

In New Study Potential Liver Risks from Popular Herbal Supplements Revealed

Study reveals that about 5% of U.S. adults are exposed to six potentially hepatotoxic botanicals, which are largely unregulated products typically used to improve health or treat [minor health complications](#).



Study

This survey study analyzed data from the National Health and Nutrition Examination Survey (NHANES), which is a nationally representative survey aiming to periodically monitor the health and [nutrition](#) of the U.S. general population.

Data from more than 9,500 US adults were analyzed in this study, which included prescription drug and herbal and dietary supplement exposure data in the past 30 days. The participants were enrolled in the NHANES between January 2017 and March 2020. Due to the [COVID-19 pandemic](#), data collection for the NHANES 2019-2020 cycle was interrupted. Data from the 2020 U.S. Census was used to estimate the population size.

The prevalence and clinical characteristics of herbal and [dietary supplement](#) users and users of six potentially hepatotoxic botanicals were compared with non-users.

Findings

Among 9,685 adult participants, about 58% reported consuming [herbal](#) and dietary supplements at least once within the past 30 days.

Regarding sociodemographic characteristics, herbal and dietary supplement users were significantly more likely to be older, female, non-Hispanic White, married, and have a higher educational and [socioeconomic](#) background compared to non-users.

Regarding pre-existing health conditions, a significantly higher prevalence of [hypertension](#), diabetes, coronary heart disease, stroke, arthritis, thyroid disorder, cancer, or liver complications was observed among herbal and dietary supplement users compared to that among non-users.

Conclusion

The study finds a considerably high prevalence of potentially hepatotoxic botanicals use among U.S. adults between 2017 and 2020. This highlights the urgent need for increasing regulatory oversight on the manufacturing and testing of [botanical products](#).

The use of herbal and dietary supplements in the U.S. has been found to be associated with an estimated 23,000 annual [emergency department](#) visits and 2,154 hospitalizations in 2014. The use of these products has also been found to be associated with more than 20% of all drug-induced liver injury cases in the U.S.

Given the lack of regulatory oversight on botanicals, scientists advise clinicians to obtain a complete [medication](#) and botanicals use history when evaluating patients with unexplained symptoms or liver test abnormalities.

Source:

<https://www.news-medical.net/news/20240806/Potential-liver-risks-from-popular-herbal-supplements-revealed-in-new-study.aspx>