

# HERBS AND MORE FOR DIABETES

Do you take more than diabetes pills or insulin to control your diabetes? Some people take other things for diabetes. They may have found out about them from their family, a friend, the pharmacist, or others.

To give you the best diabetes care, your doctor or the people at the diabetes clinic need to know everything you take for your diabetes.



**Below are some of the things that people take for diabetes.**

Put a check mark like this ☒ next to everything you take.

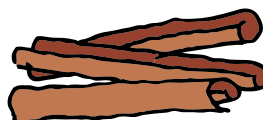
Then you can talk about this during your diabetes care visit. Thank you.

## HERBS/PLANTS

- ☐ Prickly pear cactus
- ☐ Aloe vera
- ☐ Oregano
- ☐ Chamomile
- ☐ Peppermint
- ☐ Anise



- ☐ Eucalyptus
- ☐ Chaparral
- ☐ Bitter melon



- ☐ Fenugreek
- ☐ Rose hips
- ☐ Bilberry

- ☐ Ginseng
- ☐ Ginkgo biloba
- ☐ Echinacea
- ☐ Gymnena sylvestre
- ☐ Cinnamon (casia)

Anything else? ☐ Yes ☐ No

Write the name(s) here if you checked Yes \_\_\_\_\_

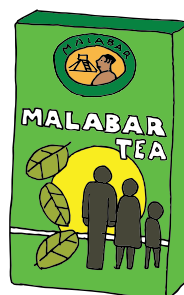
## TABLETS

- ☐ Chromium picolate
- ☐ Magnesium
- ☐ Glucosamine chondroitin
- ☐ Fish oil



## FOODS

- ☐ Tea
- ☐ Water (for diabetes)
- ☐ Artichoke
- ☐ Canary bird seed (milk drink)



## VITAMINS

- ☐ Vitamin B-12
- ☐ Vitamin D
- ☐ Vitamin C
- ☐ Vitamin E

Anything else? ☐ Yes ☐ No

Write the name(s) here if you checked Yes \_\_\_\_\_