

### S03-5 Approach to alternative therapies in community pharmacy

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The growth of the dietary supplement market suggest that patient's need for assistance with self-care will also continue to grow. Patients' burgeoning acceptance and use of alternative therapies is another indication that patients seeking more from the health care system. Thus, pharmacists have the responsibility to expand their knowledge of dietary supplements so that pharmacists can give better advice to patients who are using them. However, only limited amount of information on dietary supplements is available to pharmacists. We published the journal named "Alterna" that includes the information of dietary supplements in 2003. In the past study, we evaluated the content and solubility of coenzyme Q10 in dietary supplements. We found that the prescription drug containing CoQ10 had exactly the same content as stated on the label and had good solubility. Though dietary supplements containing CoQ10 also had the exact content stated their labels, they showed poor solubility. Such poor solubility would give rise to major differences in elution and bioavailability between dietary supplements and prescription drugs containing COQ10. Finding in these studies present opportunity for pharmacy; if these problems were eliminated or diminished there could be significant positive impact on health care outcomes and costs.