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You can access PubMed directly at: www.ncbi.nlm.nih.gov/pubmed/

HOW TO BEST USE PUBMED:

- 1) Type in the ingredient or function of interest (“antioxidants”, “arthritis”, etc.) as a key word in the SEARCH box at the top of the page to instantly find a list of all related citations.
- 2) Include the word “review” for the best results.
- 3) Click on the most recent titles that are of interest to you first.
- 4) Read the free “abstracts” or summaries of each citation, to see if they cover the subject you want.
- 5) Notice to the right an automatic listing of related articles.
- 6) Click on the most relevant and recent of them to get an overview of the best current studies on the subject.
- 7) Use the back button to find you way back to the key word list of titles to explore further. Select and copy the citations and abstracts that seem to best fit your research goal. Paste them into an open WORD file, that you can organize and refine later. Review the sources and trends in the research. Look for other related key words and research them.

For further in-depth study, you can pay to retrieve the full text of key articles on line or read them for free in printed scientific journals often available in the periodical section of your public and in university libraries.

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