

**Figure 3:** Possibly Effective therapies alphabetized by use.

<b>Therapy</b>	<b>Side Effect</b>	<b>Effectiveness</b>
Zinc	Acne	Possibly Effective
Vitamin B6	Anemia	Effective
Vitamin C	Anemia	Possibly Effective
Melatonin	Anxiety	Possibly Effective
Riboflavin	Cataracts	Possibly Effective
Thiamine	Cataracts	Possibly Effective
Vitamin A	Cataracts	Possibly Effective
Magnesium	Coronary artery disease	Possibly Effective
Vitamin D	Corticosteroid-induced osteoporosis	Likely Effective
Folic Acid	Depression	Possibly Effective
Zinc	Depression	Possibly Effective
Berberine	Diabetes	Possibly Effective
Cassia Cinnamon	Diabetes	Possibly Effective
Chromium	Diabetes	Possibly Effective
Magnesium	Diabetes	Possibly Effective
Zinc	Diarrhea	Likely Effective
Niacin	Dyslipidemia	Likely Effective
Calcium	Dyspepsia	Effective
Magnesium	Dyspepsia	Effective
Vitamin C	Erythema	Possibly Effective
Vitamin D	Heart failure	Possibly Effective
Magnesium	Hypercholesterolemia	Possibly Effective
Vitamin C	Hypercholesterolemia	Possibly Effective
Chromium	Hyperlipidemia	Possibly Effective
Berberine	Hyperlipidemia	Possibly Effective
Calcium	Hypertension	Possibly Effective
Folic Acid	Hypertension	Possibly Effective
Melatonin	Hypertension	Possibly Effective
Potassium	Hypertension	Possibly Effective
Melatonin	Insomnia	Possibly Effective
Calcium	Osteoporosis	Likely Effective
Magnesium	Osteoporosis	Possibly Effective
Vitamin C	Osteoporosis	Insufficient Reliable Evidence
Vitamin D	Osteoporosis	Likely Effective
Zinc	Osteoporosis	Possibly Effective
Berberine	Osteoporosis	Insufficient Reliable Evidence
Zinc	Peptic ulcers	Possibly Effective
Vitamin B6	Seizures	Effective
Melatonin	Thrombocytopenia	Possibly Effective

**Therapy**

Berberine  
Calcium

**Side Effect**

Thrombocytopenia  
Weight gain

**Effectiveness**

Insufficient Reliable Evidence  
Possibly Effective