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PATIENT & CAREGIVER EDUCATION

# Herbs & Supplements

Many people consume vitamins and over-the-counter dietary supplements to support overall wellness goals. When shopping for and using supplements, it is important to know about the active and inactive ingredients in these products. We will review popular dietary supplements and herbs cancer survivors use and provide clarity on common misunderstandings and advertised uses of supplements.

## Audience

This program is open to the community.