FREE CANADIAN SHOPPING RESOURCE

Canadian Supplement Shopping Checklist

A practical, print-friendly guide to checking NPNs, comparing ingredient labels, understanding dosage formats, verifying sellers, and preparing useful questions for a pharmacist.

Use this checklist before ordering online or visiting a store. Keep the product label or listing open as you work through each section.

WELLNESS CROSSINGS

1. Confirm the Canadian licence

Most vitamins, minerals, herbal remedies, probiotics and similar natural health products legally sold in Canada should display an eight-digit Natural Product Number (NPN) or, for homeopathic products, a DIN-HM. The number indicates that Health Canada has authorized the product for sale under specified conditions of use; it is not a promise that the product is right for every person.

[ ] I found an eight-digit NPN or DIN-HM on the label or current Canadian listing.

[ ] I searched the number in Health Canada's Licensed Natural Health Products Database.

[ ] The brand name, medicinal ingredients, strength, dosage form and recommended use match the current record.

[ ] I checked the warnings and risk information in the record and on the physical label.

Record it

Product	NPN / DIN-HM	Date checked

2. Read the ingredient panel

[ ] I identified every medicinal ingredient and the amount per dosage unit.

[ ] I calculated the amount per full serving, not just per capsule, scoop or gummy.

[ ] I reviewed non-medicinal ingredients, including sweeteners, colours, coatings, gelatin, fillers and flavouring.

[ ] I checked for allergens and dietary suitability claims that matter to me.

[ ] I compared products using the same ingredient, unit and serving size.

Quick serving-size calculation

Amount per unit × number of units in one serving = amount per serving. Example: 150 mg per capsule × 2 capsules = 300 mg per serving.

3. Compare dosage formats

Format	Useful comparison questions
Capsule / tablet	Can I swallow it? How many units per serving? Is it scored or enteric-coated?
Powder	What scoop size is used? Does it dissolve well? Is a scoop included?
Liquid / drops	What is the concentration per mL or drop? How is it measured and stored?
Gummy / chewable	How much sugar or sugar alcohol is present? How many pieces make a serving?
Softgel	Does it contain gelatin? Is the oil source and oxidation protection explained?

4. Verify the seller and listing

[ ] The seller is the brand, the retailer, or an authorized seller I can verify.

[ ] The listing clearly shows the Canadian label, package size and dosage form.

[ ] The product is sealed, within date, and has appropriate storage and shipping conditions.

[ ] The return policy is clear, especially for heat-sensitive or perishable products.

[ ] I avoided listings with altered labels, unsupported medical claims, vague seller identities or prices that seem implausibly low.

5. Check value without relying on sticker price

[ ] I calculated the number of full servings in the package.

[ ] I compared approximate cost per serving across products.

[ ] I considered the dose and format I am realistically likely to use.

[ ] I checked whether a subscription, coupon or bulk size changes the renewal price.

[ ] I will recheck the current price and seller before purchasing.

Value notes

Package price	Servings	Cost per serving
$		$

6. Questions to ask a pharmacist

[ ] Could this interact with any prescription, over-the-counter medicine, or other supplement I use?

[ ] Is the amount appropriate for my age, health history and reason for considering it?

[ ] Could it affect surgery, pregnancy, breastfeeding, blood pressure, blood sugar, bleeding risk, kidneys or liver?

[ ] What side effects or warning signs should make me stop and seek help?

[ ] How long is it reasonable to try this, and how would I judge whether it is helping?

[ ] Is there a food-first or non-supplement option I should consider?

My purchase record

Keep this page with a photo of the label and your receipt. Update it if the formulation changes.

Product and brand	
NPN / DIN-HM	
Medicinal ingredients and amount per serving	
Recommended use on Canadian label	
Directions and maximum daily amount	
Warnings / interactions reviewed	
Seller and retailer	
Package size and servings	
Price and cost per serving	
Date purchased / expiry	
Questions for pharmacist	

Important

This checklist provides general consumer education, not medical advice. A Health Canada licence does not mean a product is suitable for you or guaranteed to produce a particular result. Follow the current Canadian label and consult a qualified health professional when appropriate. Seek urgent care for severe or rapidly worsening symptoms or a serious allergic reaction.

Health Canada resource: health-products.canada.ca/lnhpd-bdpsnh/index-eng.jsp