

- Metta
- Focused attention

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For Patients & Caregivers

Tell your healthcare providers about any dietary supplements you're taking, such as herbs, vitamins, minerals, and natural or home remedies. This will help them manage your care and keep you safe.

What is
it?

What are the potential uses and
benefits?

What else do I need to
know?

For Healthcare Professionals

Clinical
Summary

Purported Uses and
Benefits

Mechanism of
Action

Adverse
Reactions

Practitioners and
Treatments

References

Email your questions and comments to aboutherbs@mskcc.org .

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