

**Table 1 Pharmacists' reports of herbal products commonly dispensed through community pharmacists and reasons why consumers use them**

<b>Item</b>	<b>% of respondents (n = 115)</b>
<i>Herbal products commonly dispensed</i>	
Ginseng	47
Ginkgo	23
Valerian	17
St John's wort	4
Other (e.g. Echinacea, devil's claw, horse chestnut, passionflower, guarana)	10
<i>Reasons why consumers use herbal products</i>	
Vitality	49
Mental alertness	19
Insomnia	17
Anxiety	5
Low mood	1
Other (e.g. boosting immunity in children, arthritic pain, varicose veins, haemorrhoids, weight loss)	9