Which supplements *actually* work, and what are the risks?

In this free 1- hour webinar (2015), I went through and showed you how to quickly find the science behind supplements, as well as approved uses and risk information.

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This webinar will show you how to quickly:

- Search both the examine.com website and Health Canada's Natural and Non-prescription Health Products site for a particular supplement
- Find out how much scientific evidence there is that an active ingredient will help reach certain health goals
- Find the pre-approved uses as well as risk information for that active ingredient
- Find out information about a specific product, such as recommended dose, and non-medicinal ingredients

What you can expect from this webinar:

- A video tutorial of my screens as I walk you through how to search these sites for the supplements you're interested in:
    - Examine.com
    - Health Canada's list of Natural Health Product (NHP) Monographs
    - Health Canada's NNHPD Database of Licensed NHPs
- Why I specifically reference these particular websites
- Once you've found the supplement document, you will learn where to find information about the health goals/approved uses, risk information, etc.

I won't tell you which supplements work, because that information is constantly being updated. Instead I will show ***you how to find this out for yourself.***

So, ***this webinar is not for you*** if you're already a whiz at finding and sorting through the examine.com and Health Canada's NNHPD site

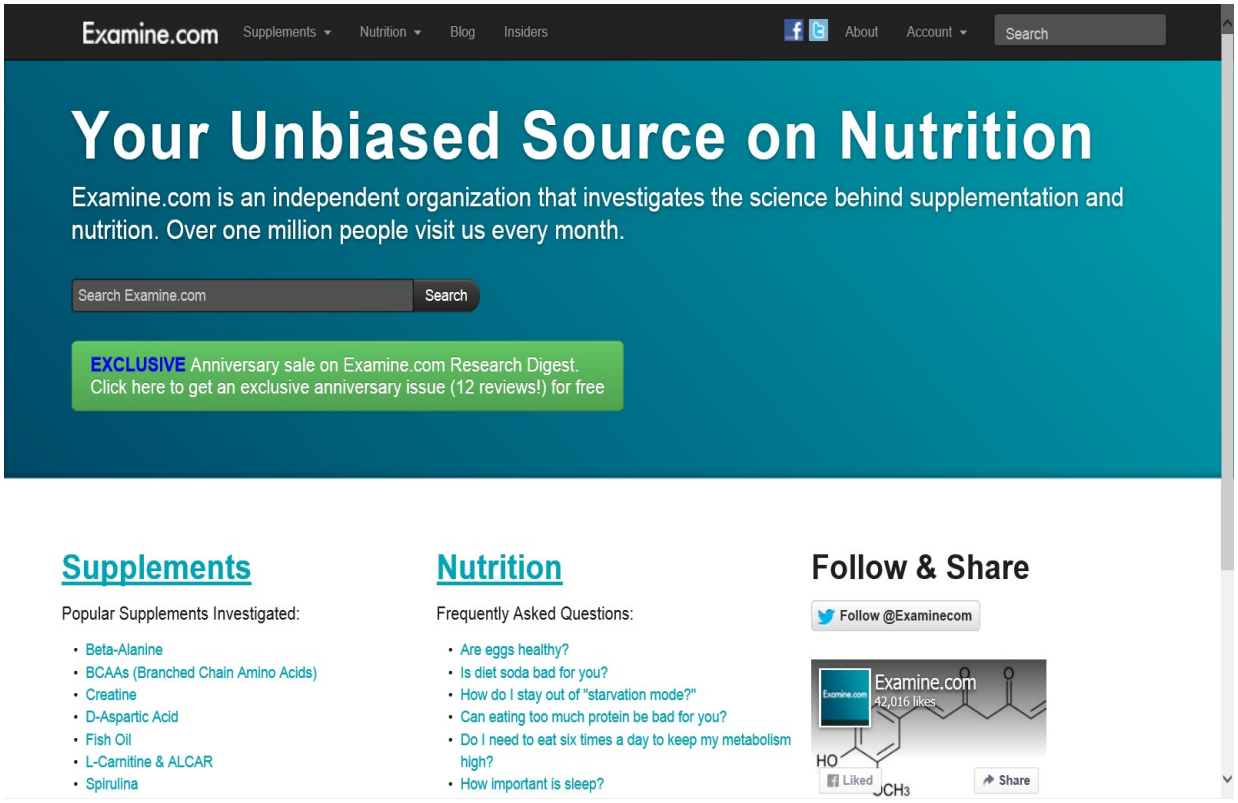
This webinar will NOT cover:

- How to find supplements based on your clients' health goals or needs - this webinar assumes you already have an idea of which supplements you want to recommend;
- The different forms of each supplement "active ingredient" - we'll cover, for example "magnesium", but not the different forms of magnesium;
- Specific supplement brands;
- Multi-ingredient supplements (I talked about multivitamins in this video here);
- How to find or interpret the actual scientific studies **behind different supplements.**

You will NOT receive a list of what works and what the risks are; instead you will be able to find the most up-to-date reliable information when you need it.

Why I recommend these three sites

Examine.com



Examine.com is an **independent and unbiased encyclopedia on supplementation and nutrition**. We are not affiliated in any way with any supplement company (please see our disclosure below).

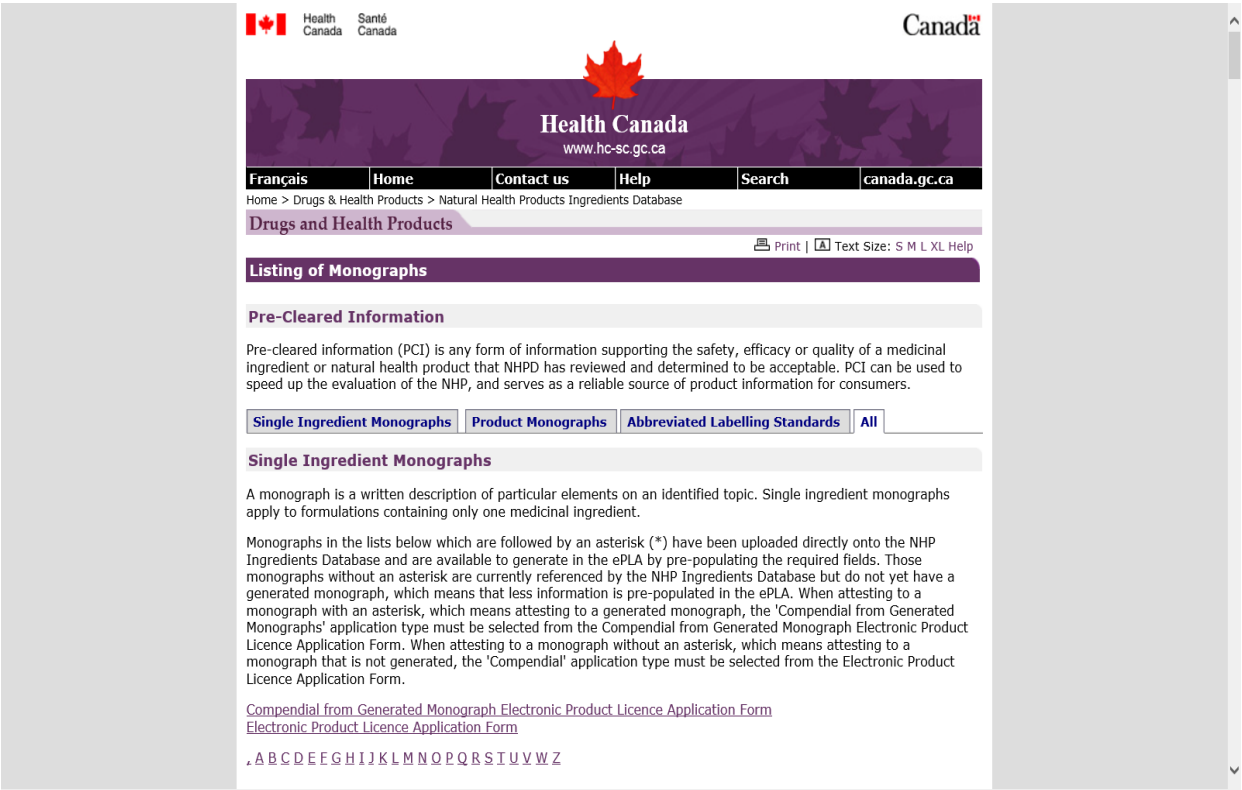
Founded in early 2011, we have one goal - to be *the* unbiased source for supplements and nutrition. We have spent tens of thousands of hours collating the latest scientific research.

This site is run by editors who examine primary research. Users are encouraged to submit corrections and any research we may have missed.

Disclosure

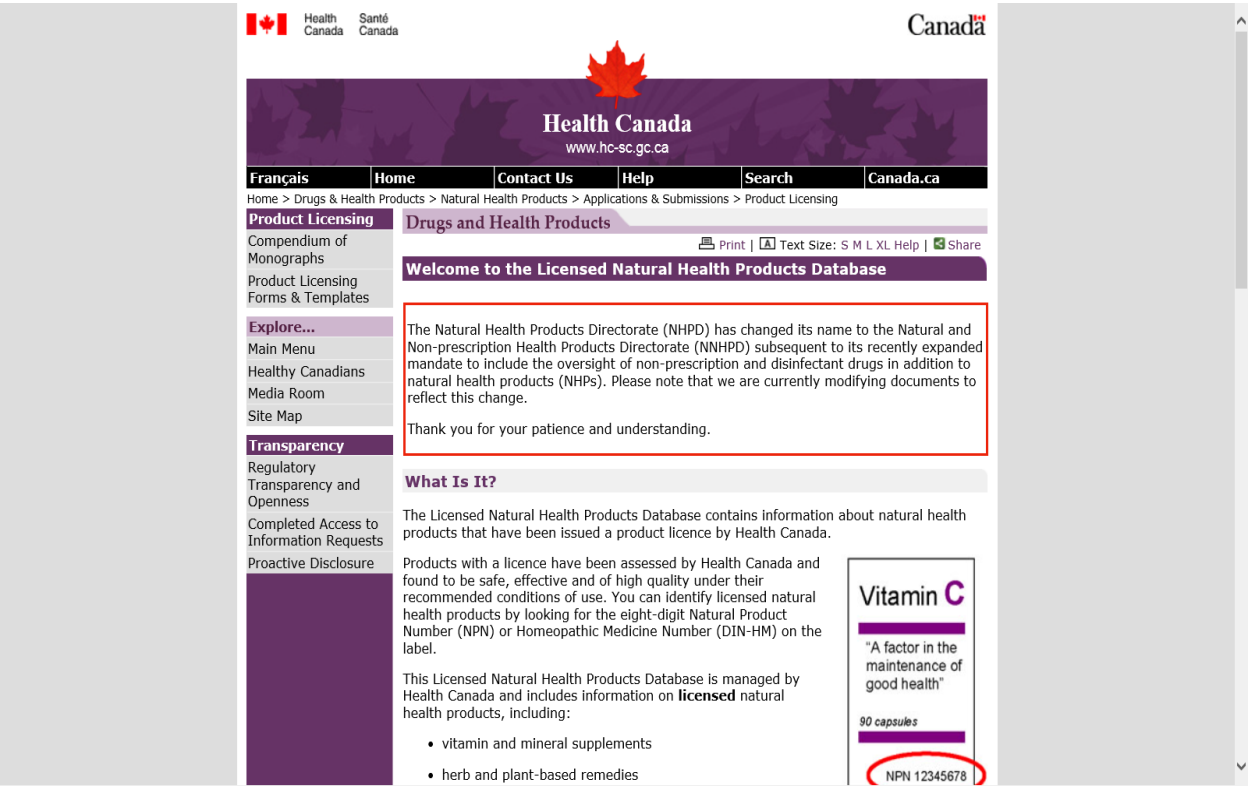
Examine.com is an unbiased nutrition and supplement resource. We are not influenced by commercial interests, product manufacturers, or any other organization, and we will not advertise products or brands. Examine.com does not accept donations, third-party funding, or sponsorship of any kind. One hundred percent of our revenue is generated through our three products: the Examine.com Research Digest, Supplement-Goals Reference, and the Supplement Stack Guides.

Health Canada's NHP Monographs



- Pre-approved minimum standards for getting a Natural Health Product (NHP) licensed in Canada
- Based on active ingredient

Health Canada's Licensed NHP Database



- Database of every NHP licensed in Canada (62,000 products)
- Product-specific information (i.e. Dose, approved use, non-medicinal ingredients, etc.)
- May or may not be currently marketed

Which website do I check first?

Criteria	Examine.com	NHP Monographs	Licensed NHP Database
Basis of information	Scientific studies	Scientific information AND approved "traditional uses"	Scientific information, approved "traditional uses", AND additional information based on the individual product
I want to find...	Has this supp **active ingredient** been scientifically shown to work for this health goal? Are there risks?	Has this supp **active ingredient** been approved for this use/purpose? What are the risks?	For this particular **product**, what is the approved use, dose, risk information, ingredients?
Approx # of supps included	Over 220 Active Ingredients	Over 240 Active Ingredients	Tens of thousands of Individual products
Information included	Scientifically evaluated by **active ingredient**	Approved information **by active ingredient**	Approved information **by product**
	Human Effect Matrix of Health Goals	Use(s)/purpose(s)	
	How to take	Dose(s) and Duration of Use	
	Caution notice, Interactions, Safety and Toxicity	Risk Information - Cautions, Warnings, Contraindications, Known Adverse Reactions	
	-	-	Non-medicinal ingredients
Searchable by (i.e. need to know before you do this search):	**Active ingredient** (can search by "Health Goal" if you purchase their Supplement-Goals Reference)	**Active ingredient** you're looking for (no option to search by use/purpose)	**Name, License Holder, Ingredients, Dosage Form, Use/Purpose, NPN/DIN-HM**

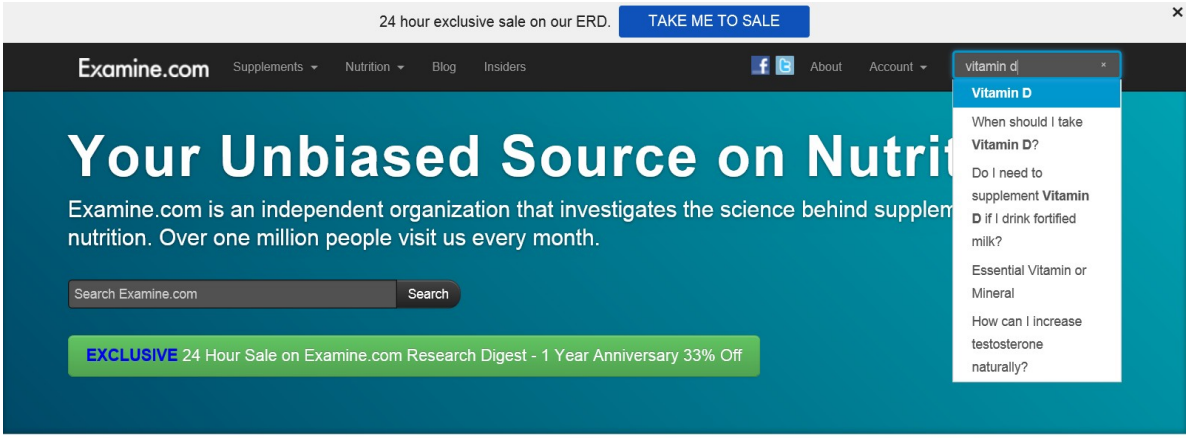
- I purchased and personally use regularly (and love) the Examine Supplement Goals Reference where you can search for appropriate supplements based on the Health Goals

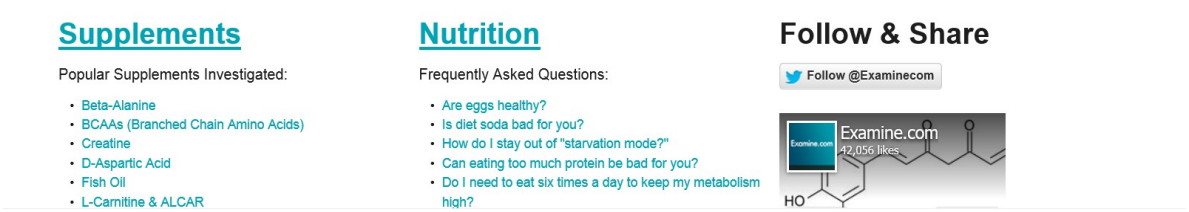
Examine Supplement Goals Reference - (I use and reference this daily!). (affiliate link - I will get a small commission)

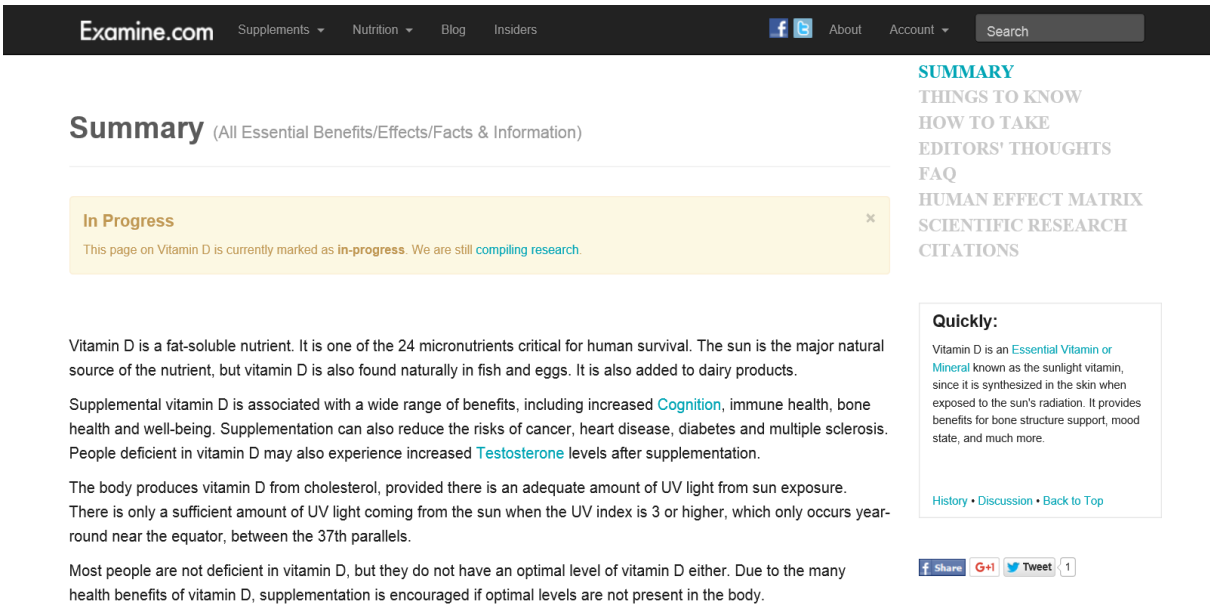
Examine Supplement Goals Reference (non-affiliate link – nothing in it for me)

Instructions how to find the science, approved uses and risks of supplements

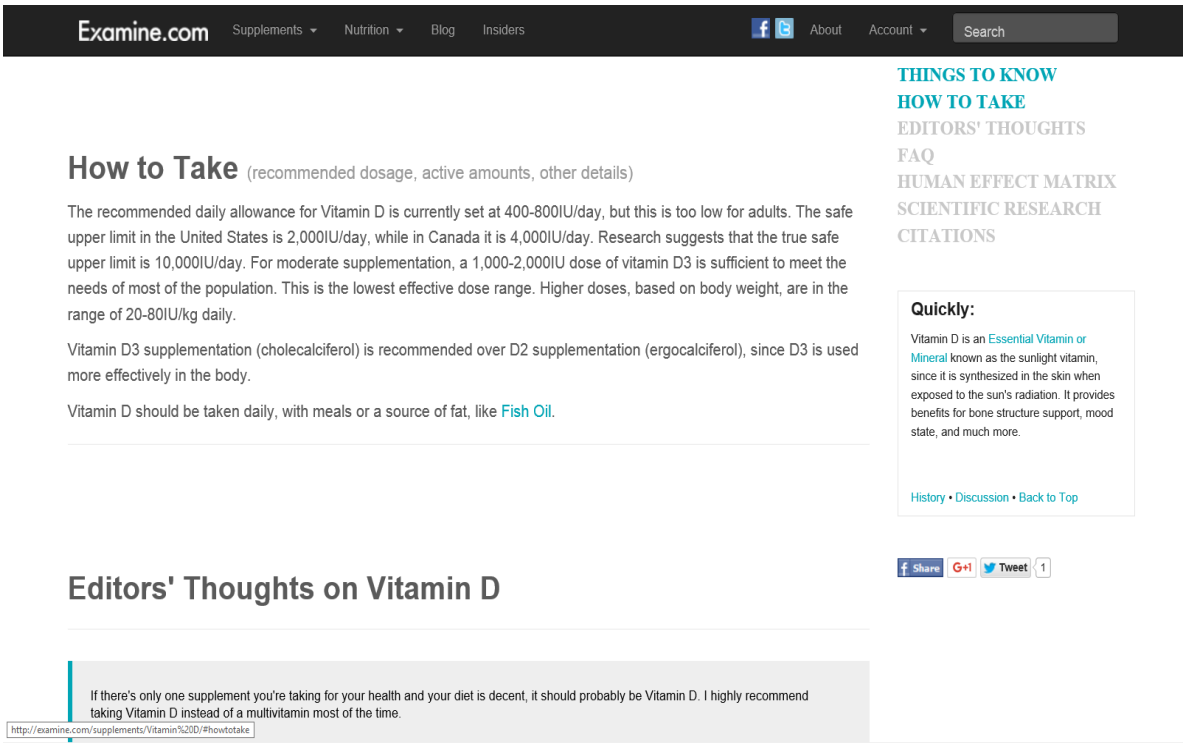
1 – Examine.com – Vitamin D



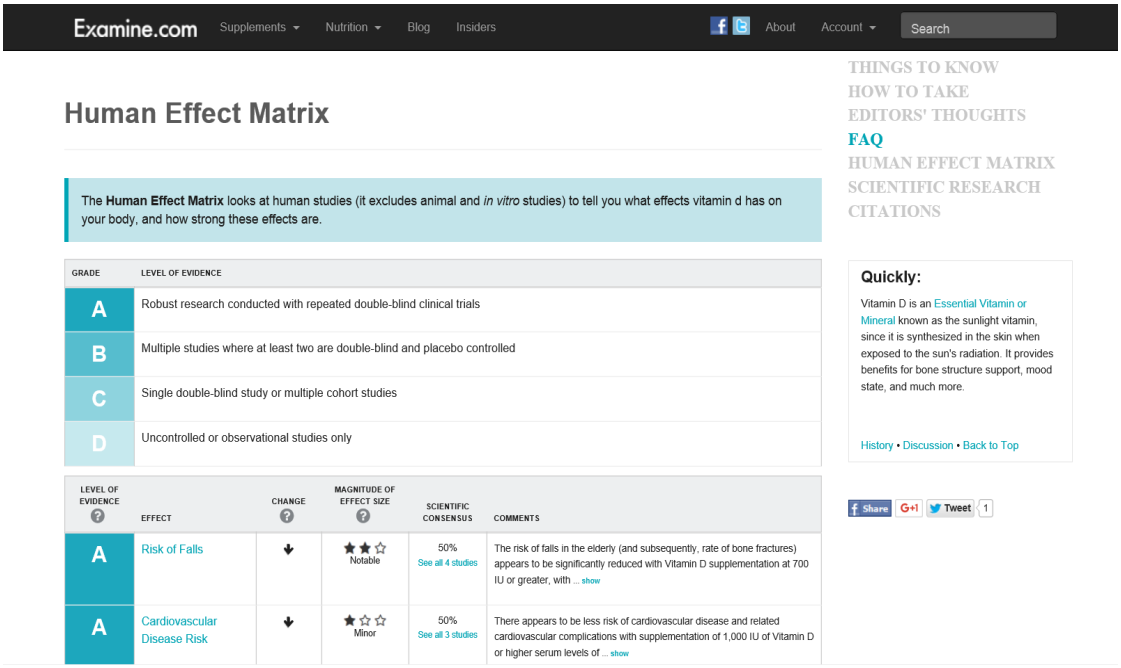




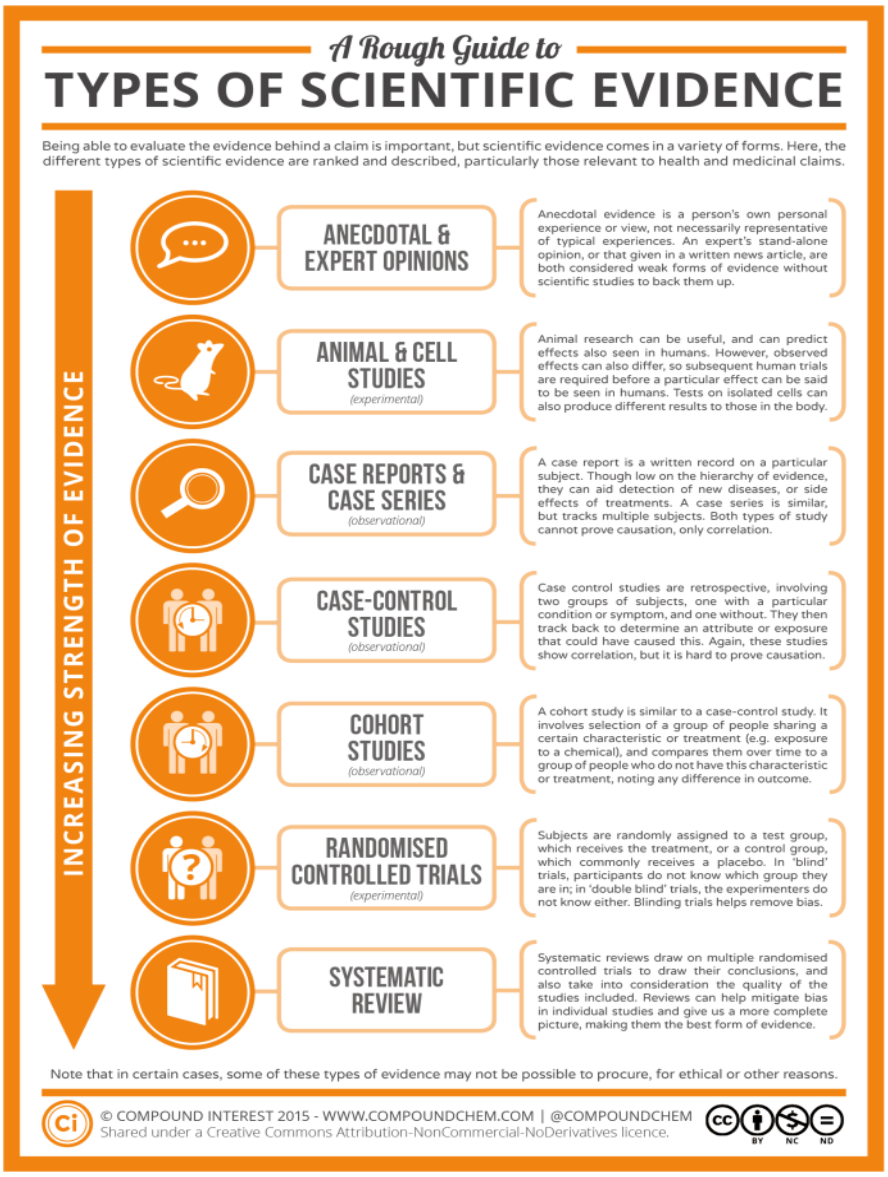
- Great info in the: Summary, Things to know, How to take (dosage), Editors' thoughts, FAQ
- Risk info = Caution Notice, Interactions, Safety & Toxicity



Health Goals - Human Effect Matrix:



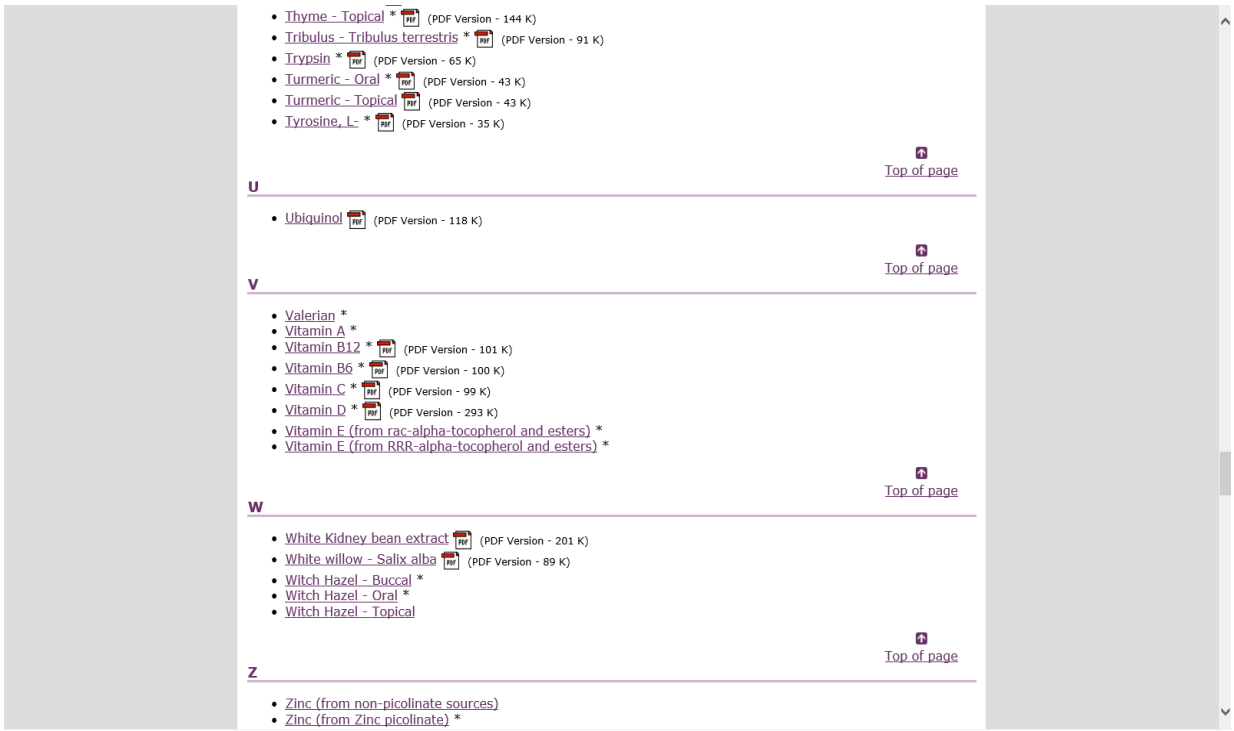
- Examine has done the work to decide the strength of the evidence based on the studies they review - no need to sort through PubMed studies and analyse the data yourself. This has been done by their experts. Levels of evidence = A, B, C, or D.



Examine.com		**Compoundchem.com**
Level of Evidence **Grade A**	Robust research conducted with repeated double-blind clinical trials	Systematic reviews or repeated randomized controlled trials
Level of Evidence **Grade B**	Multiple studies where at least two are double-blind placebo controlled	At least two randomized control trials
Level of Evidence **Grade C**	Single double-blind study or multiple cohort studies	One randomized control trial or multiple cohort studies
Level of Evidence **Grade D**	Uncontrolled or observational studies only	Case-control or cohort studies
Not included	Case reports & case series, animal & cell studies, anecdotes & expert opinions	

2 - Health Canada NHP Monograph - Vitamin D

A **monograph** is a written description of particular elements on an identified topic. **Single ingredient monographs** apply to formulations containing only one medicinal ingredient.



- Thyme - Topical * (PDF Version - 144 K)
- Tribulus - Tribulus terrestris * (PDF Version - 91 K)
- Trypsin * (PDF Version - 65 K)
- Turmeric - Oral * (PDF Version - 43 K)
- Turmeric - Topical (PDF Version - 43 K)
- Tyrosine, L- * (PDF Version - 35 K)

Top of page

U

- Ubiquinol (PDF Version - 118 K)

Top of page

V

- Valerian *
- Vitamin A *
- Vitamin B12 * (PDF Version - 101 K)
- Vitamin B6 * (PDF Version - 100 K)
- Vitamin C * (PDF Version - 99 K)
- Vitamin D * (PDF Version - 293 K)
- Vitamin E (from rac-alpha-tocopherol and esters) *
- Vitamin E (from RRR-alpha-tocopherol and esters) *

Top of page

W

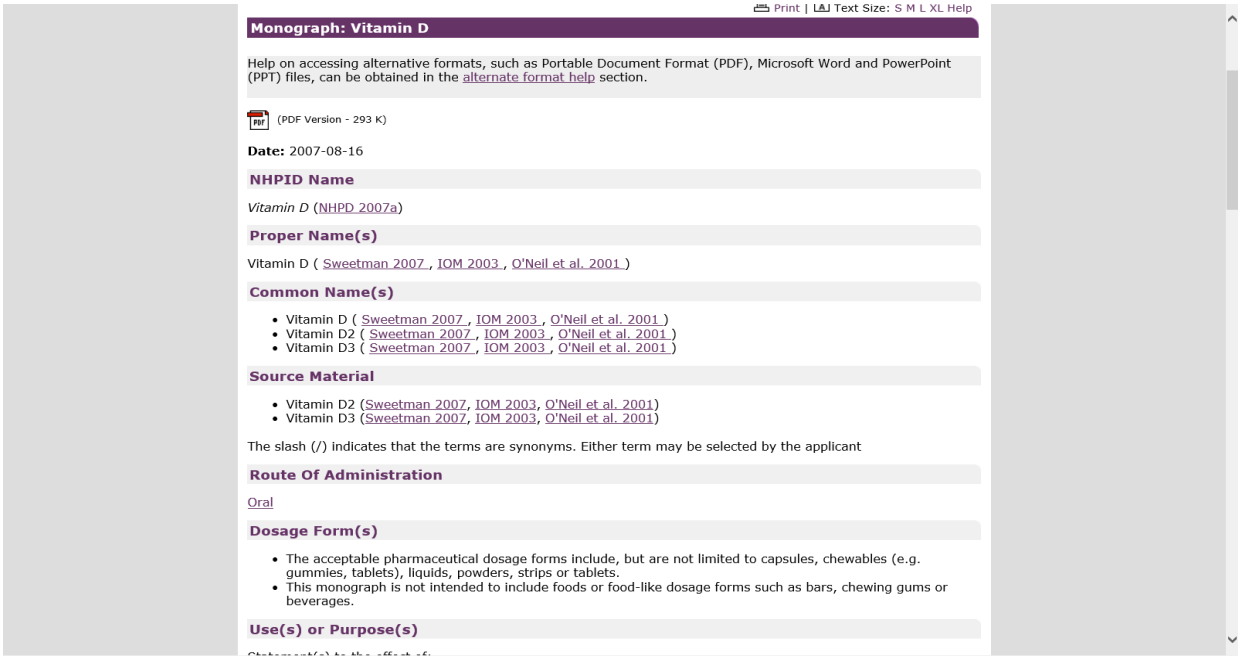
- White Kidney bean extract (PDF Version - 201 K)
- White willow - Salix alba (PDF Version - 89 K)
- Witch Hazel - Buccal *
- Witch Hazel - Oral *
- Witch Hazel - Topical

Top of page

Z

- Zinc (from non-picolinate sources)
- Zinc (from Zinc picolinate) *

- Open up the Vitamin D page to get:



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Monograph: Vitamin D

Help on accessing alternative formats, such as Portable Document Format (PDF), Microsoft Word and PowerPoint (PPT) files, can be obtained in the alternate format help section.

(PDF Version - 293 K)

Date: 2007-08-16

NHPID Name

Vitamin D (NHPD 2007a)

Proper Name(s)

Vitamin D (Sweetman 2007 , IOM 2003 , O'Neil et al. 2001)

Common Name(s)

- Vitamin D (Sweetman 2007 , IOM 2003 , O'Neil et al. 2001)
- Vitamin D2 (Sweetman 2007 , IOM 2003 , O'Neil et al. 2001)
- Vitamin D3 (Sweetman 2007 , IOM 2003 , O'Neil et al. 2001)

Source Material

- Vitamin D2 (Sweetman 2007, IOM 2003, O'Neil et al. 2001)
- Vitamin D3 (Sweetman 2007, IOM 2003, O'Neil et al. 2001)

The slash (/) indicates that the terms are synonyms. Either term may be selected by the applicant

Route Of Administration

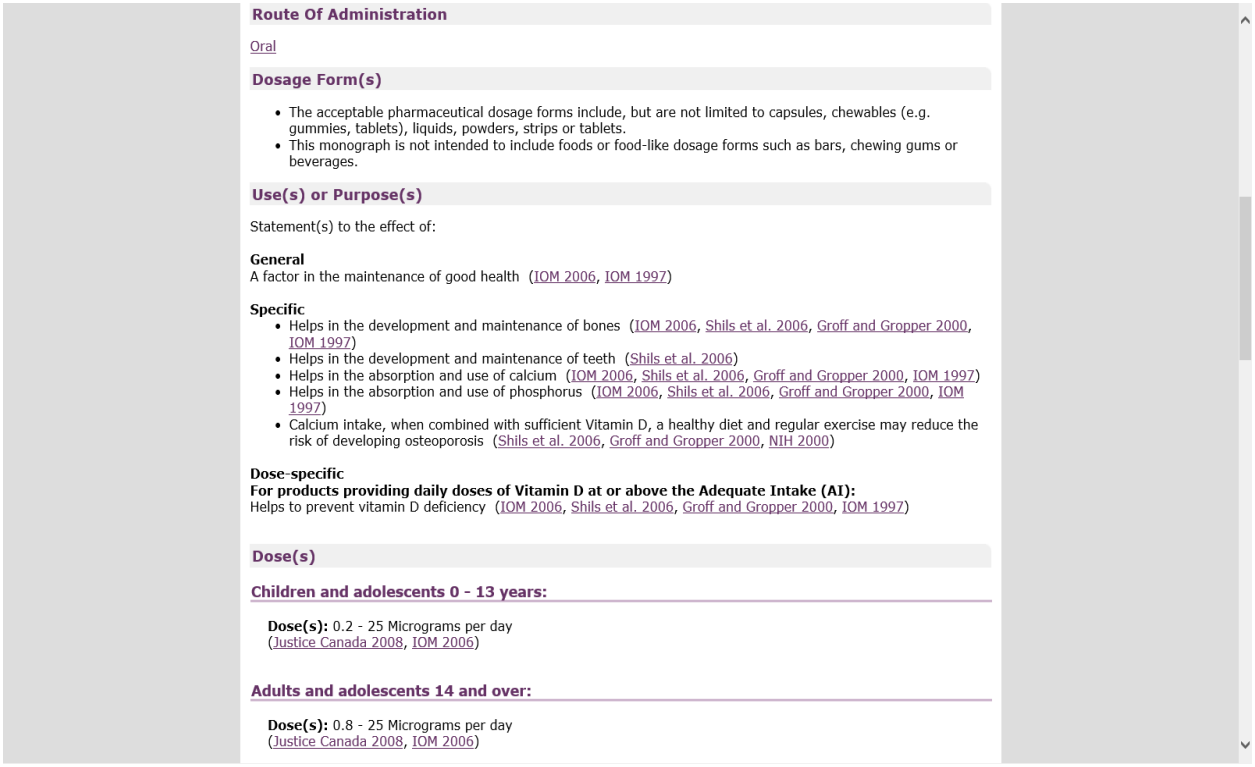
Oral

Dosage Form(s)

- The acceptable pharmaceutical dosage forms include, but are not limited to capsules, chewables (e.g. gummies, tablets), liquids, powders, strips or tablets.
- This monograph is not intended to include foods or food-like dosage forms such as bars, chewing gums or beverages.

Use(s) or Purpose(s)

Use(s) or Purpose(s):



Route Of Administration

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Use(s) or Purpose(s)

Statement(s) to the effect of:

General
A factor in the maintenance of good health (IOM 2006, IOM 1997)

Specific
- Helps in the development and maintenance of bones (IOM 2006, Shils et al. 2006, Groff and Gropper 2000, IOM 1997)
- Helps in the development and maintenance of teeth (Shils et al. 2006)
- Helps in the absorption and use of calcium (IOM 2006, Shils et al. 2006, Groff and Gropper 2000, IOM 1997)
- Helps in the absorption and use of phosphorus (IOM 2006, Shils et al. 2006, Groff and Gropper 2000, IOM 1997)
- Calcium intake, when combined with sufficient Vitamin D, a healthy diet and regular exercise may reduce the risk of developing osteoporosis (Shils et al. 2006, Groff and Gropper 2000, NIH 2000)

Dose-specific
For products providing daily doses of Vitamin D at or above the Adequate Intake (AI):
Helps to prevent vitamin D deficiency (IOM 2006, Shils et al. 2006, Groff and Gropper 2000, IOM 1997)

Dose(s)

Children and adolescents 0 - 13 years:

Dose(s): 0.2 - 25 Micrograms per day
(Justice Canada 2008, IOM 2006)

Adults and adolescents 14 and over:

Dose(s): 0.8 - 25 Micrograms per day
(Justice Canada 2008, IOM 2006)

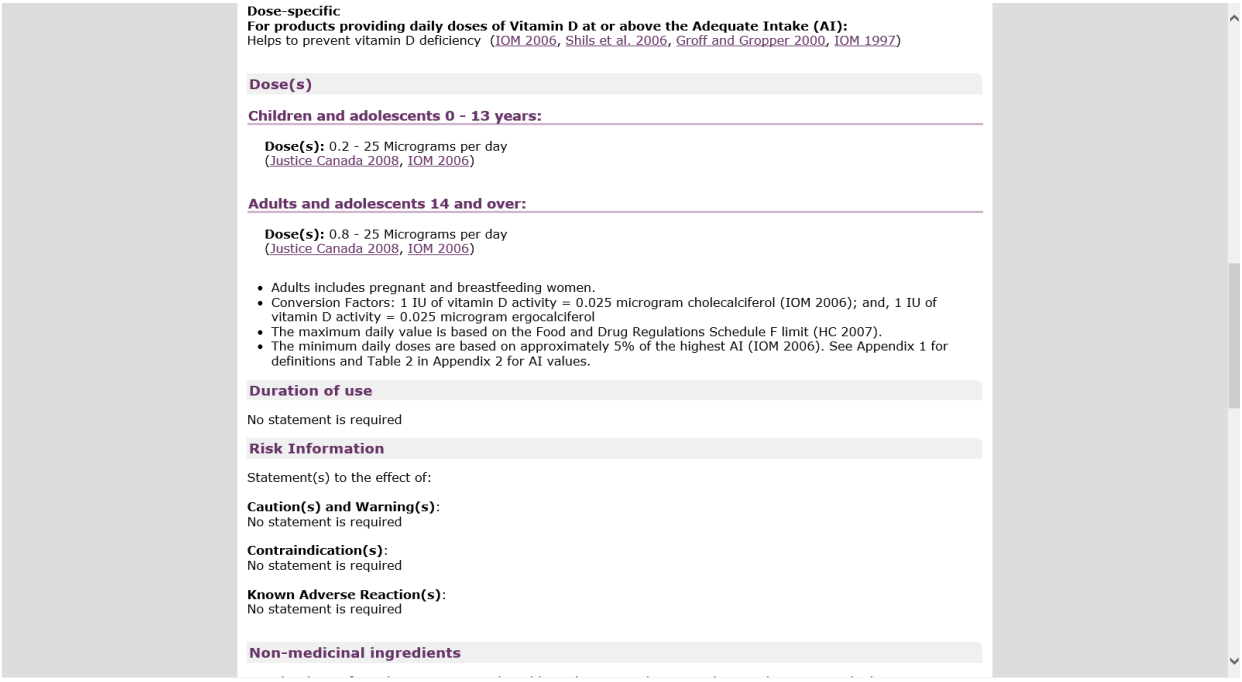
Note the difference from Examine.com – Risk of Falls and CVD Risk are NOT pre-approved uses!

Most likely reason (my educated guess) is that Health Canada does not believe it is in the best interest to pre-approve these uses for the general public at this time.

Perhaps because they believe that:

- The information isn't solid enough, or
- The benefit-risk isn't favourable enough, etc.

Dose(s) and Risk Information:



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Dose(s): 0.8 - 25 Micrograms per day
(Justice Canada 2008, IOM 2006)

- Adults includes pregnant and breastfeeding women.
- Conversion Factors: 1 IU of vitamin D activity = 0.025 microgram cholecalciferol (IOM 2006); and, 1 IU of vitamin D activity = 0.025 microgram ergocalciferol
- The maximum daily value is based on the Food and Drug Regulations Schedule F limit (HC 2007).
- The minimum daily doses are based on approximately 5% of the highest AI (IOM 2006). See Appendix 1 for definitions and Table 2 in Appendix 2 for AI values.

Duration of use

No statement is required

Risk Information

Statement(s) to the effect of:

Caution(s) and Warning(s):
No statement is required

Contraindication(s):
No statement is required

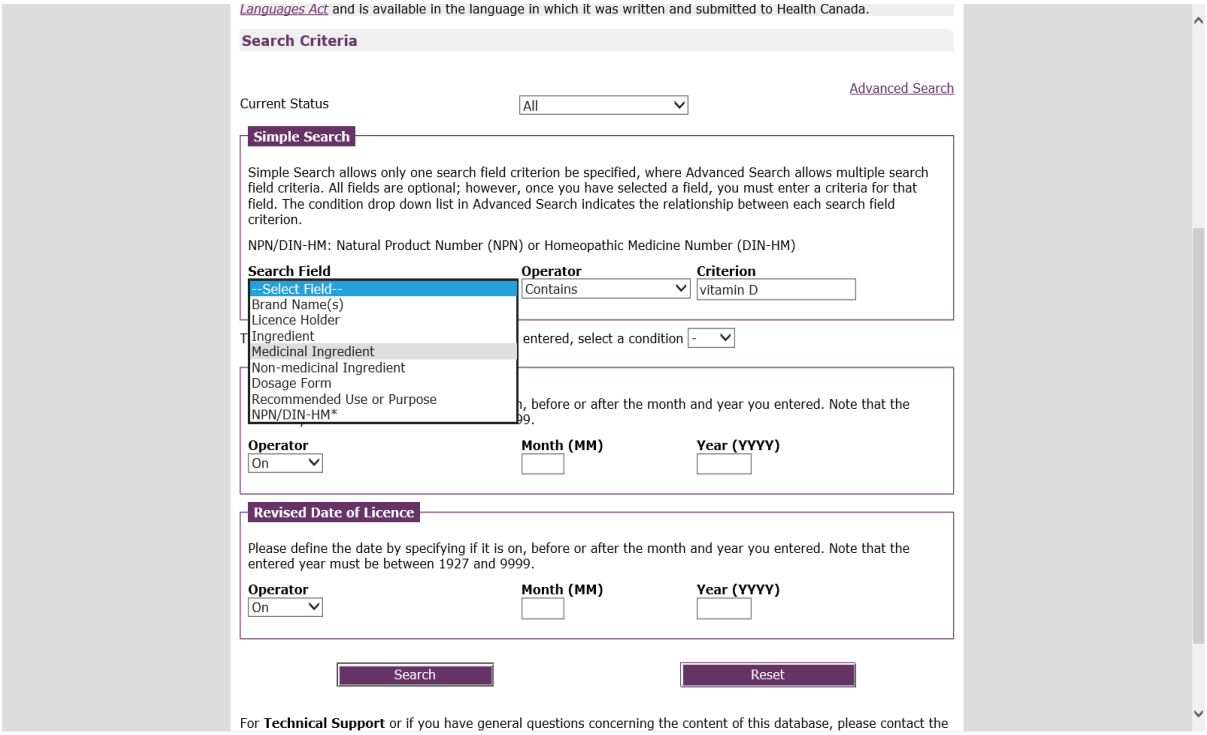
Known Adverse Reaction(s):
No statement is required

Non-medicinal ingredients

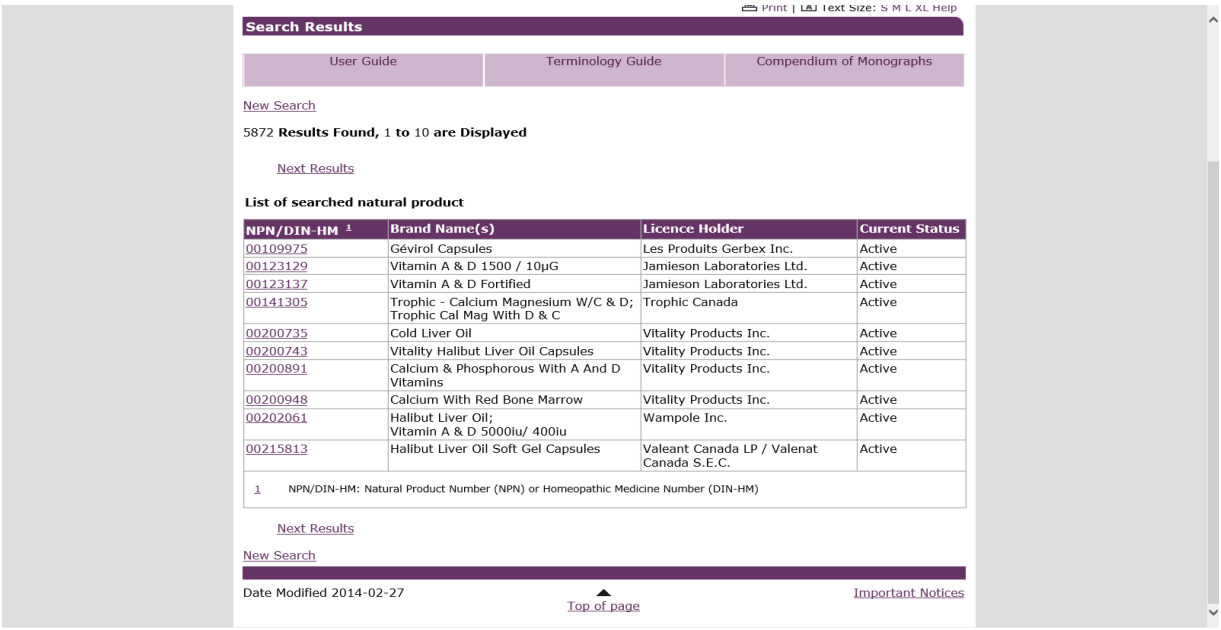
- Note that this risk information is based on the officially pre-approved use(s) and dose(s). This does not apply to improper usage (for unapproved indications) or dosage.

3 – Health Canada Licensed NHP Database – Vitamin D

- See the LNHPD User Guide link in the top left hand corner of the site
- Can search by Brand, License Holder, Medicinal Ingredient, Non-medicinal ingredient, Dosage Form, Recommended Use or Purpose, NPN/DIN-HM
- Consider using "synonyms" to find particular products



- Search results show all products containing vitamin D as an active ingredient – including combination products, unmarketed products, etc.



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Search Results

User Guide | Terminology Guide | Compendium of Monographs

New Search

5872 **Results Found,** 1 **to** 10 **are Displayed**

Next Results

List of searched natural product

NPN/DIN-HM [1]	Brand Name(s)	Licence Holder	Current Status
00109975	Gévirol Capsules	Les Produits Gerbex Inc.	Active
00123129	Vitamin A & D 1500 / 10µG	Jamieson Laboratories Ltd.	Active
00123137	Vitamin A & D Fortified	Jamieson Laboratories Ltd.	Active
00141305	Trophic - Calcium Magnesium W/C & D; Trophic Cal Mag With D & C	Trophic Canada	Active
00200735	Cold Liver Oil	Vitality Products Inc.	Active
00200743	Vitality Halibut Liver Oil Capsules	Vitality Products Inc.	Active
00200891	Calcium & Phosphorous With A And D Vitamins	Vitality Products Inc.	Active
00200948	Calcium With Red Bone Marrow	Vitality Products Inc.	Active
00202061	Halibut Liver Oil; Vitamin A & D 5000iu/ 400iu	Wampole Inc.	Active
00215813	Halibut Liver Oil Soft Gel Capsules	Valeant Canada LP / Valenat Canada S.E.C.	Active

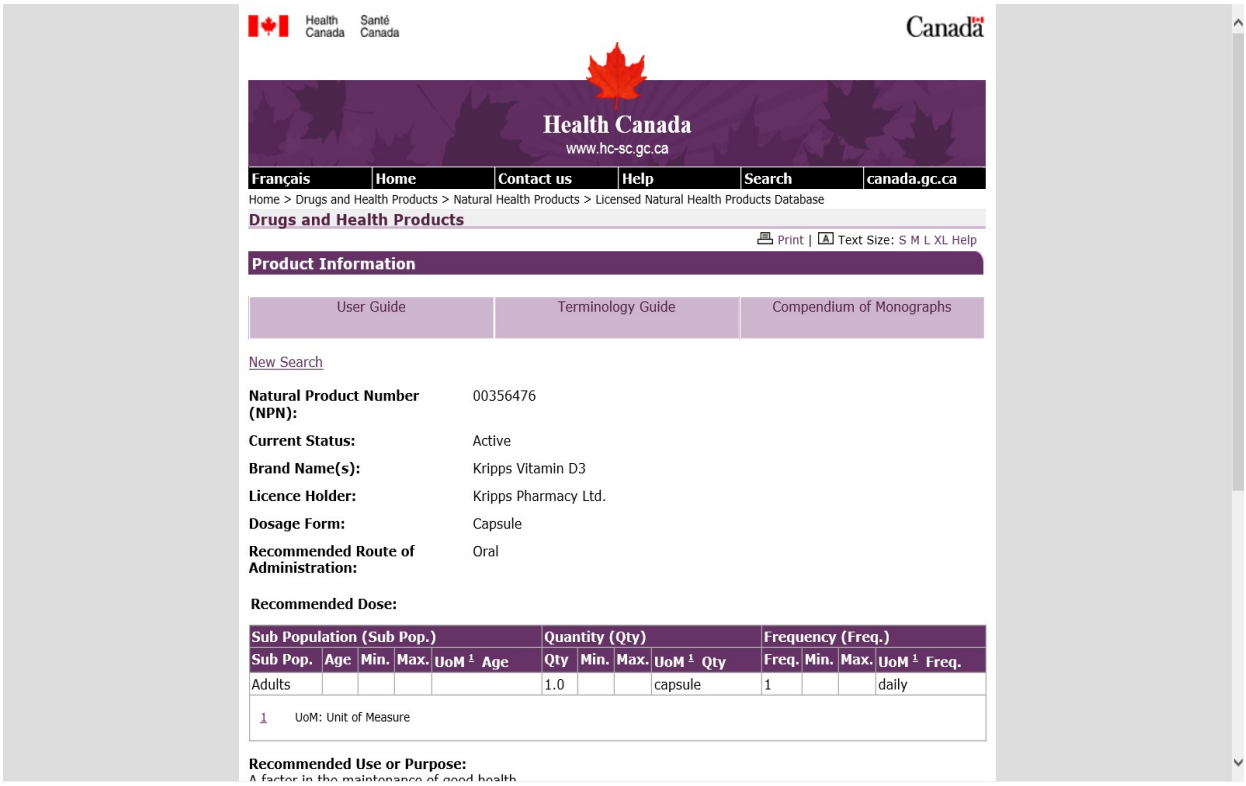
1 NPN/DIN-HM: Natural Product Number (NPN) or Homeopathic Medicine Number (DIN-HM)

Next Results

New Search

Date Modified 2014-02-27 Top of page Important Notices

- When you open the information for a specific licensed product:



Health Canada Santé Canada Canada

Health Canada
www.hc-sc.gc.ca

Français | Home | Contact us | Help | Search | canada.gc.ca

Home > Drugs and Health Products > Natural Health Products > Licensed Natural Health Products Database

Drugs and Health Products

Print | Text Size: S M L XL Help

Product Information

User Guide | Terminology Guide | Compendium of Monographs

New Search

Natural Product Number (NPN): 00356476

Current Status: Active

Brand Name(s): Kripps Vitamin D3

Licence Holder: Kripps Pharmacy Ltd.

Dosage Form: Capsule

Recommended Route of Administration: Oral

Recommended Dose:

Sub Population (Sub Pop.)						Quantity (Qty)				Frequency (Freq.)			
Sub Pop.	Age	Min.	Max.	UoM [1] Age		Qty	Min.	Max.	UoM [1] Qty	Freq.	Min.	Max.	UoM [1] Freq.
Adults						1.0			capsule	1			daily

1 UoM: Unit of Measure

Recommended Use or Purpose:
A factor in the maintenance of good health

Brand Name(s): Kripps Vitamin D3

Licence Holder: Kripps Pharmacy Ltd.

Dosage Form: Capsule

Recommended Route of Administration: Oral

Recommended Dose:

Sub Population (Sub Pop.)					Quantity (Qty)				Frequency (Freq.)			
Sub Pop.	Age	Min.	Max.	UoM [1] Age	Qty	Min.	Max.	UoM [1] Qty	Freq.	Min.	Max.	UoM [1] Freq.
Adults					1.0			capsule	1			daily

1 UoM: Unit of Measure

Recommended Use or Purpose:
A factor in the maintenance of good health.

Risk Information:

List of Medicinal Ingredients:

Medicinal Ingredients	Quantity (Qty)	Extract	Potency
Vitamin D	25.0 µg		1000.0 IU

List of Non-Medicinal Ingredients:

- Calcium phosphate, dibasic
- Cellulose

Date of Licensing: 2009-06-26

Revised Date of Licence:

Date Modified 2014-02-27

Top of page

Important Notices

Questions? Webinar Feedback?

- Anything particular you loved? Could've been better? Let me know here.
- If you haven't already, VOTE HERE for the next webinar topic

Can I help you find science-based health info?

If you are a holistic health professional and want a **free, no-strings-attached 30 minute Skype chat where I will give you strategies and resources that can help you with your science-based health information right away**, then please complete my survey here. It'll only take about 10 minutes, and it'll give us a great basis to have a laser-focused chat.

Or, perhaps you want to borrow my "science brain" and have me create scientifically-solid content for your website? **Maybe you don't have the time** to do it the way you would like. Or **maybe you want to become the "go-to" expert in your field and get referrals from healthcare professionals**? I am someone who is uniquely well-versed in both science (MSc) AND holistic health (RHN)? If so, I can help you here.

Was this webinar helpful? Do you know anyone else who could benefit from it? If you'd like to spread the word (and I'd SO appreciate that!), click below to share. Thx! :)

Share Now On facebook

retweet this
Click here to post this on Twitter

And finally, if you want to know more about ***my health philosophy, and why I don't really fit in,*** click here.