



# **The Complete German Commission E Monographs: Therapeutic Guide to Herbal Medicines**

*Siegrid Klein, Robert Rister*

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In 1978 the German government established an expert committee, the Commission E, to evaluate the safety and efficacy of over 300 herbs and herb combinations sold in Germany. The results were published as official monographs that give the approved uses, contraindications, side effects, dosage, drug interactions and other therapeutic information essential for the responsible use of herbs and phyto-medicines. For the first time, the complete set of all Commission E monographs has been compiled, translated into English and edited for use by physicians, pharmacists, health professionals, researchers, regulatory agencies, consumers and the herb industry.

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