

Online Resource 1: Operational definition for the term natural health products (NHPs) provided to participants

**For this project, ‘natural health products’ (NHPs)** includes, but is not limited to, products or preparations described as natural health products, complementary/alternative medicines/remedies, dietary supplements, nutraceuticals, and/or traditional medicines (products or preparations used in traditional medicine systems, such as rongoā Māori, or traditional Chinese medicine); NHPs may be used in different dosage forms, including tablets, capsules, powders, liquids, creams, ointments, and fresh or dried herbs. NHPs may contain a single ingredient (such as one dietary supplement ingredient, e.g. glucosamine, or one herbal medicine ingredient, e.g. kava root) or several ingredients (e.g. many ‘traditional medicines’ are preparations of several herbal ingredients or herbal ingredients and other substances).

For example:

<b>Dietary supplements or ‘nutraceuticals’</b>	products/preparations containing various ingredients (e.g. omega-3 fatty acids, fish oils, glucosamine, chondroitin, co-enzyme Q10), as well as some of the types of ingredients listed below
<b>Herbal medicines/ remedies</b>	medicines made from plants, or parts of plants (e.g. echinacea root, ginkgo leaf, St John’s wort, valerian)
<b>Homeopathic remedies; biochemic tissue salts</b>	usually highly dilute preparations based on plants or other substances (e.g. Bryonia, Natrum muriaticum); tissue salts: Kali phos and others
<b>Flower remedies/ essences</b>	usually highly dilute preparations based on flowers, plants and trees (e.g. Bach flower remedies)
<b>Probiotics</b>	live preparations of some types of bacteria, usually made as capsules
<b>Traditional Māori medicines</b>	preparations usually made from certain plants, minerals, animal products, and/or other substances (e.g. kawakawa, koromiko)
<b>Traditional Pacific medicines</b>	preparations usually made from certain plants, minerals, animal products, and/or other substances (e.g. noni, kava)
<b>Traditional Chinese medicines</b>	preparations (formula) usually made from certain plants, minerals, animal products, and/or other substances (e.g. licorice (gan cao), angelica (dang gui), ephedra (ma huang), ginseng (ren shen))
<b>Traditional Ayurvedic medicines</b>	preparations usually made from certain plants, minerals, animal products, and/or other substances (e.g. ashwagandha, triphala)
<b>Vitamins and/or minerals</b>	e.g. vitamin B, C, E etc., multivitamins, calcium, iron, magnesium, zinc
<b>Sports supplements</b>	e.g. creatine, beta-alanine, arginine, citrulline, protein powders, caffeine
<b>Essential oils</b>	typically used in aromatherapy massage (e.g. lavender oil, peppermint oil)
<b>Specially compounded formulations</b>	e.g. individualised preparations of amino acids, hormones, or other ‘natural’ substances