

	NPN #	Recommended Uses / Health Canada	Category
Mega Colon Assist"	80037556	relieve digestive disturbances including bloating and flatulence. Ginger is traditionally used in Herbal Medicine to help relieve digestive	-Gut Health,
Daily Immune Protect"	80030082	Helps to maintain immune function.	-Immune/ Preventative
100% Pure Mega Creatine Monohydrate	80010356	Supplies energy to the muscles during brief, highly-intense physical activities.	-Energy
5-HTP	80031723	Help to promote healthy mood balance. Used as a sleep aid.	-Stress Release,
Alfalfa, 400 mg	80009400	Traditionally used in Herbal Medicine as a nutritive tonic.	-Immune/ Preventative
ALRG+	80047686	Source of antioxidants/provides antioxidants. Source of Vitamin A, a factor in the maintenance of good health.	-Immune/ Preventative
Anti-Inflammatory	80039788	factor in the maintenance of good health. Helps in the development and maintenance of bones and teeth. Helps in the absorption and	-Bone and joint health,
Anxiety Formula,400mg	80037930	Contains St. John's Wort and Hops, which are used in Traditional Herbal Medicine to help relieve restlessness and nervousness.	-Stress Release,
Apple Cider Vinegar with Chromium	80069296	Provides support for a healthy glucose metabolism.	-Immune/ Preventative
Arth Formula	80049654	maintaining good joint health. Used in herbal medicine to help relieve muscle and joint pain associated with rheumatic conditions (such	-Energy
Bee Pollen and Korean Ginseng	80070024	promotion of healthy glucose levels, to support cognitive function and/or reduce mental fatigue and to help enhance physical	-Cognitive Health,
Bilberry Extract	80025483	macular degeneration. Used in Herbal Medicine to help relieve symptoms related to non-complicated chronic venous insufficiency (CVI),	-Immune/ Preventative
Biotin	80023038	A factor in the maintenance of good health. Helps the body to metabolize carbohydrates, fats, and proteins.	-Immune/ Preventative
Black Cohosh Root	80004987	Traditionally used (In Western Herbalism) to help relieve menopausal symptoms.	-Women's Health,
Blessed Thistle	80005035	Traditionally used in Western Herbalism to aid digestion	-Gut Health,
Bromelain	80033210	Digestive enzyme.	-Gut Health,
buffered Vitamin C	80005164	A factor in the maintenance of good health.	-Immune/ Preventative
Cal-Mag Citrate (2:1) with Zinc and Vitamin D	80037039	teeth. Helps in the absorption and use of calcium and phosphorus. Calcium intake, when combined with sufficient vitamin D, a healthy	-Bone and joint health,
Calcium & Magnesium 2:1 with Zinc and Vitamin D	80025157	formation, maintain proper muscle function, and to maintain healthy skin. Helps the body to metabolize carbohydrates, proteins, and fats.	-Immune/ Preventative
Calcium & Magnesium with Zinc and Vitamin D	80025240	formation, maintain proper muscle function, and to maintain healthy skin. Helps the body to metabolize carbohydrates, proteins, and fats.	-Immune/ Preventative
Cardiact	80030118	circulation. Used in Medicine to maintain and/or support cardiovascular health.	-Cardiovascular Health
Cascara Sagrada	80004986	Traditionally used as a laxative.	-Gut Health,
Celadrin Cream	80032966	one or more of the following: simple backache, lumbago, strains, and sprains (involving muscles, tendons, and/or ligaments) and arthritis.	-Energy
Chelated Copper 3mg	80024975	copper deficiency.	-Immune/ Preventative
Chelated Selenium	80024517	A factor in the maintenance of good health.	-Immune/ Preventative
Chlorophyll, 50 mg	80025361	An internal deodorant that can help reduce body odours.	-Mens Health,
Chromium GTF	80023066	A factor in the maintenance of good health. Provides support for healthy glucose metabolism.	-Immune/ Preventative
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Chromium picolinate	80015686	Provides support for healthy glucose metabolism. Helps the body to metabolize carbohydrates and fats.	-Immune/ Preventative
Cinnulin PF®	80023786	Supports healthy blood glucose levels.	-Immune/ Preventative
Coenzyme Q-10	80005165	An antioxidant for the maintenance of good health.	-Immune/ Preventative
Coenzyme Q10	2238387	A source of Ubiquinone.	-Immune/ Preventative
Cold Pressed EFA (Borage, Flax, Cold Water Fish Oils) 3-6-9	80006624	A source of essential fatty acids for the maintenance of good health.	-Weight Management,
Coral Calcium	80008410	teeth.	-Immune/ Preventative
Cranberry Extract 1132mg	80024753	maintenance of good health.	-Immune/ Preventative
Cranberry, 500 mg	80008419	Traditionally used in Herbal Medicine to help prevent recurrent urinary tract infections. Helps to prevent recurrent urinary tract infections.	-Immune/ Preventative
Curcumin	80033408	Used in Herbal Medicine to help relieve joint inflammation. Provides antioxidants for the maintenance of good health.	-Bone and joint health,
Curcumin	80033408	Used in Herbal Medicine to help relieve joint inflammation. Provides antioxidants for the maintenance of good health.	-Bone and joint health,
Dandelion Root & Celery Seed	80030936	Dandelion is traditionally used in Herbal Medicine as a diuretic to promote bile production and to help relieve digestive disturbances.	-Gut Health,
Devil's Claw	80001426		
Devil's Claw	80028464	Traditionally used to help treat inflammation of the joints.	-Bone and joint health,
Devil's Claw	80001426	Traditionally used to help treat inflammation of the joints.	-Bone and joint health,
Devil's Claw	80028464	Used in Herbal Medicine to help relieve joint pain associated with osteoarthritis.	-Bone and joint health,
Dong Quai	80044351	Used in Traditional Chinese Medicine (TCM) to invigorate and harmonize/tonify the blood.	-Immune/ Preventative
Ginger Root Powder	80023055	Clinically shows to help prevent nausea and vomiting associated with motion sickness, and/or seasickness. Traditionally used in Herbal Medicine as an expectorant (to help relieve bronchitis as well as coughs and colds) and to help relieve digestive disturbances (lack of appetite, nausea, digestive spasms, indigestion, dyspepsia and flatulent colic).	-Gut Health,
Ginkgo Biloba	80037729	Helps to enhance cognitive function in adults. Helps to enhance memory in adults. Helps to support peripheral circulation	-Cognitive Health,
Glucose Assist	80028058	Helps to promote healthy glucose metabolism. Includes sources of antioxidants for the maintenance of good health.	-Immune/ Preventative
Goldenseal	80005034	Traditionally used to help alleviate infectious and inflammatory conditions of digestive tract.	-Gut Health,
Green Coffee Bean	80040670	Provides support for a healthy glucose metabolism. Source of antioxidants for the maintenance of good health.	-Immune/ Preventative
Hawthorn Berry Extract Hawthorn	80023138	(Traditionally) used in Herbal Medicine to help maintain and/or support cardiovascular health in adults.	-Energy
Hyaluronic Acid	80049527	Helps to relieve joint pain associated with osteoarthritis of the hip and knee.	-Bone and joint health,
Kava Kava	80049367	Used in Herbal Medicine as a calmativ or sleep aid.	-Stress Release,
L-Theanine (Suntheanine®)	80016122	Helps to temporarily promote relaxation.	-Energy,
Lung Assist 420 mg	80032912	Contains Lobelia, which is traditionally used in Herbal Medicine as an expectorant in cases of colds, flus, or bronchitis.	-Immune/ Preventative
Maca Root 500mg	80043684	Helps to support emotional aspects of sexual health. Helps to support healthy mood balance during menopause. Provides antioxidants.	-Energy,
Magnesium Bisglycinate	80069002	As authorized in the NHPD monograph(s) to which the applicant attested	-Immune/ Preventative

<b>Magnesium Oxide 420mg</b>	80022904	A factor in the maintenance of good health. Helps the body to metabolize carbohydrates, proteins, and fats. Helps in the development and maintenance of bones and teeth. Helps in tissue formation. Helps to maintain proper muscle function.	-Immune/ Preventative
<b>Male Plus</b>	80046757	Korean Ginseng is used in Herbal Medicine to help enhance physical capacity/performance (in cases of physical stress).	-Mens Health,
<b>Marine Collagen</b>	80110734	As authorized in the NHPD monograph(s) to which the applicant attested	-Energy
<b>Men's Choice Multi Vitamin and Minerals - Ubiquinone Enhanced Formula for Active Men</b>	2245807	Vitamin/Mineral supplement and a source of Ubiquinone	-Mens Health,
<b>Milk Thistle 250mg</b>	80022902	Traditionally used in Herbal Medicine as a hepatoprotectant/liver protectant. Used in Herbal Medicine to help support liver function and to help relieve digestive disturbances/dyspepsia.	-Gut Health,
<b>Niacin, 100mg</b>	80025642	A factor in the maintenance of good health. Helps the body to metabolize carbohydrates, fats and proteins. Helps normal growth and development.	-Immune/ Preventative
<b>Puncture Vine</b>	80046975	Traditionally used in Ayurveda as Vrsya (aphrodisiac) for men. Source of saponins with tonic properties.	-Mens Health,
<b>Re-Construct MSM-Glucosamine &amp; Devil's Claw</b>	80008559	A factor in maintaining healthy cartilage and/or joint health.	-Bone and joint health,
<b>Sangster's Vitamin B6 250mg</b>	80029839	Helps in tissue formation. Helps to prevent vitamin B6 deficiency.	-Immune/ Preventative
<b>Saw Palmetto Berries</b>	80004808	Helps to relieve the urologic symptoms associated with benign prostatic hyperplasia.	-Mens Health,
<b>Super Energize</b>	80032519	A herbal medicine combination used to help improve mental/physical performance after periods of mental/physical exertion.	-Energy,
<b>Ultra Prostate Assist</b>	80042576	Saw palmetto is used in Herbal Medicine to help relieve the urologic symptoms (e.g. weak urine flow, incomplete voiding, frequent urination), associated with mild to moderate benign prostatic hyperplasia. Juniper, Uva ursi and Stinging Nettle are traditionally used in Herbal Medicine as diuretics.	-Mens Health,
<b>Urinary Tract Assist, 400 mg</b>	80030501	Juniper and dandelion are traditionally used in Herbal medicine as diuretics. Juniper and Uva-ursi are traditionally used in Herbal Medicine as urinary tract antiseptics to help relieve benign urinary tract infections.	-Immune/ Preventative
<b>Vitamin B6, 100mg</b>	80021746	A factor in the maintenance of good health.	-Immune/ Preventative
<b>Vitamin C - Orange</b>	80047275	A factor in the maintenance of good health.	-Immune/ Preventative
<b>Vitamin C - Raspberry</b>	80047279	A factor in the maintenance of good health.	-Immune/ Preventative
<b>Vitamin C 500mg</b>	80021608	An antioxidant for the maintenance of good health. Helps in the development and maintenance of bones, cartilage, teeth and gums. Helps the body to metabolize fats and proteins. Helps in connective tissue formation.	-Immune/ Preventative
<b>Women's Choice Multi-Vitamin and Mineral-Ubiquinone</b>	2245774	Vitamin/Mineral supplement and a source of Ubiquinone	-Women's Health,
<b>Zinc Citrate 50mg;Vitalifer Zinc Citrate</b>	80043662	A factor in the maintenance of good health. Helps in connective tissue formation, to maintain healthy skin, and to maintain immune function. Helps the body to metabolize carbohydrates, fats, and proteins.	-Immune/ Preventative