



Passiflora incarnata

LEARNING @ YOUR CONVENIENCE

A NEW COURSE FOR HEALTHCARE PROFESSIONALS

The University of Florida, College of Pharmacy announces **a new course to advance your knowledge in the field of herbal and dietary supplements**. Join a growing number of health-science specialists who are advancing their careers through UF's prestigious online course offers. The faculty involved in all courses have international reputations in the field of pharmacy, medicine, and natural products.

The course is conveniently conducted online and covers the most important and commonly sold herbal and dietary supplements currently on the market. The course structure is modular which allows students flexibility. Each module contains course notes supplemented with images, animations, and case studies. Students have 24/7 access to course modules, released over the duration of the UF semester, **enabling them to work at their own pace, on their own schedule**.

Assessment is continuous throughout the semester. Grades are based on successful completion of a written assignment at the end of each module. Students interact with teaching assistants, course instructors, and each other, using private course e-mail, discussion boards, and live chat sessions.

The course in Herbal and dietary supplements can be taken in the summer and fall according to UF's semester schedule. At the completion of the course, students will receive a certificate from the UF College of Pharmacy.

BENEFITS OF DISTANCE EDUCATION AT THE UNIVERSITY OF FLORIDA

- World class online courses from the highly renowned University of Florida
- Convenient way for students and professionals to continue education and enhance career options
- International insights into pharmacology from professors and fellow students
- Network worldwide to build your career and enhance your knowledge

For more information or to contact us via email:
[HTTP://PHARMCHEM.COP.UFL.EDU](http://pharmchem.cop.ufl.edu)

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Hypericum perforatum

LEARNING @ YOUR CONVENIENCE

SPECIALIZATION IN AN EMERGING HEALTHCARE FIELD

- Expand your knowledge in herbal and dietary supplements
- Add to your experience as a professional to help patients as well as colleagues
- Flexibility in course management
- Highly engaging and responsive professors and staff
- Completely online

COURSE MODULE OVERVIEW

This course is composed of 12 modules:

Module 1: Definitions and drug extraction procedures

Module 2: St. John's wort and other antidepressant herbal and dietary supplements

Module 3: Kava kava and other anxiolytic supplements

Module 4: Valerian and other sleep-inducing herbal remedies

Module 5: Ginkgo and other neuroprotective supplements

Module 6: Case studies I

Module 7: Black cohosh and other supplements for menstrual irregularities

Module 8: Saw palmetto and other supplements for Men's health

Module 9: Ginseng and other CNS and weight loss supplements

Module 10: Bilberry and other supplements for circulatory disorders

Module 11: Supplements for other disorders

Module 12: Case studies II

The discussion of all herbal and dietary supplements covered in this course includes:

- Description of plant or natural resource for dietary supplement
- Traditional uses and history
- Clinical uses as supplement
- Dosage recommendations
- Pharmacology and proposed mechanism(s) of action
- Adverse effects and advice for use during pregnancy
- Additional links to important resources

SEE DETAILED COURSE DESCRIPTIONS AT: [HTTP://PHARMCHEM.COP.UFL.EDU](http://pharmchem.cop.ufl.edu)