

CATEGORY KEY:

1. -Bone and joint health,
2. -Cognitive Health,
3. -Cardiovascular Health
4. -Energy,
5. -Beauty
6. -Stress Release,
7. -Weight Management,
8. -Gut Health,
9. -Mens Health,
10. -Women's Health,
11. -Immune/ Preventative
12. -Amino Acids

Product	NPN #	Recommended Uses / Health Canada	Category
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,
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	Helps to relieve muscle and joint pain associated with osteoarthritis. Aids in protecting against the	-Energy

		deterioration of cartilage. A factor in maintaining good joint health. Used in herbal medicine to help relieve muscle and joint pain associated with rheumatic conditions (such as rheumatoid arthritis, osteoarthritis and/or fibrositis), and of pain associated with neuralgia (such as sciatica).	
Bee Pollen and Korean Ginseng	80070024	Provides antioxidants for the maintenance of good health. Panax ginseng is used in Herbal Medicine as supportive therapy for the promotion of healthy glucose levels, to support cognitive function and/or reduce mental fatigue and to help enhance physical capacity/performance in cases of physical stress.	-Cognitive Health,
Chromium GTF	80023066	A factor in the maintenance of good health. Provides support for healthy glucose metabolism.	-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,
Devil's Claw	80001426	Traditionally used to	-Bone and joint

	80028464	help treat inflammation of the joints.	health,
Ginkgo Biloba	80037729	Helps to enhance cognitive function in adults. Helps to enhance memory in adults. Helps to support peripheral circulation	-Cognitive 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
Kava Kava	80049367	Used in Herbal Medicine as a calmative or 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	Used in Herbal Medicine to help relieve joint inflammation. Provides antioxidants for the maintenance of good health. Vitamin D3 is a factor	-Bone and joint health,

		in the maintenance of good health. Helps in the development and maintenance of bones and teeth. Helps in the absorption and use of calcium and phosphorus.	
Bilberry Extract	80025483	Used in Herbal Medicine to help slow the progression of disorders of the eye, such as diabetic and hypertensive retinopathy, and macular degeneration. Used in Herbal Medicine to help relieve symptoms related to non-complicated chronic venous insufficiency (CVI), such as sensation of swelling, heaviness and tingling of the legs	-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	Vitamin and mineral supplement. A factor in the maintenance of good health. Helps in the development and maintenance of bones and teeth. Helps in the absorption and use of calcium and phosphorus. Calcium intake, when combined with sufficient vitamin D, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis. Helps the body to metabolize carbohydrates, fats and proteins. Helps in tissue formation. Helps to maintain proper muscle function. Helps in connective tissue formation. Helps to maintain healthy skin. Helps to maintain immune function.	-Immune/ Preventative
Calcium & Magnesium 2:1 with Zinc and Vitamin D	80025148 80025157	A factor in the maintenance of good health. Helps in the development and maintenance of bones and teeth. Helps in connective tissue formation, maintain proper muscle function, and to maintain healthy skin. Helps the body	-Immune/ Preventative

		<p>to metabolize carbohydrates, proteins, and fats. Helps to maintain immune function. Calcium intake, when combined with sufficient vitamin D, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis.</p>	
<p>Calcium & Magnesium with Zinc and Vitamin D</p>	<p>80025240</p>	<p>A factor in the maintenance of good health. Helps in the development and maintenance of bones and teeth. Helps in connective tissue formation, maintain proper muscle function, and to maintain healthy skin. Helps the body to metabolize carbohydrates, proteins, and fats. Helps to maintain immune function. Calcium intake, when combined with sufficient vitamin D, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis.</p>	<p>-Immune/ Preventative</p>
<p>Cardio Plus; Cardiact</p>	<p>80030118</p>	<p>Cardio Plus contains herbal medicine to help support peripheral circulation. Cardiact contains herbal medicine to help support peripheral circulation. Used in Medicine to</p>	<p>-Cardiovascular Health</p>

		maintain and/or support cardiovascular health.	
Cascara Sagra	80004986	Traditionally used as a laxative.	-Gut Health,
Celadrin Cream	80032966	Consult a health care practitioner for use beyond 1 month. Temporarily relieves aches and pains of muscles and joints associated with one or more of the following: simple backache, lumbago, strains, and sprains (involving muscles, tendons, and/or ligaments) and arthritis. Helps to improve functional mobility associated with osteoarthritis (eg. knee range motion and postural stability).	-Energy
Chelated Copper 3mg	80024975	A factor in the maintenance of good health. Helps to form red blood cells and produce and repair connective tissue. Helps to prevent 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	-Immune/ Preventative

		support for healthy glucose metabolism.	
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,
"Colon Assist, 400mg; Mega Colon Assist"	80037556	Cascara sagrada is traditionally used in Herbal Medicine as a laxative. Sweet fennel is traditionally used in Herbal Medicine to help relieve digestive disturbances including bloating and flatulence. Ginger is traditionally used in Herbal Medicine to help relieve digestive upset/disturbances including lack of appetite, nausea, digestive spasms, indigestion, dyspepsia and flatulent colic (carminative).	-Gut Health,

Coral Calcium	80008410	Multi Mineral/Vitamin supplement: A factor in the maintenance of good health. Helps in the development and maintenance of bones and teeth.	-Immune/ Preventative
Men's Choice Multi Vitamin and Minerals - Ubiquinone Enhanced Formula for Active Men	2245807	Vitamin/Mineral supplement and a source of Ubiquinone	-Mens Health,
Super Energize	80032519	A herbal medicine combination used to help improve mental/physical performance after periods of mental/physical exertion.	-Energy,
Male Plus	80046757	Korean Ginseng is used in Herbal Medicine to help enhance physical capacity/performance (in cases of physical stress).	-Mens Health,
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
Women's Choice Multi-Vitamin and Mineral-Ubiquinone	2245774	Vitamin/Mineral supplement and a source of Ubiquinone	-Women's Health,
Urinary Tract Assist, 400 mg	80030501	Juniper and dandelion are traditionally used in	-Immune/ Preventative

		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.	
Hyaluronic Acid	80049527	Helps to relieve joint pain associated with osteoarthritis of the hip and knee.	-Bone and joint health,
Vitamin C - Raspberry	80047279	A factor in the maintenance of good health.	-Immune/ Preventative
Vitamin C - Orange	80047275	A factor in the maintenance of good health.	-Immune/ Preventative
Vitamin B6, 100mg	80021746	A factor in the maintenance of good health.	-Immune/ Preventative
Ultra Prostate Assist	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,
L-Theanine (Suntheanine®)	80016122	Helps to temporarily promote relaxation.	-Energy,
Re-Construct MSM-Glucosamine & Devil's Claw	80008559	A factor in maintaining healthy cartilage and/or joint	-Bone and joint health,

		health.	
Saw Palmetto Berries	80004808	Helps to relieve the urologic symptoms associated with benign prostatic hyperplasia.	-Mens Health,
Glucose Assist	80028058	Helps to promote healthy glucose metabolism. Includes sources of antioxidants for the maintenance of good health.	-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,
Puncture Vine	80046975	Traditionally used in Ayurveda as Vrsya (aphrodisiac) for men. Source of saponins with tonic properties.	-Mens Health,
Magnesium Oxide 420mg	80022904	A factor in the maintenance of good health. Helps the body to metabolize carbohydrates,	-Immune/ Preventative

		<p>proteins, and fats. Helps in the development and maintenance of bones and teeth. Helps in tissue formation. Helps to maintain proper muscle function.</p>	
<p>Sangster's Vitamin B6 250mg</p>	<p>80029839</p>	<p>Helps in tissue formation. Helps to prevent vitamin B6 deficiency.</p>	<p>-Immune/ Preventative</p>
<p>Niacin, 100mg</p>	<p>80025642</p>	<p>A factor in the maintenance of good health. Helps the body to metabolize carbohydrates, fats and proteins. Helps normal growth and development.</p>	<p>-Immune/ Preventative</p>
<p>Milk Thistle 250mg</p>	<p>80022902</p>	<p>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.</p>	<p>-Gut Health,</p>
<p>Goldenseal</p>	<p>80005034</p>	<p>Traditionally used to help alleviate infectious and inflammatory conditions of digestive tract.</p>	<p>-Gut Health,</p>
<p>Maca Root 500mg</p>	<p>80043684</p>	<p>Helps to support emotional aspects of sexual health. Helps to support healthy mood balance during menopause. Provides antioxidants.</p>	<p>-Energy,</p>

<p>Zinc Citrate 50mg;Vitalifer Zinc Citrate</p>	<p>80043662</p>	<p>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.</p>	<p>-Immune/ Preventative</p>
<p>Magnesium Bisglycinate</p>	<p>80069002</p>	<p>As authorized in the NHPD monograph(s) to which the applicant attested</p>	<p>-Immune/ Preventative</p>
<p>Vitamin C 500mg</p>	<p>80021608</p>	<p>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.</p>	<p>-Immune/ Preventative</p>
<p>"Immuno Assist; Daily Immune Protect"</p>	<p>80030082</p>	<p>Helps to maintain immune function.</p>	<p>-Immune/ Preventative</p>
<p>Marine Collagen</p>	<p>80110734</p>	<p>As authorized in the NHPD monograph(s) to which the applicant attested</p>	<p>-Energy</p>
<p>Cranberry Extract 1132mg</p>	<p>80024753</p>	<p>(Traditionally) used in Herbal Medicine to help prevent (recurrent) urinary tract infections (UTIs). Source of antioxidants for the maintenance of good health.</p>	<p>-Immune/ Preventative</p>

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,
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	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