Safety Flags at a Glance

Safety flags appear right after advice that could cause real harm for some people. The table below lists every safety flag in the book, with page numbers so you can find them quickly. Safety flags are separate from the evidence labels: a substance with strong evidence can still carry a safety flag.

Safety flag	Page
Beta-carotene in smokers	p. 4 (Ch. 1)
IV vitamin drips outside a hospital	p. 17 (Ch. 2)
Sexual enhancement, weight-loss and muscle-building products	p. 23 (Ch. 3)
Vitamin A in pregnancy	p. 42 (Ch. 5)
Very high-dose vitamin D	p. 51 (Ch. 6)
High-dose omega-3, atrial fibrillation and blood thinners	p. 60 (Ch. 7)
Iron pills and young children	p. 67 (Ch. 8)
Iron deficiency in men and postmenopausal women	p. 67 (Ch. 8)
Long-term high-dose zinc and zinc nasal products	p. 77 (Ch. 9)
Liver injury from herbal products and supplements	p. 87 (Ch. 10)

Safety flag	Page
St John's wort and medicines	p. 87 (Ch. 10)
Creatine and the kidneys	p. 95 (Ch. 11)
"memory" and "focus" products	p. 97 (Ch. 11)
Vitamin B6 from several products	p. 103 (Ch. 12)
Supplements and blood thinners	p. 104 (Ch. 12)