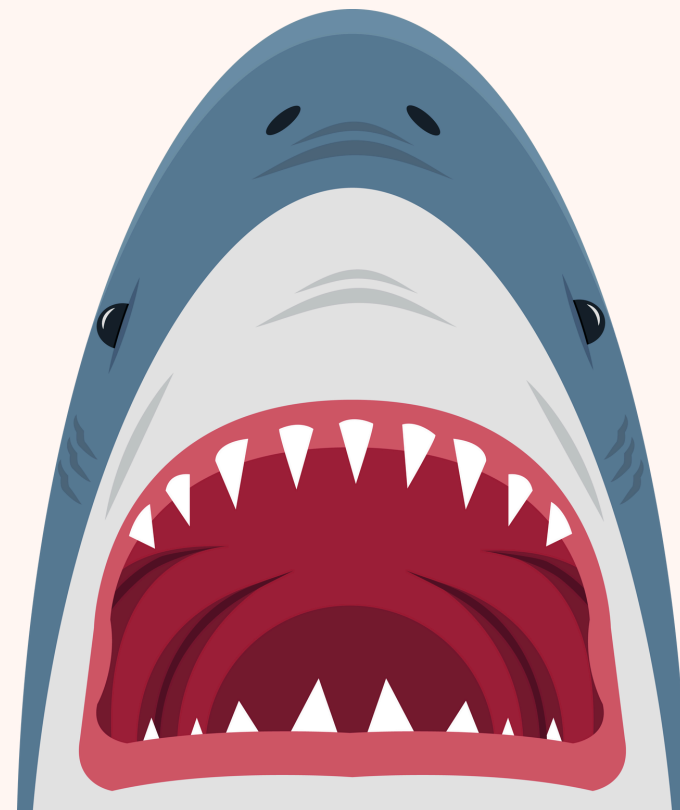




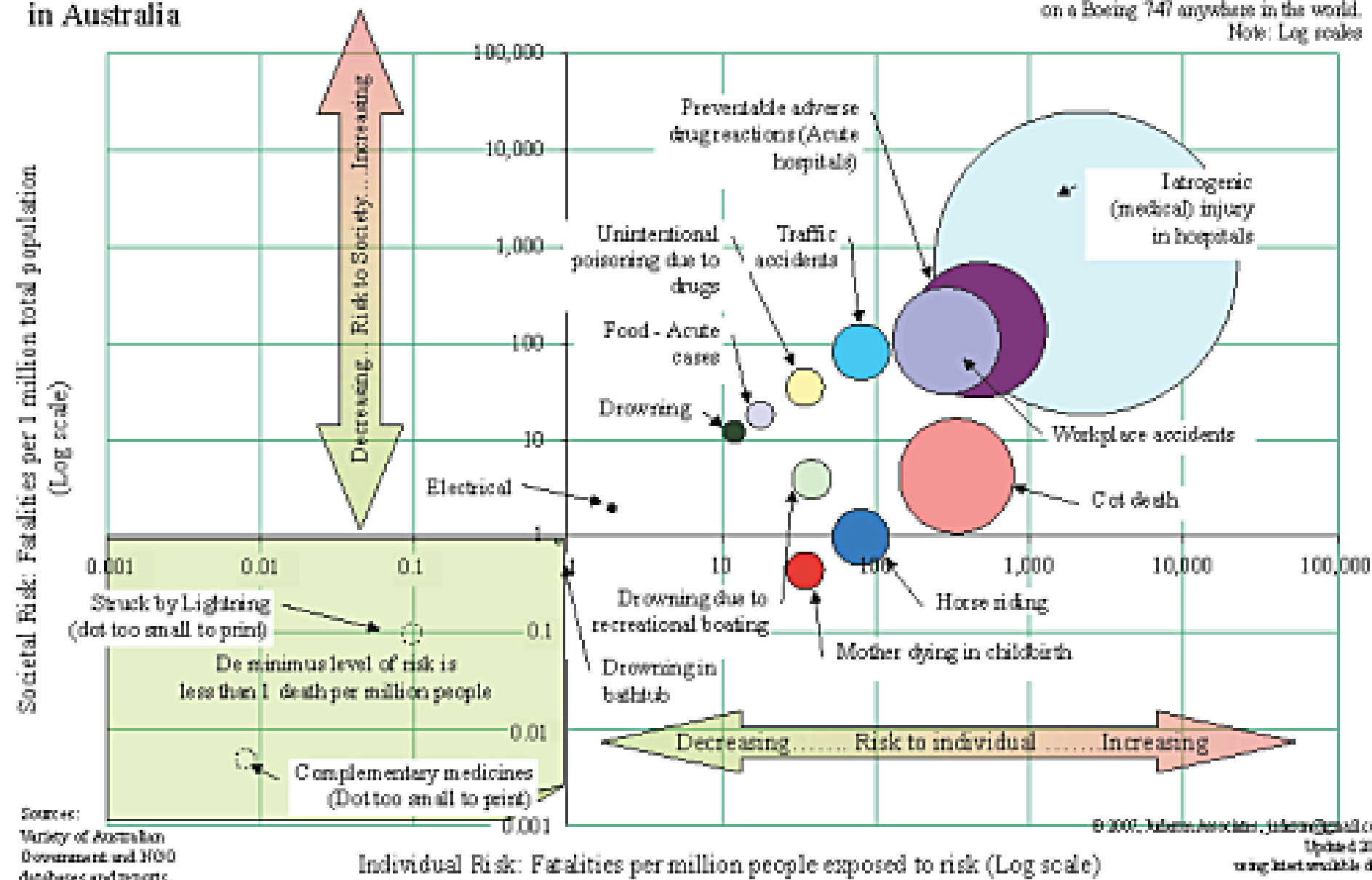
Lesson 4: Regulations and Safety

❖ This assessment of risk, from Australia, shows that if **the risk of dying from a natural or dietary supplement is 1**, your risk of dying from a shark attack is 6, of being murdered 828, and of dying from a highly preventable medical injury, including an adverse drug reaction, more than 100,000 times higher.



Societal vs Individual Risk of Death in Australia

Bubble size represents risk relative to 1 million individual risk (de minimis) or equivalent to the risk of death on a single flight on a Boeing 747 anywhere in the world.
Note: Log scales



https://newhealth.co.nz/double_standards/

> [Pol Arch Med Wewn.](#) 2014;124(11):628-34. doi: 10.20452/pamw.2503. Epub 2014 Oct 30.

Our prescription drugs kill us in large numbers

[Peter C Gøtzsche](#)

PMID: 25355584 DOI: [10.20452/pamw.2503](#)

Free article

Our prescription drugs are the third leading cause of death after heart disease and cancer in the United States and Europe. Around half of those who die have taken their drugs correctly; the other half die because of errors, such as too high a dose or use of a drug despite contraindications. Our drug agencies are not particularly helpful, as they rely on fake fixes, which are a long list of

April 07, 2022 | By RisCassi & Davis P.C.

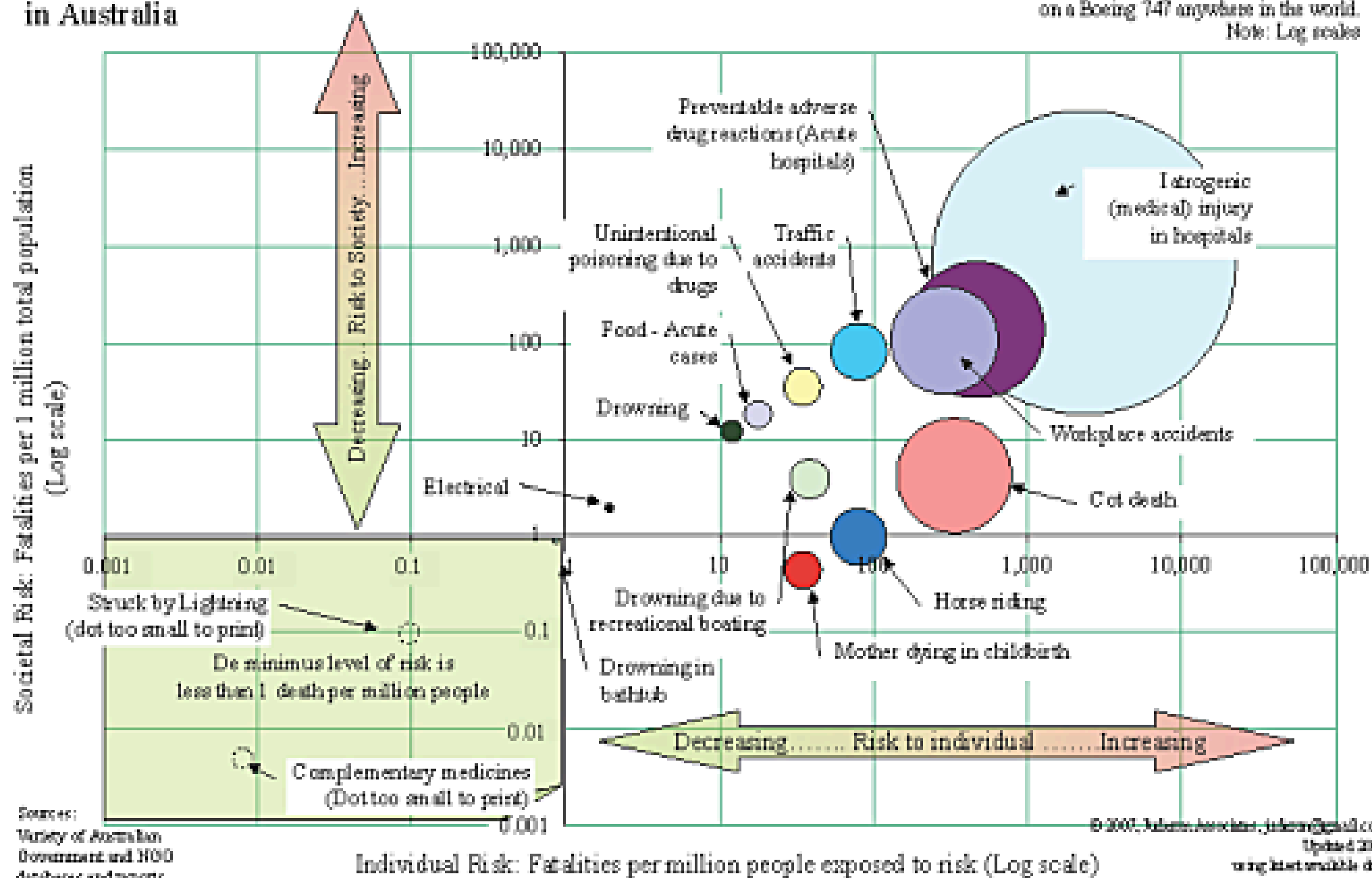
It's a well-documented fact that [adverse prescription drug effects](#) and other [medical errors](#) are the third leading cause of death in America. Adverse drug events harm 2.7 million hospitalized patients in the U.S. annually, with over 106,000 deaths and that's just for hospitalized patients. Another 350,000 adverse drug events occur in U.S. nursing homes each year.

And believe it or not, by most estimates, only 1-10% of adverse events are ever reported.

<https://www.riscassi-davis.com/blog/2022/april/death-from-prescription-drugs/>

Societal vs Individual Risk of Death in Australia

Bubble size represents risk relative to 1 million individual risk (de minimis) or equivalent to the risk of death on a single flight on a Boeing 747 anywhere in the world.
Note: Log scales





Health
Canada

In Canada, supplements are regulated as natural health products (NHPs) under the Natural Health Products Regulations (NHPR), which are part of the Food and Drugs Act.

Health Canada oversees their **safety, efficacy, and quality.**

To be sold in Canada, natural health products must be licensed by Health Canada. This means that before a natural health product can go on the market, a company must submit documents to Health Canada for review to show that the product is safe and effective, although the level of proof required can vary. If Health Canada finds that this information meets the requirements under the regulations, it will issue a "product licence".



You can identify licensed natural health products by looking for the eight-digit natural product number (NPN), or in the case of a homeopathic product, a homeopathic medicine number (DIN-HM). These numbers are found on the product label.



In addition, Canadian companies that manufacture, package, label and import natural health products must have what are called "site licences" to be able to carry out these activities. In order to get a site licence from Health Canada, the company must submit documents to show they are capable of carrying out the activities based on certain standards.”



| | Health Claim (Licensable) |
|---|---|
| What types of claims? | Claims that relate to the diagnosis, treatment, mitigation, prevention or cure of a disease, disorder, or abnormal physical state or its symptoms in humans and are considered to have moderate or serious consequences to health. |
| Examples | <ul style="list-style-type: none"> • Prevents gingivitis/cavities • Treats the symptoms of cough, cold and flu • Relieves joint and arthritis pain • Relieves eye irritation as a result of allergies • Relief of nasal congestion • Helps improve cardiovascular health • For relief of occasional constipation |
| Would Health Canada review these | Yes |





HEALTHY