



# Supplements: History and Traditional Uses



valine histidine cysteine vitamin potassium niacin iodine isoleucine alanine B9 riboflavin glycine B6 pyridoxine phenylalanine GLUTATHIONE  
magnesium glutamic acid CARNITINE B1 myristic acid aspartic acid palmitic acid B9 glycine B6 pyridoxine  
pantothenic acid K2 D3 CARNOSINE B1 myristic acid aspartic acid palmitic acid B9 glycine B6 pyridoxine  
manganese magnesium glutamic acid CARNITINE B1 myristic acid aspartic acid palmitic acid B9 glycine B6 pyridoxine  
BIOGENIC AMINES TAURINE essential nutrients DHA CLA  
EPA cobalamin essential nutrients DHA CLA  
ANTIOXIDANTS DHA CLA  
saturated fat B2 arginine threonine MINERALS  
B7 chlorine BIOACTIVE COMPOUNDS  
serine sodium calcium proline choline phosphorus  
copper Biotin methionine stearic acid  
vitamin potassium niacin iodine isoleucine alanine B9 riboflavin glycine B6 pyridoxine  
phenylalanine GLUTATHIONE  
CARNITINE B1 myristic acid aspartic acid palmitic acid B9 glycine B6 pyridoxine  
cholesterol VITAMINS  
polyunsaturated fat monounsaturated fat COENZYME Q10 B5 B12 zinc leucine macronutrients heme iron beta-carotene DPA tyrosine Omega 3 lysine  
retinol creatine  
FAT ANSERINE  
folate

# SUPPLEMENTS

VITAMINS



FATS  
FATTY ACIDS



FIBER  
PREBIOTICS  
SUGARS  
ABSORBANTS



ENZYMES  
(digestive & proteolytic)



PROBIOTICS  
SYMBIOTICS  
METABIOTICS



HORMONES &  
BIOACTIVE HUMAN  
COMPOUNDS



MINERALS



HOMEOPATHICS  
ISOPATHICS  
SPAGYRICS



HERBS  
BOTANICALS  
POLYPHENOLS



MARINE-DERIVED &  
FUNGAL REMEDIES



ANIMAL-DEREIVED  
(Glandulars, Antlers,  
Bee products)



AMINO ACIDS &  
PEPTIDES

AMINO ACIDS &  
PEPTIDES

- For centuries across countries, people have turned to traditional healers, home remedies and ancient medicinal knowledge to address their health and well-being needs.
- According to the WHO Global Report on Traditional and Complementary Medicine (2019), various systems of traditional medicine being used around the world include herbal medicines, indigenous traditional medicine, homeopathy, traditional Chinese medicine, naturopathy, ayurvedic medicine.
- 170 WHO Member States have reported on the use of traditional medicine by their populations.



# Ancient Civilizations

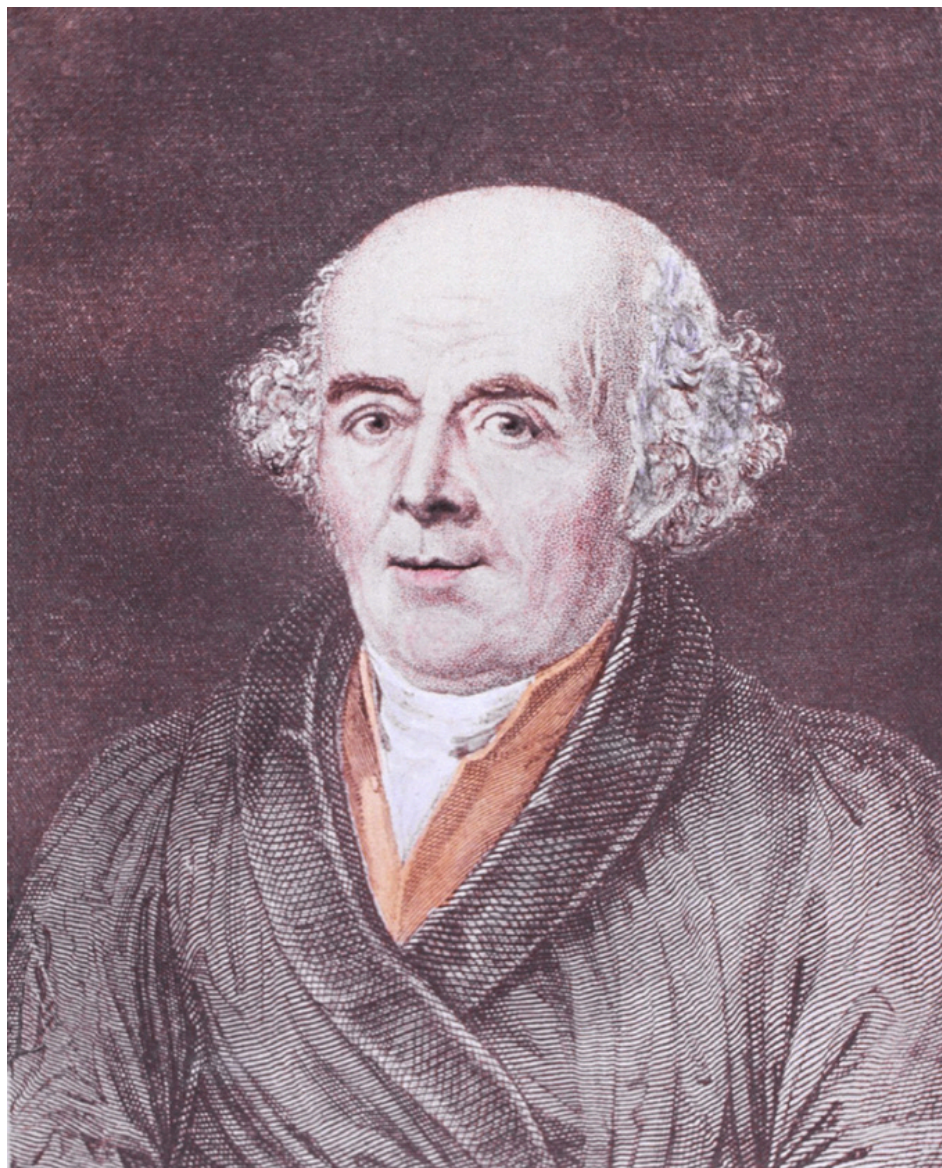
- **Egyptians:** Ancient Egyptians were among the first to document the use of medicinal plants and natural remedies. They used herbs like garlic, thyme, and aloe vera for various ailments.
- **Chinese Medicine:** Traditional Chinese Medicine (TCM), which dates back thousands of years, has long relied on herbs, roots, and other natural substances to balance the body's energy, known as "Qi": ginseng, astragalus, and licorice root
- **Greeks and Romans:** Greek physician Hippocrates (c. 460-370 BCE), often considered the father of modern medicine, prescribed plant-based remedies. The Romans adopted much of Greek herbalism and used supplements such as olive oil, honey, and wine for medicinal purposes.







Developed by Samuel Hahnemann (1755-1843), a German doctor while translating a medical treatise by the Scottish physician and chemist William Cullen into German. Being sceptical of Cullen's theory that cinchona cured malaria because it was bitter, Hahnemann ingested some bark specifically to investigate what would happen. He experienced fever, shivering and joint pain: symptoms similar to those of malaria itself. From this, Hahnemann came to believe that all effective drugs produce symptoms in healthy individuals similar to those of the diseases that they treat. This led to the name "homeopathy", which comes from the Ancient Greek: ὁμοιος *hómoios*, "-like" and πάθος *páthos*, "suffering".



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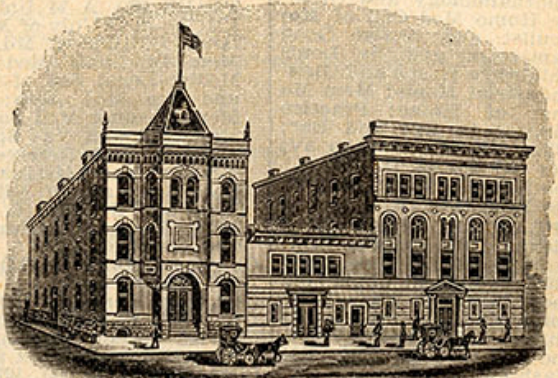
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Address all communications to DR. L. C. McELWEE, Registrar, 215 South Jefferson Ave., St. Louis, Mo., U.S.A., who will answer promptly.

**WM. C. RICHARDSON, M.D., Dean.**

Around 40% of pharmaceutical products today draw from nature and traditional knowledge, including landmark drugs: aspirin, artemisinin, and childhood cancer treatments

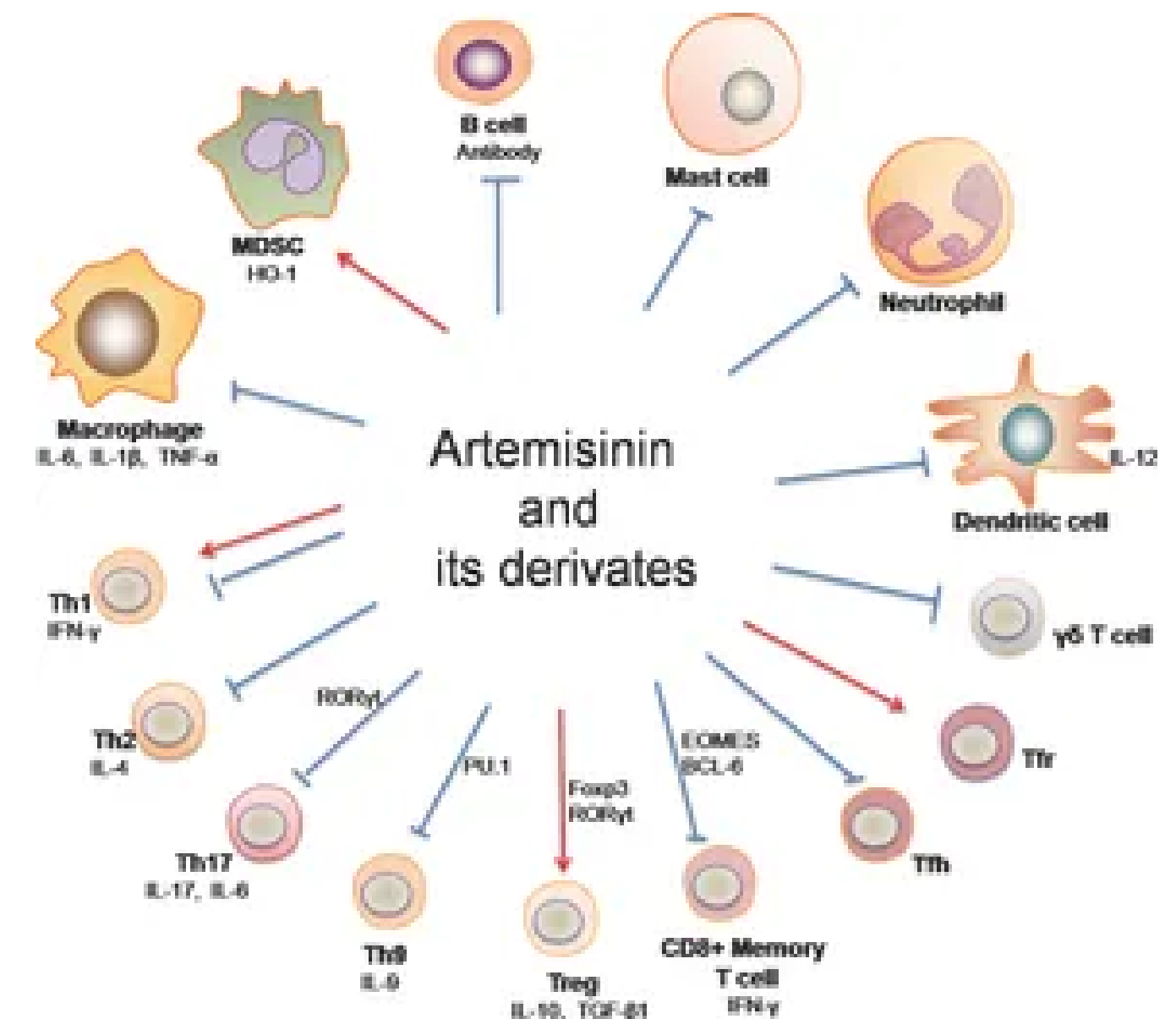


# Willow bark as the basis of aspirin

- Over 3 500 years ago, bark from the willow tree was used as a pain reliever and an anti-inflammatory, by Sumerians and Egyptians.
- In later years, it was used to ease the pain of childbirth in ancient Greece and cure fevers.
- In 1897, Bayer chemist Felix Hoffmann synthesized aspirin and the drug has gone on to improve, and save, the lives of millions of people every day – with multiple benefits including preventing heart attack or stroke, improving blood pressure, and relieving pain and swelling.



- After testing – unsuccessfully -- over 240 000 compounds for use in antimalarials, Chinese scientist Tu Youyou, head of the Project 523 to discover a cure for chloroquine-resistant malaria, turned to traditional Chinese medical literature for clues. There, she and her team found a reference to **sweet wormwood** to treat intermittent fevers.
- In 1971, Tu Youyou’s team isolated **artemisinin**, an active compound in sweet wormwood that was particularly effective in treating malaria. Artemisinin is now recommended by the World Health Organization as the first and second line of treatment for malaria.
- In 2015, Tu Youyou was awarded the **Nobel Prize** in Physiology or Medicine for her work on malaria, which has saved millions of lives.



**The Madagascar periwinkle**, which is now the source of childhood cancer drugs **vinblastine and vincristine** has an exceptionally long history of being used as a medicinal plant and finds mention in Mesopotamian folklore, the Ayurveda system of traditional Indian medicine as well as traditional Chinese medicine.

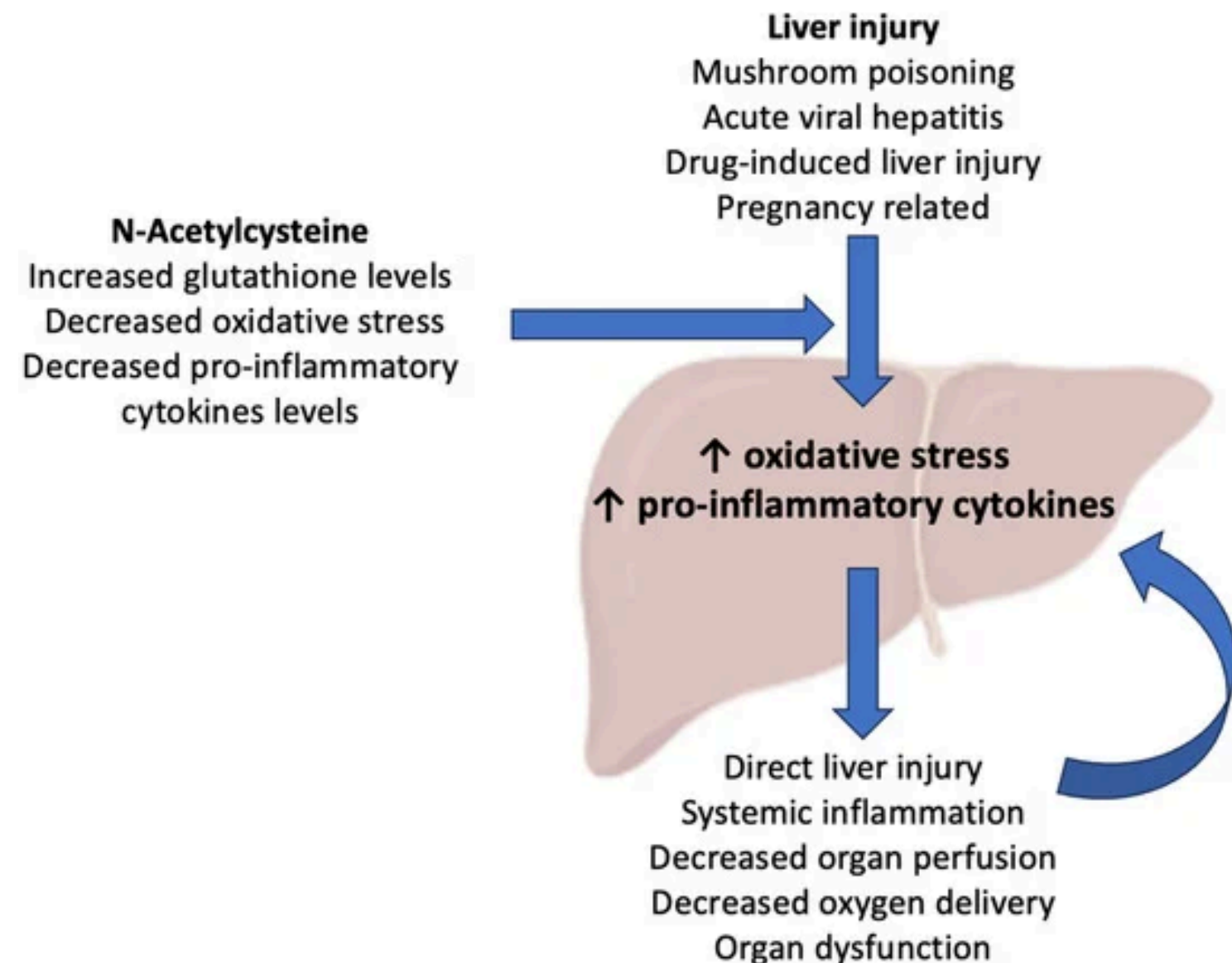


**Shikimic acid** that is drawn from star anise and used in the manufacture of Tamiflu, antiviral medication that blocks the actions of influenza virus types A and B in the body; and norethindrone, derived from the wild Mexican yam, that is one of the first active ingredients in contraceptive pills.



# NAC = Supplement and ... Drug

N-Acetylcysteine (NAC) is a drug approved by the Food and Drug Administration (FDA) and recognized by the World Health Organization (WHO) as an essential drug, widely used for the treatment of acetaminophen overdose (paracetamol) and more recently as a mucolytic agent, in respiratory diseases





HEALTHY