



Ontario Society of Nutrition  
Professionals in Public Health

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La société ontarienne des professionnel(le)s  
de la nutrition en santé publique

Lawrence Square  
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Toronto, ON M6A 3B4

March 2, 2010

The Honourable Leona Aglukkaq PC, MP  
Minister of Health  
Health Canada  
Brooke Claxton Building, Tunney's Pasture  
Postal Locator: 0906C  
Ottawa, Ontario, Canada  
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Dear Minister:

The Ontario Society of Nutrition Professionals in Public Health (OSNPPH) urges Health Canada to discontinue the current practice of allowing Natural Health Products (NHPs) in conventional food products and to put a halt to the current practice of allowing NHPs into the marketplace before adequate safety assessments have been completed.

OSNPPH is the independent and official voice of Registered Dietitians in public health in Ontario representing over 175 members working in every Health Unit/Department in the province. Our members are experts in applied human nutrition who focus on improving health and preventing disease. We are specialists in public health nutrition education, research and development and are members of the College of Dietitians of Ontario.

OSNPPH urges Health Canada to protect Canadians from excessive intakes of vitamins and minerals above the Upper Tolerable Intake Level (UL). As public health nutrition practitioners, we promote the use of whole foods as the best way to meet nutritional needs and the tool we use to support this message is Health Canada's *Eating Well with Canada's Food Guide*. Allowing NHPs to be added to conventional foods sends a mixed message to consumer about the best way to meet their nutritional needs. In addition, it can increase the risk of excessive intakes of vitamins and minerals. Excessive vitamin and mineral intake is generally only a concern when relying on nutritional supplements.

The dangers of high intakes of nutrients such as vitamins A, D and B6 and iron and selenium are well documented. Canadians will not be fully protected from excessive intakes of vitamins and minerals above the UL if NHPs are allowed to be added to conventional foods.

OSNPPH urges Health Canada to halt the practice of allowing NHPs on the market before adequate safety assessment have been completed. There is currently a backlog of licensing applications which has led to this practice. These products are also being allowed without meeting labelling requirements that apply to foods. Without proper nutrition labelling consumers are not able to evaluate these products.

OSNPPH is concerned that these practices will undermine consumer confidence in Health Canada's regulatory practices.

Yours truly,



Barbara Bartle RD  
Co-Chair OSNPPH



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Cc: Linda Corby, Public Affairs, Dietitians of Canada  
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