The Natural and Non-prescription Health Products directorate falls under the Health Products and Food Branch in Health Canada.

NNHPD Introduction

The below document outlines the key values and goals of the Health products and Food Branch in helping Canadians maintain and improve their health. It also includes a brief, high-level breakdown of the directorates contained within.



Within the Health Products and Food Branch, you will be working in the Natural and Non-prescription Health Products directorate (NNHPD). NNHPD is made up of several different Bureaus that all serve a different purpose, but work towards a common goal under the overarching directorate.

**Natural and Non-prescription Health Products Directorate**

The Natural and Non-prescription Health Products Directorate is the Canadian regulating authority for:

* natural health products
* non-prescription drugs

**What we do**

We authorize natural health products and non-prescription drugs for sale in Canada and ensure that Canadians have ready access to a wide range of products for which safety, efficacy and quality standards are in place.

1. **Natural Health Products**

Natural health products (NHPs) are naturally occurring substances that are used to restore or maintain good health. They are often made from plants, but can also be made from animals, microorganisms and marine sources. They come in a wide variety of forms, such as tablets, capsules, tinctures, solutions, creams, ointments and drops.

Under the [Natural Health Products Regulations](http://laws-lois.justice.gc.ca/eng/regulations/SOR-2003-196/), natural health products are defined as:

* vitamins and minerals
* herbal remedies
* homeopathic medicines
* traditional medicines such as traditional Chinese medicines
* probiotics
* other products, such as amino acids and essential fatty acids

1. **Non-prescription Drugs**

Non-prescription drugs are pharmaceutical drug products that are available to consumers without a prescription from a healthcare professional. In Canada, they are generally available to consumers at pharmacies or stores but could also require the assistance of a pharmacist.

Examples include:

* over-the-counter drugs: analgesics, cough and cold remedies, antacids, laxatives
* behind-the-counter drugs: emergency birth control drugs, certain heartburn drugs
* disinfectants: hard surface disinfectants, such as those for countertops.

**Office and bureaus**

The directorate consists of the Director General’s Office and five bureaus. More information on the bureaus can be found in the document below:



**Graham Spry Office Video Tour:**

[GS Tour HD.mp4](file:///\\NCR-A_HPFBC5S\HPFBC5\HPFB_ADMO-VOL2\COMMON\ONHP\BPRA%20NEW\GC19%20Strategic%20Management\GC19-21%20Committee%20Mgmt\Morale%20&%20Recognition%20Committee\Awards\NNHPD%20Awards\2021\Presentations\GS%20Tour%20HD.mp4)

**NNHPD – Back to the Office Video:**

[Back to the office - NNHPD.mov](file:///\\NCR-A_HPFBC5S\HPFBC5\HPFB_ADMO-VOL2\COMMON\ONHP\BPRA%20NEW\GC19%20Strategic%20Management\GC19-21%20Committee%20Mgmt\Morale%20&%20Recognition%20Committee\Awards\NNHPD%20Awards\2021\Presentations\Back%20to%20the%20office%20-%20NNHPD.mov)