



## The Protection and Toxic Reactions of Dietary Supplements: Focusing on Molecular Mechanisms and Treatment

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### Message from the Guest Editor

Dear Colleagues,

Although most people believe that dietary supplements can help us become more healthy, serious toxicities do occur due to the consumption of too many supplements. Some supplements can also cause problems if taken with certain medicines. For example, vitamins C and E may reduce the effectiveness of some chemotherapy drugs.

Complementary medicine is frequently integrated with conventional medicine. Prescription medicines are thoroughly tested before receiving regulatory approval, but despite this, real-world experience reveals undetectable adverse events in clinical trials. Complementary and alternative medicine are considered non-toxic by consumers. However, many of them might produce adverse reactions or interact with prescription medicine.

This Special Issue aims to report all the adverse effects of dietary supplements. We welcome the discussion of adverse events for commonly used supplements such as vitamins, minerals, plant extracts, and so on. We will also look into the protective or harmful effects of complementary and alternative use.

