

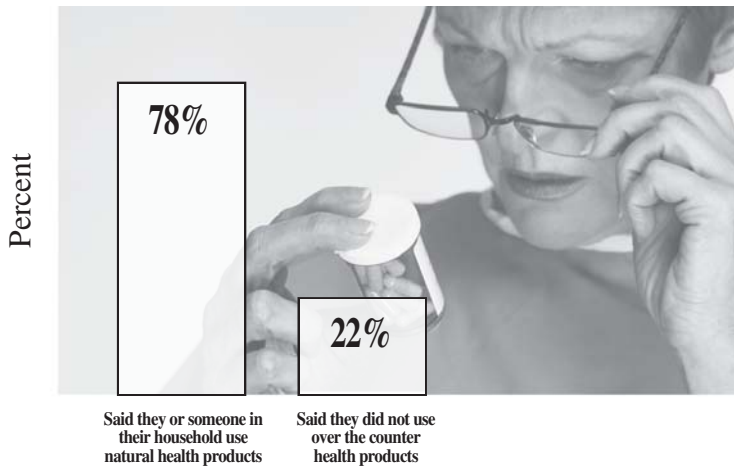


# Poll STATION

With Linda Banister

Over the counter natural health products are supplements from natural sources used to prevent sickness or promote health that can be purchased without a prescription. Being in the midst of cold and flu season, it's not uncommon for the use of these supplements to increase, however, many are also used on a regular basis. This month's *Poll Station* asked Edmontonians about their use of over the counter natural health products.

## DO YOU USE OVER-THE-COUNTER NATURAL HEALTH PRODUCTS?



The survey began by asking respondents if they, or anyone in their household, used over-the-counter natural health products, such as vitamins and herbs. Over three quarters of the respondents (78 percent) indicated they, or someone in their households, used these products.

The 22 percent who did not use over the counter natural health products were asked to indicate why not. Respondents most frequently mentioned that they did not believe it was necessary (59 percent), followed by natural health products being too expensive (14 percent).

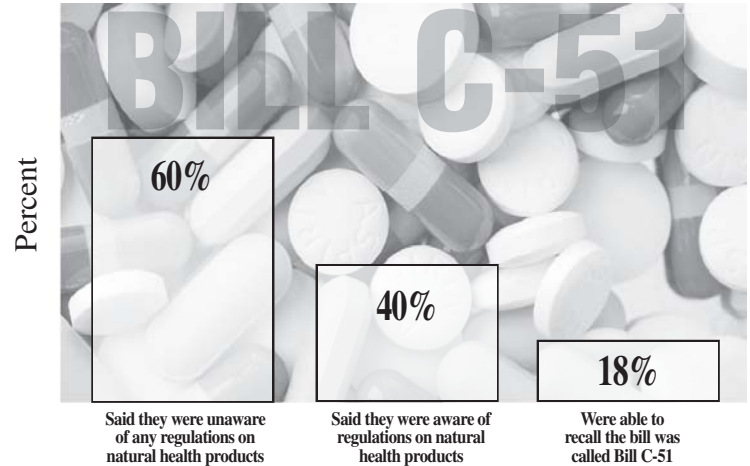
Respondents who do use natural health products were then asked how long they have been taking them. They indicated they have been using them for an average of 13 years, with 35 percent of them most frequently stating they have been using them for more than 10 years, followed by at least 10 years (20 percent).

## WHICH NATURAL HEALTH PRODUCTS DO YOU USE AND HOW OFTEN?

Respondents were then asked what types of natural health products they use. Most frequently, they used multi-vitamins (65 percent), followed by vitamin C (60 percent). Fewer respondents mentioned Echinacea and Cold FX (35 percent and 29 percent respectively), followed by ginseng (22 percent) and garlic tablets (16 percent).

When asked how often they use the various health products, respondents most frequently indicated they take multi-vitamins and vitamin C, with 74 percent stating they take multi-vitamins daily and 30 percent reporting they take vitamin C daily. For products such as Cold FX, respondents indicated they were most likely to use this product when they are about to get sick (35 percent) or when they are sick (31 percent).

## ARE YOU AWARE OF REGULATIONS AND DO YOU AGREE THEY ARE NEEDED?



Respondents were then told the federal government is currently in the process of changing the way it regulates natural health products and were asked if they were aware of any Bills or regulations regarding this issue. Forty percent indicated they were aware, with 18 percent of them being able to recall it by name: Bill C-51.

All respondents were then informed that these products are currently regulated under the Natural Health Product Regulations, and that the federal government has proposed Bill C-51 to further ensure that consumers have access to only safe, effective and high quality products.

After being provided with this information, respondents were asked to rate their level of agreement. Fifty-one percent were in high agreement with Bill C-51, most frequently stating the need for consumer protection and quality control as their reason for agreement (73 percent). In contrast, 25 percent of respondents reported a low level agreement with Bill C-51. When asked why they disagreed, respondents most frequently stated the federal government does not need to be involved (64 percent). ✓

## New to the Edmontonians website: Monthly Poll Station Online Question

Visit [www.edmontonians.com](http://www.edmontonians.com) to register your opinion

## Want a question included in the Edmontonians Poll?

Contact Linda at 780.451.4444 or e-mail [lbanister@edmontonians.com](mailto:lbanister@edmontonians.com).

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