
**Field of medicine:** Herbal medicine and complementary and alternative medicine.

**Format:** Hardcover book.

**Audience:** Primary care physicians, trainees, and allied health care professionals.

**Purpose:** To provide an up-to-date scientific pharmacopoeia of herbal medicines and to address criticisms and deficiencies of *The Complete German Commission E Monographs*.

**Content:** The original Commission E monographs, which comprised more than 300 entries written from 1978 to 1994 by German scientific authorities, were published in English by the American Botanical Council in 1998. This new, expanded text retains about 100 of the original monographs as the skeleton of each brief chapter, but more useful information is also included. An overview of each herb's traditional uses is followed by a summary of the published clinical trials from the worldwide literature. New information on pharmacology, uses, cautions, and dosages and formulations used in the clinical studies is provided. Unlike the original monographs, this text is well referenced and cites the primary literature.