

Technical Alert

Industry Consultation Regulation of Self-Care Products in Canada

Dear member,

Health Canada is examining new approaches to the regulation of natural health products (self-care products), including refocusing the approval of health claims to those based on scientific evidence.

Public opinion research conducted in April 2016 revealed that the Canadians surveyed did not consider themselves well-informed when purchasing self-care products. Health Canada also identified several key concerns relating to the current system for regulating self-care products, including issues identified in its regulation of the products as well as concerns that have been raised by Canadians, companies, health professionals, and researchers.

The Government of Canada website states “A new approach will continue to allow for a wide range of products to be available domestically, while, at the same time, taking a more consistent approach to the oversight of self-care products that will ultimately better support consumers’ ability to make an informed decision”.

Consultation: Click here for the [online](#) consultation for the Regulation of Self-Care Products in Canada. Health Canada is committed to reviewing and considering all comments to the consultation paper received by **24 October, 2016**.

Proposal: Risk-based Approach to Self-Care Products

The Department is proposing a new framework for self-care products. The approach will include the following 3 main proposals (see figure 1, next page for further details):

1. Products of similar risk profiles would be treated in a similar manner.
 - This ensures rules for bringing products to market are:
 - more consistent
 - easier to understand
2. The Department would review health claims based on a new definition.
 - Companies would require scientific proof to support these health claims.
3. A risk-based approach to compliance and safety monitoring will continue.
 - This allows Health Canada to take quick action to protect consumers.

Figure 1: Proposed Risk Classification System



Description of Figure 1: The above graphic describes the oversight that could be provided, including potential examples, in the proposed risk-based classification system.

Source: <http://healthykanadians.gc.ca/health-system-systeme-sante/consultations/selfcare-autosoins/document-eng.php>

Resources: [Summary Report: Consultation on a Framework for Consumer Health Products](#)