph would provide information on how herbal supplements affect laboratory test results thus patient s safety This monograph would provide a comprehensive and concise practical guide for laboratory professionals physicians and other health care professionals The emphasis of this monograph is to provide clinically relevant information rather than discussing in detail mechanisms of such effect although brief explanations would be provided for such unexpected test results

Issues Relating to Ephedra-containing Dietary Supplements United States. Congress. House. Committee on Energy and Commerce. Subcommittee on Oversight and Investigations, 2003

Herbs and Natural Supplements Inkling Lesley Braun, Marc Cohen, 2010-06-24 A must have health companion for herbalists naturopaths complementary medicine practitioners and students Herbs and Natural Supplements 3rd Edition An evidence based guide presents evidence based information on the 130 most popular herbs nutrients and food supplements

used across Australia and New Zealand This exhaustive textbook is organised alphabetically by each herb or nutrient s common name Herbs and nutrients are then accompanied by critical information such as daily intake main actions and indications adverse reactions contraindications and precautions safety in pregnancy and more This new edition of Herbs and Natural Supplements has been expanded with new chapters on pregnancy and wellness It also features 10 new monographs for Arginine Dunaliella Elde Goji Pelargonium Prebiotics Red Yeast Rice Rhodioloa Shatavari and Taurine provides current evidence based information on herbal nutritional and food supplements used in Australia and New Zealand is user friendly and easily organised by easy to find A Z herbal monographs appendices offering important additional information for the safe use of herbal and nutritional supplements including a list of poison information centres associations manufacturers and more offers clear comprehensive tables including herb natural supplement drug interactions lists the pharmacological actions of all herbs and natural supplements a glossary of terms relevant to herbs and natural supplements two comprehensive new chapters Herbs and Natural Supplements in Pregnancy and Introduction to Wellness all chapters completely updated and expanded ten new monographs taking the total to 130 now also available as an eBook A code inside Herbs and Natural Supplements 3rd Edition An evidence based guide enables a full text download allowing you to browse and search electronically make notes and bookmarks in the electronic files and highlight material **Herbs and Natural** Supplements, Volume 2 Lesley Braun, Marc Cohen, 2014-10-01 Herbs and Natural Supplements 4th Edition An evidence based guide is an authoritative evidence based reference This two volume resource is essential to the safe and effective use of herbal nutritional and food supplements The second volume provides current evidence based monographs on the 132 most popular herbs nutrients and food supplements Organised alphabetically each monograph includes daily intake main actions and indications adverse reactions contraindications and precautions safety in pregnancy and more Recommended by the Pharmacy Board of Australia as an evidence based reference works print that pharmacists are meant to have access to when dispensing Contributed content from naturopaths GPs pharmacists and herbalists Useful in a clinical setting as well as a reference book It provides up to date evidence on the latest research impacting on herbal and natural medicine by top leaders in Australia within the fields of Pharmacy Herbal Medicine and Natural Medicine Departments of Labor, and Health and Human Services, Education, and Related Agencies Appropriations United States. Congress. Senate. Committee on Dietary Supplements for the Health and Quality of Cultured Fish Delbert M. Gatlin, 2007 This book Appropriations, 2004 addresses current information on the effects of micronutrients and other efficacious substances from plants animals and bacteria with regard to quality and health of cultured fish Each chapter contains tables figures and is packed with many new references to help expand your knowledge of various aspects of fish culture technology With fisheries scientists and students in mind this book serves as a useful manual for your field of research **Evaluating Scientific Evidence** Erica Beecher-Monas, 2007 This book examines scientific evidence in both civil and criminal contexts Handbook of Food

<u>Products Manufacturing, 2 Volume Set</u> Nirmal K. Sinha,2007-04-27 The Handbook of Food Products Manufacturing is a definitive master reference providing an overview of food manufacturing in general and then covering the processing and manufacturing of more than 100 of the most common food products With editors and contributors from 24 countries in North America Europe and Asia this guide provides international expertise and a truly global perspective on food manufacturing

Death in Small Doses?: Books 1 & 2 Prof. Hon. Randolph M. Howes M.D. Ph.D., 2010-08-24 If you are taking an antioxidant or an antioxidant vitamin or are thinking of going on antioxidants consider the information in this fully referenced quide before you do The undeniable legacy of antioxidant vitamin use at today s high doses is an assemblage of confusing and conflicting studies and reports of bad side effects in hordes of unsuspecting victims Only by knowing this information reviewed in consultation with your healthcare professional can you make an informed decision about your healthcare If you are a user of antioxidant vitamins A C or E or multivitamins this book contains vital information for you Most of the antioxidant side effects discussed are likely unknown to your busy doctor Although they are knowledgeable about routine medical problems few have heard of increased risks for cancer heart disease and strokes caused by use of these vitamins fewer still associate increased mortality with antioxidants As a surgeon medical research scientist biochemist and practicing doctor Dr Howes is appalled by the lack of information in the medical community on the full range of side effects of the antioxidant vitamins Antioxidant Vitamins A C and E in the Twenty first Century offers a selective reference source and summary demonstrating the ineffectiveness and adverse side effects of the antioxidant vitamins A C and E Register ,2006-03 Guide to Nutritional Supplements, 2009-09-02 The rapidly expanding world of nutrition functional foods and nutraceuticals is increasingly complex This Guide to Nutritional Supplements provides a concise and complete reference to the most common nutritionally significant elements Including dietary guidelines intake measurements and other contextual information this Guide is the ideal reference for nutritionsts and dieticians facing an increasing public awareness of supplements and who many be augmenting their diets with OTC supplements Focused on the nutritional values impacts and interactions of supplements Provides a science based approach to determining the appropriate selection and application of supplements for improved diet and nutrition Schizophrenia Bulletin ,2004 Ethnopharmacology Michael Heinrich, Anna K. Jäger, 2015-10-12 Ethnopharmacology is one of the world's fastest growing scientific disciplines encompassing a diverse range of subjects It links natural sciences research on medicinal aromatic and toxic plants with socio cultural studies and has often been associated with the development of new drugs The Editors of Ethnopharmacology have assembled an international team of renowned contributors to provide a critical synthesis of the substantial body of new knowledge and evidence on the subject that has emerged over the past decade Divided into three parts the book begins with an overview of the subject including a brief history ethnopharmacological methods the role of intellectual property protection key analytical approaches the role of ethnopharmacology in primary secondary education and links to biodiversity and

ecological research Part two looks at ethnopharmacological contributions to modern therapeutics across a range of conditions including CNS disorders cancer bone and joint health and parasitic diseases The final part is devoted to regional perspectives covering all continents providing a state of the art assessment of the status of ethnopharmacological research globally A comprehensive critical synthesis of the latest developments in ethnopharmacology Includes a section devoted to ethnopharmacological contributions to modern therapeutics across a range of conditions Contributions are from leading international experts in the field This timely book will prove invaluable for researchers and students across a range of subjects including ethnopharmacology ethnobotany medicinal plant research and natural products research Ethnopharmacology A Reader is part of the ULLA Series in Pharmaceutical Sciences www ullapharmsci org Regulation of Functional Foods and Nutraceuticals Clare M. Hasler, 2008-02-28 Regulation of Functional Foods and Nutraceuticals A Global Perspective offers a comprehensive resource for information on regulatory aspects of the growing and economically important functional food industry Regulatory systems and definitions of key terms food supplement drug etc vary from country to country A thorough understanding of laws and regulation within and among key countries with regard to functional foods herbal extracts or drugs and nutritional supplements is critical to the direction of food companies that are developing products for these markets International experts with legal and or scientific expertise address relevant topics from quality issues to organic foods to labeling Innovative product development within the framework of existing regulations will be addressed in individual chapters Overview chapters will discuss global principles inter country trading issues and present a comparison of the laws and regulations within different countries graphically A must have handbook for research professionals management and marketing strategists in the worldwide functional foods nutritional supplements business Food technicians and engineers responsible for manufacturing quality in this industry should add it to their library to ensure that they have a thorough knowledge of the applicable legal requirements The book will also serve as an indispensable shelf reference for lawyers in the food industry and government health professionals with regulatory responsibilities

Evidence-Based Validation of Herbal Medicine Pulok K. Mukherjee,2022-07-12 Evidence Based Validation of Herbal Medicines Translational Research on Botanicals brings together current thinking and practice in the characterization and validation of natural products The book describes different approaches and techniques for evaluating the quality safety and efficacy of herbal medicine particularly methods to assess their activity and understand compounds responsible and their probable underlying mechanisms of action This book brings together the views expertise and experiences of scientific experts in the field of medicinal plant research hence it will be useful for researcher who want to know more about the natural lead with their validation and also useful to exploit traditional medicines Includes state of the art methods for detecting isolating and performing structure elucidation by degradation and spectroscopic techniques Highlights the trends in validation and value addition of herbal medicine with different scientific approaches used in therapeutics Contains several all new chapters

on topics such as traditional medicine inspired drug development to treat emerging viral diseases medicinal plants in antimicrobial resistance TLC bio profiling botanicals as medicinal foods bioprospecting and bioassay guided isolation of medicinal plants immunomodulators from medicinal plants and more Market Access of Traditional Chinese Medicinal Product in the EU under WTO Legal Framework Saisai Wang, 2020-08-30 This book presents an in depth analysis of issues in trade law and EU pharmaceutical law concerning market access for traditional Chinese medicinal products It discusses these issues from the standpoints of fundamental law international law and EU law so to offer a comprehensive perspective Specifically it points out the core legislative issues for EU policymakers who deal with market access for traditional medicinal products describes the relation between law and science and offers essential information on herbal medicinal product registration in the EU Further it compares EU law and Chinese law in this regard which can offer inspirations for readers from other counties that have similar medicinal products The book uses straightforward accessible language to break down the key issues involved Departments of Labor, Health and Human Services, and Education, and Related **Agencies Appropriations for Fiscal Year 2003** United States. Congress. Senate. Committee on Appropriations. Subcommittee on Departments of Labor, Health and Human Services, Education, and Related Agencies, 2003 **History of Soy Nutritional Research (1990-2021)** William Shurtleff; Akiko Aoyagi,2021 The world's most comprehensive well documented and well illustrated book on this subject With extensive subject and geographical index 30 photographs and illustrations mostly color Free of charge in digital PDF format

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