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Research highlights from the UIC/NIH Center for Botanical Dietary :

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[Pharm Biol.](#) 2009 Aug 1;47(8):755-760.

Research highlights from the UIC/NIH Center for Botanical Dietary Supplements Research for Women's Health: Black cohosh from the field to the clinic.

[Farnsworth NR](#)¹, [Mahady GB](#).

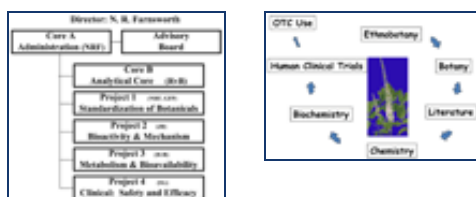
Author information

Abstract

In 1999, the Department of Medicinal Chemistry and Pharmacognosy at the College of Pharmacy, University of Illinois (UIC) at Chicago was funded to establish a **Botanical Dietary Supplements Research Center** from the National Institutes of Health (NIH). The emphasis of the **UIC/NIH Center for Botanical Dietary Supplements Research** (CBDSR) is **botanical dietary supplements** (BDS) for **women's health**. **Center's research** has focused on BDS that may improve **women's health** and quality of life, specifically in the areas of menopause, premenstrual syndrome, and persistent urinary tract infections. **Center** investigators have overcome many challenges associated with **botanical dietary supplements research**, including acquiring and identifying plant species for investigation, isolating and identifying active constituents, elucidating the mechanisms of action of these botanicals, and conducting phase I and phase II clinical studies. **Black cohosh** [*Actaea racemosa* L. (Ranunculaceae)] has been used as a model to illustrate the steps involved in taking a **botanical dietary** supplement from the **field**, all the way to clinical trials. Bioassays are described that were necessary to elucidate the pertinent biological studies of plant extracts and their mechanisms of action. The **Center** has used an innovative multidisciplinary approach to this type of **research**, and thus has been very successful in fulfilling its specific aims.

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