



---

---

## **ADR**

### **Tip of the Month**

---

---

#### **Health risks of adulterated health products**

Natural health products (NHPs) licensed for sale in Canada are labelled with either a Natural Product Number (NPN) or a Homeopathic Medicine Number (DIN-HM).

Some products that are marketed or represented as licensed NHPs have been adulterated or contaminated. These products contain substances that are not declared on the label, including prescription medications or other potentially dangerous ingredients, which may present a serious health risk.

Physicians should:

- Alert patients that unauthorized NHPs sold through retail stores, Internet or imported from other countries carry the risk of being exposed to products that have not been regulated and verified for safety and quality.
- Be aware that this has become a worldwide problem, especially for products promoted for weight loss, body building, erectile dysfunction, sleep problems, inflammatory conditions and treatment of diabetes.

***Please report all serious adverse drug reactions (ADRs).***