



GNHP CONSULTING

The Canadian NHP/Supplement Licensing Checklist

For ambitious natural health product founders, small CPG teams, and contract manufacturers preparing NHP submissions to Health Canada.

Before you submit your Natural Health Product to Health Canada, ensure every ingredient, claim, and manufacturing partner aligns with regulatory expectations. This checklist is designed to help ambitious founders reduce review timelines, avoid costly Information Requests, and secure their Natural Product Number (NPN) with confidence.



1. Regulatory Qualification Check

- ☐ Product meets Natural Health Product definition
- ☐ All medicinal ingredients permitted in Canada
- ☐ Dosage form acceptable under NHP Regulations
- ☐ No prescription (Schedule 2) ingredients present

2. Ingredient Compliance Review

- ☐ Each medicinal ingredient verified in NHPID
- ☐ Potency within acceptable range
- ☐ Proper Latin binomial confirmed (if botanical)
- ☐ Non-medicinal ingredients acceptable for intended route
- ☐ Supplier documentation and COAs available

3. Claim Alignment & Risk Statements

- ☐ Claims aligned with NNHPD monograph (if applicable)
- ☐ No disease cure or drug-like claims
- ☐ Dose consistent with evidence
- ☐ Mandatory risk statements included
- ☐ Target population clearly defined

4. GMP & Site Licence Readiness (not immediately required, but important to have)

- ☐ Manufacturer holds valid Site Licence
- ☐ Importer holds valid Site Licence (if applicable)
- ☐ Quality Assurance Person designated
- ☐ Finished product specifications established
- ☐ Stability data supports proposed shelf life

5. Label Compliance Audit (Plan ahead for this)

- ☐ Ingredient quantities per dosage unit listed
- ☐ Proper name + common name formatting correct
- ☐ Net quantity displayed correctly
- ☐ Storage conditions stated
- ☐ Space allocated for NPN

Ready to Submit with Confidence?

If you identified gaps in this checklist, strategic correction before submission can save months of delays and prevent costly reformulation.

GNHP Consulting provides full Product Licence Application preparation, monograph alignment, formulation review, GMP readiness support, and Health Canada Information Request response management.

Book a Regulatory Strategy Call

www.gnhpconsulting.com/

info@gnhpconsulting.com

[Dr. Jestina Kusina](#)

www.gnhpconsulting.com

Canadian Regulatory & Market Entry Specialist

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