

UPDATE ON THE SELF-CARE FRAMEWORK

A Time Line Summary & Signal To Act

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Comment On The Self-Care Framework

Back in 2019 we tried to sound the alarm about what was then the upcoming Self-Care Framework. [Our Discussion Paper](#) set out several concerns such as the loss of using traditional use evidence and the harmonizing of the standards of evidence so that natural products and chemical drugs must use the same type of evidence to get licenced (or to stay in the market once the changes are in force).

In 2019 Health Canada's time line included making changes in the spring of 2020. However, when the spring of 2020 rolled around Canada was locked down, and so Health Canada delayed the changes.

Now [Health Canada's published time line](#) is targeting this spring to bring about their "First Phase" changes to the labelling of NHPs. These are not the scary changes, but will need to be looked at closely.

Significant Changes Are Planned And Coming

Some of the significant changes, like the harmonization of how NHPs and low-risk chemical drugs are regulated, are now set for the spring of 2022. There is no date listed for the "Third Phase", which involves standardizing the type of evidence needed so that NHPs and low-risk chemical drugs are regulated the same.

Upcoming Action?

As NHPPA was on hiatus in response to a lack of funding, we were lucky that there was delay in the implementation date for the "First Phase" to 2021. But, we are now at that time.

NHPPA will be slowly ramping up (based on our funding) to get our contacts, like you, aware that some changes to NHPs will be coming soon. We are asking for [donations](#) to help us prepare for major action, if need be.

When things in the natural health industry are calm, people forget about us. When things heat up, they expect us to be ready to go. We want that, and hope you will play your part by helping to support us.