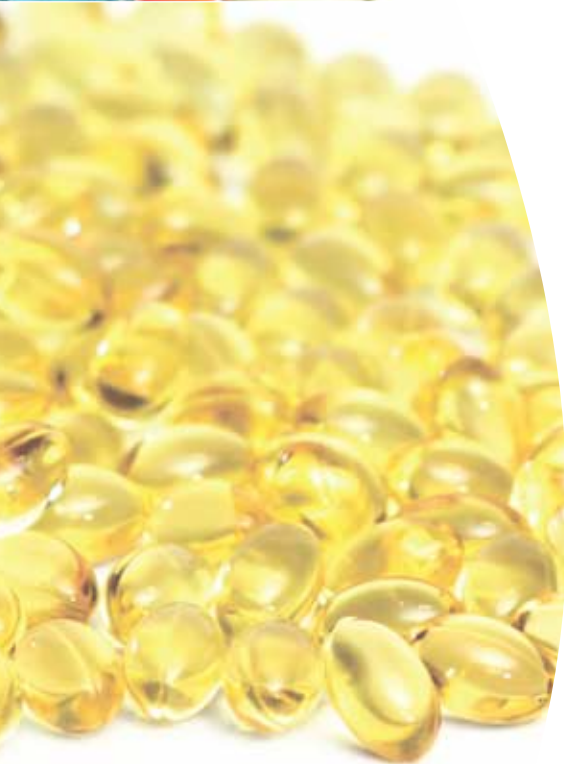
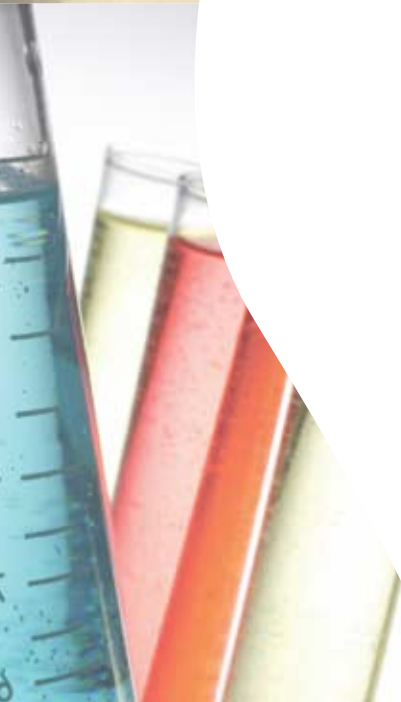




Professional Reference Guide

Products with Natural Product Numbers (NPN)



www.westcoastnaturals.com

Table of Contents

Westcoast Naturals	3
Certification/Distribution	4
Product in Focus: Joint-Q	5
NPN Product Monograph	6-15
Conclusion	16

Westcoast Naturals

For more than 10 years, Westcoast Naturals® has been manufacturing a complete line of high quality vitamins, minerals, herbals and natural supplements. We currently offer more than 160 products – both truly unique multi-ingredient formulations that offer natural health alternatives for serious conditions, as well as best-selling products in value-size formats and better dosage forms.

As a Canadian owned and operated business with an excellent reputation for quality, our Mission has always been to provide the best quality supplements at a reasonable price.

In our manufacturing process, we comply fully with all Health Canada directives, and in many cases even exceed them. Our complete line is developed and produced in a cGMP certified manufacturing facility, with the help of in-house scientists. They are then registered and distributed worldwide.

With more than 150 products with NPN (Natural Product Numbers), by choosing Westcoast Naturals®, you are choosing the best!

Certification & Distribution



Westcoast Naturals is a Canadian cGMP- certified manufacturer of natural health products popular across the country and abroad. We have the capability of formulating and manufacturing virtually any product according to your specifications.



Our team of in-house scientists are responsible for the registration of more than 150 certified NPNs (Natural Product Numbers), ensuring our product's sustainability in the market.



Westcoast Naturals[®] products are also licensed and distributed in North America, Europe, Middle East , Asia and Africa.

Product in Focus: Joint-Q



NPN#: 80006105

Product Features:

To date Joint-Q is the only joint product on the market with 4 active ingredients granted a NPN.

Product Benefits:

- Helps to protect against the deterioration of cartilage.
- Effective in reducing joint pain.

Medicinal Ingredients:

Each capsule contains:

Glucosamine Hydrochloride (Shellfish exoskeleton)	325 mg
MSM	250 mg
Chondroitin Sulfate (Calf trachea)	200 mg
Collagen Type II (Chicken cartilage)	75 mg
(Containing 15% Hyaluronic Acid)	

Other ingredients: Brown Rice Powder, Gelatin (capsule), Green Barley Powder, Magnesium Stearate.

Adult Dosage:

Take 1-2 capsules 3 times per day with a glass of water with meals.

Cautions: Consult a health care practitioner if symptoms persist; if you are experiencing gastrointestinal pain or bowel movement disturbance. Do not use if you are pregnant, or breastfeeding; if you are allergic to chicken, eggs or shellfish. Discontinue use if allergic reaction occurs.

Contains No: Dairy, egg, artificial preservatives, colours, yeast, artificial sweeteners, wheat, corn, gluten, or soya.

NPN Product Monograph

WESTCOAST NATURALS - PRODUCTS WITH NPN (JANUARY, 2010)

Item	Product	Potency	NPN No.	NPN Indication	Remarks
1	Alfalfa	1000 mg	80004077	Traditionally used in herbal medicine as a nutritive tonic.	Label under revision.
2	ALA	100 mg	80012893	TBA	See Alpha Lipoic Acid below.
3	Aloe Vera	250 mg	80001448	Traditionally used in herbal medicine as a stimulant laxative.	Production in progress.
4	Alpha Lipoic Acid	50 mg	80014199	See below: Alpha Lipoid Acid.	Label under revision.
5	Alpha Lipoic Acid	100 mg	80012893		Product available.
6	Arnica Gel		80000958	Traditionally used in Herbal Medicine to help relieve pain and/or inflammation in muscles and joints (e.g. sprains, bruises, joint pain)	Product available.
7	Arthrisyn Capsules (Same as Joint Q)		80006727	see Joint Q.	Product available.
8	Ashwagandha	500 mg	80004198	Traditionally used in Ayurveda to relieve general debility, especially during convalescence or old age; as a sleep aid; to balance aggravated Vata (nervine tonic, sedative); for memory enhancement	Production in progress.
9	Astragalus	500 mg	80004085	Used in Traditional Chinese Medicine (TCM) to tonify the spleen and augment the Qi (vital energy): for spleen deficiency presenting with a lack of appetite, fatigue, and diarrhoea; to tonify the lungs and for frequent colds; to augment the protective Qi and stabilize the exterior: for deficiency with spontaneous sweating	Production in progress.
10	Avens	500 mg	80004083	Traditionally used in Herbal Medicine to help relieve diarrhoea; to help reduce fever; (as an astringent) to help relieve sore throats; to aid digestion	Label under revision.
11	Bee Propolis Cap	500 mg	80012804	Acts as a natural antibiotic and an immunity booster	Product available.
12	Bee Propolis Throat Spray (AB)	N/A	80014546	Acts as a natural antimicrobial	Product available.
13	Bee Propolis Cap (Himalayan)	500 mg	80014613	TBA	Label under revision.
14	Bee Propolis Cap (Himalayan)	250 mg	80014712	TBA	Label under revision.
15	Bee Propolis Throat Spray (AF)	N/A	80014612	see above: Bee Propolis Throat Spray	Product available.
16	Bee Propolis (Drops)AF	N/A	80014616	TBA	Product available.
17	Bee Propolis (Drops)AB	N/A	80014698	TBA	Product available.
18	Bee Propolis (Drops)AF	500 mg	80014718	TBA	TBA
19	Bee Propolis (Drops) Liquid	500 mg	80015287	Acts as a natural antimicrobial	TBA
20	Beta Carotene	20000 iu	80002247	Source of vitamin A: for the maintenance of good health; to help maintain eyesight, skin, membranes and immune function; to help in the development and maintenance of night vision; to help in the development and maintenance of bones; to help in the development and maintenance of teeth	Label under revision.
21	Bilberry Extract	60 mg	80004269	(Traditionally) used in Herbal Medicine as an astringent and to help relieve diarrhoea; Provides antioxidants for the maintenance of good health; Used in Herbal Medicine to help slow the progression of disorders of the eye, such as diabetic and hypertensive retinopathy, and macular degeneration ; to help relieve symptoms related to non-complicated chronic venous insufficiency (CVI), such as sensation of swelling, heaviness and tingling of the legs	Product available.

NPN Product Monograph

Item	Product	Potency	NPN No.	NPN Indication	Remarks
22	Biotin		80005132	carbohydrates... fats...proteins	Label under revision.
23	Birch	Powder	80004267	TBA	Label under revision.
24	Black Cohosh	60 mg	80004184	(Traditionally) used in Herbal Medicine to: help relieve the pain associated with menstruation; 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); help ease nervous tension (calmative); help relieve premenstrual symptoms; to help(s) relieve symptoms associated with menopause	Product available.
25	Black Horehound	1000 mg	80004082	Traditionally used in Herbal Medicine to: help relieve nausea and vomiting (anti-emetic); help relieve digestive spasms (anti-spasmodic)	Label under revision.
26	Blessed Thistle	500 mg	80004081	Traditionally used in Herbal Medicine: as a digestive tonic and bitter to increase appetite and aid digestion; to help relieve dyspepsia; as an expectorant to help relieve cold symptoms such as excessive catarrh; Used in Herbal Medicine to aid in the healing of minor wounds and cuts (vulnerary)	Production in progress.
27	Boldo	500 mg	80004093	Traditionally used in Herbal Medicine to: treat digestive disturbances (dyspepsia); stimulate digestion	Label under revision.
28	Brazilian Green Bee Propolis		80013850	Acts as a natural antimicrobial	Product available.
29	Burdock	750 mg	80004094	Traditionally used in Herbal Medicine as a diuretic ; to induce sweating (diaphoretic) ; as an alterative to help remove accumulated waste products via the kidneys, skin and mucus membranes ; to help alleviate the pain associated with rheumatism; to help relieve skin conditions such as dry skin and eczema	Label under revision.
30	Ca (Chelated) Mg Zn Vit D3 Cap		80006475	Helps in the development and maintenance of bones and teeth. A factor in the maintenance of good health. Helps the body to metabolize carbohydrates, fats and proteins. Helps to maintain immune function.	Production in progress.
31	Ca Mg 1:1 with Vit D Cap		80005298	Helps in the development and maintenance of bones and teeth. A factor in the maintenance of good health.	Production in progress.
32	Ca w/ VD3 Softgel		80005018	TBA	Production in progress.
33	Ca Mg Zn Vit D Tablet		80006678	Helps in the development and maintenance of bones and teeth. Helps the body to metabolize carbohydrates, fats and proteins. Helps to maintain immune function. Helps in tissue formation. Helps to maintain proper muscle function. Helps to maintain healthy skin.	Product available.
34	Ca Mg Zn Vit D Tablet		80000486	see above: Ca Mg Zn Vit D Tablet	Product available.

NPN Product Monograph

Item	Product	Potency	NPN No.	NPN Indication	Remarks
35	Ca Mg Zn w/ Vit D3 Capsules		80004944	TBA	Label under revision.
36	Calcium Citrate	350mg	80001723	A factor in the maintenance of good health. Helps in the development and maintenance of bones and teeth. Adequate calcium as part of a healthy diet helps prevent bone loss/osteoporosis.	Production in progress.
37	Calendula	500 mg	80004243	Traditionally used in Herbal Medicine to: help relieve inflammatory conditions of the digestive system; aid in wound healing; help relieve skin inflammations and irritations	Label under revision.
38	Caraway	750 mg	80004095	Traditionally used in Herbal Medicine to aid digestion and to help stimulate appetite; help relieve digestive spasms (anti-spasmodic) and flatulent dyspepsia	Label under revision.
39	Cascara Sagrada	500 mg	80004194	(Traditionally used in Herbal Medicine as a) stimulant laxative	Production in progress.
40	Catnip	Powder	80004192	Traditionally used in Herbal Medicine to: help relieve digestive spasms (antispasmodic) and flatulent dyspepsia (carminative); help relieve feverish conditions by inducing sweating; help relieve nervousness; as an astringent to help relieve diarrhoea	Label under revision.
41	Citrate Plus	Tablets	80015315	A factor in the maintenance of good health. Helps in the development and maintenance of bones and teeth. Adequate calcium as part of a healthy diet helps prevent bone loss/osteoporosis.	Product available.
42	Chewable Choco Ca Mg Tablet		80006456	Helps in the development and maintenance of bones and teeth. Helps to prevent bone resorption and osteoporosis. A factor in the maintenance of good health.	Production available
43	Children's Multivitamins (Chewable)		2156903	A factor in the maintenance of good health.	Production in progress.
44	Chondroitin Sulfate	500 mg	80004555	Helps to: relieve joint pain associated with osteoarthritis; relieve pain associated with osteoarthritis of the knee	Production in progress.
45	Chromium	250 mcg	80004197	A factor in the maintenance of good health . Provides support for healthy glucose metabolism . Helps the body to metabolize carbohydrates ...fats.	Product available.
46	Coenzyme Q10	60 mg	80003608	Helps to maintain and/or support cardiovascular health ; reduce the frequency of migraine headaches and associated nausea and vomiting when taken as a prophylactic; An antioxidant for the maintenance of good health	Product available.
47	Coenzyme Q10	60 mg	80005806	see above: Coenzyme Q10	Product available.
48	Coenzyme Q10	60 mg	80013060	see above: Coenzyme Q10	Product available.
49	Coenzyme Q10	30 mg	80013051	see above: Coenzyme Q10	Product available.
50	Coenzyme Q10	30 mg	80005303	see above: Coenzyme Q10	Product available.
51	Copper	5000 mcg	80004196	A factor in the maintenance of good health; Helps to produce and repair connective tissue; Helps to form red blood cells	Label under revision.

NPN Product Monograph

Item	Product	Potency	NPN No.	NPN Indication	Remarks
52	Creatinine Monohydrate	Powder	80010716	Increases [fat-free/body/muscle/lean] [mass/size] when used in conjunction with a resistance training regimen; Improves [strength/power/performance] in repetitive bouts of brief, highly-intense physical activity (e.g. sprints, jumping, resistance training) (by increasing [muscle/intramuscular] [creatinine/phosphocreatine/energy] levels)	Product available.
53	Cranberry	300 mg	80004107	Traditionally used in Herbal Medicine to help prevent (recurrent) urinary tract infections (UTIs)	Product available.
54	DGL Licorice Ginger Flavc	760 mg	80003296	Helps relieve digestive upsets/ disturbances and urinary and intestinal inflammation.	Product available.
55	EPO	500 mg	80010264	Traditionally used in Herbal Medicine as a nerve to help relieve nervousness and restlessness; Traditionally used in Herbal Medicine to help relieve coughs and irritation of the throat in colds and catarrh of the respiratory tract	Product available.
56	EPO	1000 mg	80006698	see above: EPO	Product available.
61	European Linden	Powder	80004202	Traditionally used in Herbal Medicine as a nerve to help relieve nervousness and restlessness; help relieve coughs and irritation of the throat in colds and catarrh of the respiratory tract	Label under revision.
62	European Pennyroyal	500 mg	80004226	Traditionally used in Herbal Medicine to aid digestion; help relieve flatulent dyspepsia (carminative); help relieve intestinal colic (anti-spasmodic)	Label under revision.
63	Fenugreek	500 mg	80004228	Traditionally used in Herbal Medicine to help stimulate the appetite ; as a digestive tonic to aid digestion; help relieve dyspepsia and gastritis ; as a mild laxative ; as an expectorant to help relieve excess mucous of the upper respiratory passages (anti-catarrhal) ; as a nutritive tonic ; as a galactagogue/lactagogue to help promote milk production/secretion; as supportive therapy for the promotion of healthy glucose levels;help reduce elevated blood lipid levels/hyperlipidemia	Production in progress.
64	Figwort	Powder	80004207	Traditionally used in Herbal Medicine as a diuretic; as an analgesic; to relieve symptoms of chronic cutaneous diseases... eczema... psoriasis...pruritus...; as a mild laxative	Label under revision.
65	Fish Oil Orange (kids)	250 mg	80005740	see below: Fish Oil for Seniors	Production in progress.
66	Fish Oil for Seniors	250 mg	80007861	Fish oil: source of omega-3 fatty acids for the maintenance of good health; Source of eicosapentaenoic acid/EPA and/or docosahexaenoic acid/ DHA.	Label under revision.
67	Folic Acid	1000 mcg	80000307	A factor in the maintenance of good health; Helps the body to metabolize proteins; form red blood cells	Product available.
68	Garlic - Scor-Gar	1000 mg	80004615	Traditionally used in Herbal Medicine to help relieve the symptoms associated with upper respiratory tract infections and catarrhal conditions	Production in progress.

NPN Product Monograph

Item	Product	Potency	NPN No.	NPN Indication	Remarks
69	Garlic 500mg Capsule	500 mg	80004076	Used in Herbal Medicine to help reduce elevated blood lipid levels/ hyperlipidaemia in adults	Product available.
70	Garlic	1000 mg	80000173	Used in Herbal Medicine to help maintain cardiovascular health in adults	Label under revision.
71	Gentian	600 mg	80004225	Traditionally used in Herbal Medicine to help relieve digestive disturbances/dyspepsia; as a digestive tonic and bitter to help stimulate appetite and aid digestion; to help prevent nausea; help increase bile flow	Label under revision.
72	GHC-500	500 mg	80000243	"A factor in maintaining healthy cartilage"; "Helps to maintain healthy cartilage"; "A factor in maintaining joint health"	Product available.
73	Ginkgo Biloba	60mg	80006168	Helps to enhance: cognitive function in adults; enhance memory in adults ; support peripheral circulation	Product available.
74	Globe artichoke	1000 mg	80004100	Used in Herbal Medicine to help relieve digestive disturbances, such as dyspepsia; Used in Herbal Medicine to help increase bile flow	Label under revision.
75	GLS-500	500 mg	80000490	Helps to relieve joint pain associated with osteoarthritis; Helps to relieve pain associated with osteoarthritis of the knee; A factor in maintaining healthy cartilage and/or joint health	Product available.
76	GLS 750	750 mg	80007888	See above: GLS-500	TBA
77	GLS 1000 (Complex)	1000 mg	80007888	see above GLS-500	Production in progress.
78	GLS & Chondroitin Sulfate	850 mg	80008696	See: Glucosamine Hydrochloride and Chondroitin Sulfate	Product available.
79	GLS & Chondroitin Sulfate	850 mg	80004789	See: Glucosamine Hydrochloride and Chondroitin Sulfate	Product available.
80	Goldenseal	500 mg	80004265	Traditionally used in Herbal Medicine to help alleviate infectious and inflammatory conditions of the digestive tract such as gastritis; as a bitter to aid digestion; as a bitter to increase appetite; to help relieve digestive disturbances such as dyspepsia; as a mild laxative	Production in progress.
81	Grape Seed Extract	50 mg	80013042	Source of antioxidants for the maintenance of good health	TBA
82	Grape Seed Extract	100 mg	80013040	Helps to relieve symptoms related to non-complicated chronic venous insufficiency (CVI), such as sensation of swelling, heaviness and tingling of the legs	Product available.
83	Ground Ivy	500 mg	80004084	Traditionally used in Herbal Medicine to aid digestion ; as an expectorant to help relieve coughs, mucous production (anticatarrhal) and bronchial afflictions; as an astringent to help relieve diarrhoea; as a diuretic; to help relieve hemorrhoids	Label under revision.
84	Heal-All	Powder	80004284	Traditionally used in Herbal Medicine to help relieve sore throats; as an astringent to help relieve diarrhoea; as an astringent to help relieve haemorrhoids; to aid in the healing of minor wounds and cuts (vulnerary)	Label under revision.
85	Hi Potency Omega 3	1000 mg	80006105	Helps support cardiovascular health.	Product available.
86	Hops	500 mg	80004108	Traditionally used in Herbal Medicine to help relieve nervousness (sedative and/or calmative) ; as a sleep aid; as an aromatic bitter to aid digestion and to increase appetite	Label under revision.

NPN Product Monograph

Item	Product	Potency	NPN No.	NPN Indication	Remarks
87	Horseradish	Powder	80004285	Traditionally used in Herbal Medicine to aid digestion; as a diuretic	Label under revision.
88	Hyssop	500 mg	80004110	Traditionally used as a digestive stimulant ; help expel intestinal gas;used as a tonic to strengthen and soothe the mucous tissue of both respiratory and gastro-intestinal tract ; used as an expectorant to relieve coughs and other affections of the chest; used to strengthen the respiratory system; used to reduce fever; to induce sweating	Label under revision.
89	Instant C AES Cap (Buffered)		80006662		Production in progress.
90	Iron	45 mg	80004025	A factor in the maintenance of good health; Helps pregnant women meet the (Institute of Medicine's) recommended intake for iron, when taken in conjunction with a healthy diet ; Helps to form red blood cells and helps in their proper function	Production in progress.
91	Joint Q Capsules (Arthritisyn)		80006727	Protects against the deterioration of cartilage from chronic joint disease. Effective in reducing joint pain.	Product available.
92	Juniper	500 mg	80004086	Traditionally used in Herbal Medicine as a diuretic; as a urinary tract antiseptic to help relieve benign urinary tract infections; to help relieve digestive disturbances such as flatulent dyspepsia; to aid digestion and stimulate appetite	Label under revision.
93	Korean Red Ginseng Capsules	500 mg	80014583	(Used in Herbal Medicine as) supportive therapy for the promotion of healthy glucose levels; help(s) support cognitive function and/or reduce mental fatigue (in cases of mental stress) ; to help enhance physical capacity/performance (in cases of physical stress); Used in Traditional Chinese Medicine (TCM) to reinforce qi, benefit the spleen and lung, relieve symptoms of thirst due to impairment of body fluids and internal heat;	Product available.
94	Korean White Ginseng Caps	500 mg	80014707	TBA	Production in progress.
95	L-5 HTP	100 mg	80005170	Helps to promote healthy mood balance ; relieve symptoms of fibromyalgia; reduce the severity and duration of migraine headaches when taken as a prophylactic; Used as a sleep aid; To be used with a program of reduced intake of dietary calories and increased physical activity (if possible) to help in weight management by reducing carbohydrate cravings	Product available.
96	Leg Assist		80004891	Horse chestnut has been used to assist with varicose veins. Grape seed extract increases the efficiency and absorption of horse chestnut.	Product available.
97	Linden	Powder	80004268	TBA	Label under revision.
98	Liq Ca Mg Phosphorus w/ Vit D		80007626	Vitamin and Mineral Supplement. Helps in the maintenance of bones and teeth, and to prevent bone resorption and osteoporosis.	Product available.
99	Liquid Korean Ginseng Extract		80014575	TBA	Production in progress.
100	Liq Coral Cal Mag		80000424	TBA	Label under revision.

NPN Product Monograph

Item	Product	Potency	NPN No.	NPN Indication	Remarks
101	L-Glutamine Capsules	500 mg	80007321	Helps restore plasma glutamine levels depleted after periods of physical stress (e.g. prolonged exhaustive exercise); support immune system health after periods of physical stress; support digestive system health after periods of physical stress; to assist in muscle cell repair after exercise.	Product available.
102	L-Lysine	500 mg	80000182	Helps calcium absorption and retention. Fights cold sores.	Product available.
103	L-Lysine	500 mg	80005687	see above: L-Lysine.	See above: L-Lysine
104	Lungwort	Powder	80004204	TBA	Label under revision.
105	Magnesium	175 mg	80004183	A factor in the maintenance of good health; Helps the body to metabolize carbohydrates; the body to metabolize proteins ; the body to metabolize fats; in the development and maintenance of bones; in the development and maintenance of teeth; in tissue formation; to maintain proper muscle function.	Production in progress.
106	Magnesium (Aspartate)	125 mg	80009589	TBA	TBA
107	Melatonin Mint Sublingual	3 mg	80002127	Helps increase total sleep time quality in people suffering from sleep restrictions or altered sleep schedule, e.g. shift-work and jet lag. Helps to reduce the time it takes to fall asleep in people with delayed sleep phase syndrome. Helps to re-set the body's sleep-wake cycle. Helps to relieve the daytime fatigue associated with jet lab.	Product available.
108	Melatonin Sublingual Cherry	5 mg	80002128	See above: Melatonin	Production in progress.
109	Milk Thistle	175 mg	80004369	Traditionally used in Herbal Medicine as a hepatoprotectant/ liver protectant; help(s) to support liver function; to help relieve digestive disturbances/dyspepsia.	TBA
110	Milk Thistle	250 mg	80014868	Traditionally used in Herbal Medicine as a hepatoprotectant/ liver protectant; help(s) to support liver function; to help relieve digestive disturbances/dyspepsia.	Product available.
111	MSM Capsules	1000 mg	80004765	Helps to relieve joint pain associated with osteoarthritis; to relieve the pain associated with osteoarthritis of the knee.	Product available.
112	MSM Capsules	1000 mg	80006970	Helps to relieve joint pain associated with osteoarthritis; to relieve the pain associated with osteoarthritis of the knee.	See above: MSM
113	MSM Capsules	1000 mg	80007005	Helps to relieve joint pain associated with osteoarthritis; to relieve the pain associated with osteoarthritis of the knee.	See above: MSM
114	MSM Powder	2000 mg	80004470	See below: MSM Powder	TBA
115	MSM Powder	1750 mg	80005300	Helps to relieve the pain associated with osteoarthritis of the knee. Helps to relieve osteoarthritic pain.	TBA
116	MSM Powder	2000 mg	80006989	See below: MSM Powder	TBA
117	Mugwort	Powder	80004089	Traditionally used in Herbal Medicine to stimulate the appetite (orexigenic); in Herbal Medicine to aid digestion (stomachic); in Herbal Medicine to stimulate secretion of bile (choleric).	Label under revision.
118	Multivitamin (Children) Chewable Tablets		2156903	A factor in the maintenance of good health.	Production in progress.
119	Niacin (Nicotinic Acid)		80008692	A factor in the maintenance of good health; Helps the body to metabolize carbohydrates... proteins...fats; Helps normal growth and development	Product available.

NPN Product Monograph

Item	Product	Potency	NPN No.	NPN Indication	Remarks
120	Omega Complex Softgel Caps		80010582	TBA	TBA
121	Omega 3-6-9 Softgel Capsules		80010582	<i>Fish oil: source of omega-3 fatty acids for the maintenance of good health; Source of eicosapentaenoic acid/EPA and/or docosahexaenoic acid/ DHA. Flax oil: Source of alpha-linolenic acid for the maintenance of good health; Source of omega-3 fatty acids for the maintenance of good health. Borage oil: Source of essential fatty acids for the maintenance of good health; Source of omega-6 fatty acids for the maintenance of good health ; Source of linoleic acid (LA) for the maintenance of good health</i>	Product available.
122	Omega Yummies	50 mg	80014378	Source of omega 3 fatty acids, EPA (Eicosapentaenoic Acid) and DHA (docosahexanoic Acid) for the maintenance of good health.	Product available.
123	Omega 3-MD	1000 mg	80014888	Fish oil: source of omega-3 fatty acids for the maintenance of good health; Source of eicosapentaenoic acid/EPA and/or docosahexaenoic acid/ DHA.	Product available.
124	Organic Flax Seed	1000 mg	80003788	Source of alpha-linolenic acid for the maintenance of good health; Source of omega-3 fatty acids for the maintenance of good health.	Product available.
125	Peppermint	750 mg	80004088	Traditionally used in Herbal Medicine to aid digestion; help relieve flatulent dyspepsia; help relieve nausea and vomiting	Production in progress.
126	Pepta Tab		80002638	TBA	Production in progress.
127	Phosphatidylserine	20 mg	80010681	Helps to support cognitive function	Product available.
128	Pycnogenol Tab	25mg	80003738	Pycnogenol is a natural antioxidant derived from a French Maritime Pine Bark Extract. It consists of a unique blend of 40 natural occurring compounds including proanthocyanidins, organic acids and other biologically active components	Product available.
129	Rosemary	Powder	80004191	Traditionally used in Herbal Medicine to help relieve flatulent dyspepsia; help ease (gastric) headaches	Label under revision.
130	Salmon Oil 18/12	1000 mg	80002918	Fish oil: source of omega-3 fatty acids for the maintenance of good health; Source of eicosapentaenoic acid/EPA and/or docosahexaenoic acid/ DHA.	Product available.
131	Saw Palmetto	160 mg	80002262	Used in Herbal Medicine to help relieve the urologic symptoms (e.g. weak urine flow, incomplete voiding, frequent daytime and night time urination) associated with mild to moderate benign prostatic hyperplasia	Product available.
132	Scullcap	Powder	80004195	Traditionally used in Herbal Medicine to help relieve nervousness (calmative/ sedative); as a sleep aid (in cases of restlessness or insomnia due to stress); help relieve the pain associated with menstruation	Label under revision.

NPN Product Monograph

Item	Product	Potency	NPN No.	NPN Indication	Remarks
133	Seal Oil	500 mg	80004043	Source of omega-3 fatty acids for the maintenance of good health; Source of eicosapentaenoic acid/EPA, (and/or) docosahexaenoic acid/DHA, (and/or) docosapentaenoic acid/DPA or the maintenance of good health; Helps to support the development of the brain, eyes and nerves in children up to 12 years of age	TBA
134	Selenium	100 mcg	80000572	A factor in the maintenance of good health; An antioxidant for the maintenance of good health	Product available.
135	Sennosides Tab	8.6 mg	80003764	TBA	TBA
136	St. John's Wort (0.3% Hypericins)	300 mg	80004045	(Traditionally) used in Herbal Medicine to help relieve restlessness and/or nervousness (sedative and/or calmative)	Product available.
137	Stinging Nettle	750 mg	80004266	Traditionally used in Herbal Medicine as a diuretic; as supportive therapy to help relieve rheumatic complaints; as a nutritive tonic; help relieve seasonal allergy symptoms. <i>Urtica dioica</i> - Root Used in Herbal Medicine to help reduce difficulty in urination associated with the early stages of benign prostatic hyperplasia (BPH)	Label under revision.
138	Sweet Fennel	400 mg	80014587	Traditionally used in Herbal Medicine to help relieve digestive disturbances including bloating and flatulence; help relieve the pain associated with menstruation; as an expectorant to help relieve coughs associated with colds	Label under revision.
139	Thuja	Powder	80004553	Traditionally used in Herbal Medicine as an expectorant to help relieve bronchial catarrh	Label under revision.
140	Valerian	500 mg	80000257	See below: Valerian Root Extract.	See Valerian Root Extract:
141	Valerian Root Extract	125 mg	80004361	Helps to promote sleep/used as a sleep aid.	Product available.
142	Vitamin B Complex		2230967		Product available.
143	Vita Bears		80013044	Multi-vitamin and mineral supplement for the maintenance of good health.	Product available.
144	Vit B2 Riboflavin	100 mg	80000181		Production in progress.
145	Vit B3 Niacin	500 mg	80006655	A factor in the maintenance of good health. Helps normal growth and development. Helps the body to metabolize proteins, fats and carbohydrates.	Product available.
146	Vit B3 Niacinamide	500 mg	80006454	A factor in the maintenance of good health. Helps the body to metabolize proteins, fats and carbohydrates. Helps normal growth and development.	Product available.
147	Vit B6 Pyridoxine HCL	100 mg	80000621	A factor in the maintenance of good health; Helps the body to metabolize carbohydrates...fats... Proteins. Helps in tissue formation	Product available.
148	Vit B12 Cyanocobalamin	1000 mcg	80005496	A factor in the maintenance of good health; Helps the body to metabolize carbohydrates...fats...proteins... Helps to form red blood cells.	Product available.
149	Vit B12 Cyanocobalamin	1000 mcg	80000147	See above: Vitamin B12 Cyanocobalamin	See above: Vitamin B12

NPN Product Monograph

Item	Product	Potency	NPN No.	NPN Indication	Remarks
150	Vit. C w/ Rosehips Tab	500 mg	80007309	A factor in the maintenance of good health; Helps the body to metabolize fats. Helps in the development and maintenance of bones... cartilage... teeth... gums. Helps in connective tissue formation; in wound healing. An antioxidant for the maintenance of good health	Product available.
151	Vitamin D2	400 IU	80009590	TBA	TBA
152	Vit D3	1000iu	80000871	A factor in the maintenance of good health. Helps in the development and maintenance of bones... teeth. Helps in the absorption and use of calcium...in the absorption and use of phosphorus. Calcium intake, when combined with sufficient Vitamin D, a healthy diet and regular exercise may reduce the risk of developing osteoporosis	Production in progress.
153	Vit D3	400iu	80000860	See above: Vitamin D3	Product available.
154	Vit E	400 iu	80002376	A factor in the maintenance of good health. An antioxidant for the maintenance of good health	Product available.
155	Vitamin K + Vitamin D3	120 mg	80009878	TBA	Label under revision.
156	Wake Up Call		80002486	Helps (temporarily) to promote alertness and wakefulness, and to enhance cognitive performance; Helps (temporarily) to relieve fatigue, to promote endurance, and to enhance motor performance. Used (temporarily) as a mild diuretic	Product available.
157	Witch Hazel	Powder	80004282	Topical: Traditionally used as an astringent to relieve symptoms of haemorrhoids, damaged veins (varicose veins), bruises and localized inflamed swellings. Oral: Traditionally used as an astringent for treating diarrhea.	Production in progress.
158	Zinc Chelated	50 mg	80005302	A factor in the maintenance of good health. Helps in connective tissue formation; to maintain healthy skin. Helps the body to metabolize carbohydrates... proteins... fats. Helps to maintain immune function	Production in progress.

Conclusion

We would like to assure you, our valued customer, that we are committed to ensuring our collective future. Of the 160+ SKUS manufactured by Westcoast Naturals, 86 SKUS have NPN, and an additional 50 SKUS are already under consideration and have a submission number, so we anticipate having many more products approved prior to the fall enforcement deadline.

Prior to the adoption of the Natural Health Products Regulations in 2004, some products (e.g. vitamins and minerals) were assessed by Health Canada and issued a Drug Identification Number (DIN). As with a NPN or DIN-HM, a DIN is a valid license to sell natural health products in Canada. The use of DIN for NHPs is being phased out beginning January 1, 2010. Therefore, some NHPs may still be found on store shelves with a DIN on the label and not a NPN or DIN-HM. After a NPN is issued for a product that once had DIN, the older label stock (bearing the DIN) may still be used and found on the labels of NHPs on the market for a period of time.

In keeping with the current approach to compliance and enforcement actions, Health Canada is developing a plan to increase compliance awareness (e.g. the need for a NPN or DIN-HM before products are sold in Canada) and understanding of compliance and enforcement activities (e.g. request for the removal of NHPs from store shelves or the relabeling of NHPs). It is anticipated that this compliance and enforcement initiative for NHPs will be in place and implemented sometime in the Fall of 2010.

Planogram is available upon request.

Westcoast Naturals®
11871 Hammersmith Way, Richmond, BC
CANADA V7A 5E5
1-888-278-3907
www.westcoastnaturals.com