

# MEDIA KIT



**HANDS OFF MY NHPS!**

**Health Canada's proposed Natural Health Regulations are Bad News for consumers.**

**Help Health Action Network Society (HANS) send a clear message to Health Canada that:**

**Natural Health Products are Not Drugs.**

**Health Action Network Society  
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**HANS**

# THE CAMPAIGN

Health Canada is once again forging ahead with changes to regulations of natural health products (NHPs), including traditional Chinese medicine (TCM), vitamin and mineral supplements, herbal remedies and homeopathic medicines. Under proposed regulations, NHPs will be harmonized with, and require the same standards of proof of claim as, over the counter drugs (OTCs).

The proposed regulatory changes are drastic and will disrupt Canadians' healthcare choices, especially if they use, or anticipate using, traditional medicines, homeopathic remedies, herbal supplements, compounded individualized medicines, or supplements manufactured by small, innovative, vision and values-based manufacturers.

Canadians deserve to know that Health Canada's proposed regulations could significantly impact their access to the supplements they choose and rely on. As part of a committee made up of consumers, members of the wellness community, and elected officials, Health Action Network Society (HANS) has launched the **HANDS OFF MY NHPs!** campaign to bring awareness of this issue to those whom it will affect most - Canadian consumers.

## HEALTH ACTION NETWORK SOCIETY

Health Action Network Society (HANS) is a non-profit society incorporated under the B.C. Societies Act on July 25, 1984. HANS is a registered charity.

**Mission:** To encourage our members and the public to take responsibility for their own well-being by empowering them to make informed decisions, protecting their right to informed consent and preserving their ability to access safe and effective health care options; plus, to work to raise awareness of environmental issues that impact Canadian's health and wellness.

**Values:** The conviction that the human potential for moral, physical, and mental growth is the capacity to achieve a level of health beyond the absence of disease. The understanding the health is ultimately the responsibility of the individual.

### **What does HANS do?**

- Creates awareness and conversation through events: film screenings, expert and author talks, public fairs and expos
- Creates partnerships with like-minded organizations in pursuit of our shared vision of health freedom
- Facilitates health education campaigns
- Advocates, on behalf of the public for solutions to issues that adversely affect Canadian's physical, emotional, mental and spiritual health

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# REGULATORY CHANGES

Currently, all NHPs sold in Canada are subject to the Natural Health Products Regulations, which came into being on January 1, 2004. Since then, NHP regulations have been overseen by the Natural Health Products Directorate (NHPD), a division of Health Canada.

Recently, the NHPD became the Natural and Non-prescription Health Products Directorate (NNHPD) in preparation for its recently-expanded mandate to add non-prescription and disinfectant drugs to its oversight. Hence, the regulatory harmonization of NHPs and Over the Counter Drugs (OTCs).

To summarize, proposed Health Canada NHP regulations will alter the current regulatory process as follows:

- Current NHP regulations will be phased out and replaced.
- NHPs will be regulated under the same requirements as OTCs.
- Allowable manufacturer claims will be reduced. Evidence-based claims that NHPs can positively impact chronic and serious disease will not be allowed.
- Health Canada will have the ability to refuse or cancel a product license at the discretion of a Health Canada employee.
- Manufacturers may be subject to monetary administrative penalties. They may also be subject to licencing fees.
- Practitioners' ability to prepare (compound) individualized natural remedies may be reduced or ceased; Health Canada has been unclear on this point.

## IMPLEMENTATION SCHEDULE

According to Health Canada, the proposed regulatory changes will roll out in three phases as follows:

- Phase I – Targeting spring 2020: Introduce, for consultation, targeted amendments to the Natural Health Products Regulations to amend labelling of natural health products (NHPs).
- Phase II – Targeting spring 2020: Introduce, for consultation, targeted amendments to the Food and Drug Regulations to introduce a risk-based approach to regulatory oversight for non-prescription drugs. These include: expedited pathways for lower-risk products. These changes are intended to align the oversight for non-prescription drugs with other self-care products of comparable level of risk.
- Phase III – Targeting 2021: Introduce, for consultation, regulatory amendments to address: evidence standards for similar health claims, extending risk-based regulatory oversight, seeking additional powers for Health Canada, such as the ability to require a recall or label change for all self-care products.

(Source: <https://www.canada.ca/en/health-canada/services/drugs-health-products/natural-non-prescription.html>)

# PROPOSED REGULATIONS IMPACTS ON CANADIANS

**If traditional (current) product claims are no longer allowed to be made in support of the safety and efficacy of specific supplements, many will no longer be available to consumers.**

- This applies to the majority of herbal ingredients approved by Health Canada, including, but not limited to: Aloe vera, Arnica, Ashwagandha, Black cohosh, Chamomille, Chaste tree, Devil's Claw, Dong quai, Eleuthero, Garlic, Ginseng, Hawthorn, Lemon balm, Licorice, Milk thistle, Peppermint, Saw palmetto, Senna, St. John's Wort, and Valerian.
- This also applies to, and threatens the future of, Traditional Chinese Medicine (TCM) in Canada.
- Homeopathic remedies may become unavailable if manufacturers lose the ability to make claims based on traditional (current) references.

***Proposed NHP regulations do not respect the traditional health practices of a multi-cultural Canada.***

**Consumers will pay more for supplements.** New regulations will significantly increase the costs associated with the production and licensing of natural health products. These costs will be transferred to customers. There will be direct adverse health impacts for people who rely on, but cannot access, their supplements. Resulting increasing acute and chronic disease will burden provincial medical systems.

**Consumer choice will decrease.** Proposed regulations will result in the disappearance of some companies from the marketplace. The smaller companies that tend to be the most innovative and values-based are most vulnerable to the regulatory changes as presented.

**The Canadian supplement industry, well-respected around the world, will suffer irreparably if proposed regulations are implemented.** This clean, industry, full of potential as a global leader, should be supported and encouraged by the federal government.

## KEY MESSAGES

- Canadians have the right to the supplements of their choice, regardless of new evidence and/or claims standards.
- Natural Health Products, taken as directed, have never resulted in the death of a Canadian.
- Natural Health Products have nothing in common with OTCs and should not be categorized with them.
- The Canadian supplement industry generates around \$5 billion annually. It employs almost 30,000 people. It is an environmentally clean industry that should be encouraged by the federal government.

# CONTACT

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