

Influence of frequency of NHP recommendations on counselling practices

		In what circumstances do you provide counselling to clients regarding the safety and efficacy of NHPs? Check all that apply.						Total
		When I recommend a NHP to a client	When a client inquires about a NHP	When a client is picking up a NHP prescribed or recommended by another health care provider	When a client requires assistance locating a NHP in the pharmacy	I have never provided counselling to clients regarding the safety and efficacy of NHPs	Other (please specify):	
On a scale of 1 to 5, with 5 being very often and 1 being never, how regularly do you recommend NHPs to clients?	1- Never	36.36%	72.73%	36.36%	18.18%	18.18%	0.00%	100.00%
	2-Rarely	97 85.09%	106 92.98%	59 51.75%	54 47.37%	2 1.75%	4 3.51%	114 100.00%
	3- Sometimes	165 90.66%	168 92.31%	138 75.82%	126 69.23%	0 0.00%	2 1.10%	182 100.00%
	4- Often	65 91.55%	60 84.51%	52 73.24%	47 66.20%	0 0.00%	4 5.63%	71 100.00%
	5-Very Often	21 91.30%	20 86.96%	19 82.61%	17 73.91%	0 0.00%	1 4.35%	23 100.00%
	Total	352 87.78%	362 90.27%	272 67.83%	246 61.35%	4 1.00%	11 2.74%	401 100.00%

p-value: 0.00

NHPs recommended for concurrent use

		What NHPs do you recommend most often? Check all that apply.																									
		Multivitamin/prenatal vitamin	Vitamin B complex	Vitamin B6	Vitamin B12 (oral or sublingual)	Folic acid	Vitamin C	Vitamin D	Calcium	Magnesium	Zinc	Fish oil/omega-3 fatty acids	Melatonin	Iron	Ginseng	Echinacea	Homeopathic products	Probiotics	St. John's wort	Cranberry	Garlic	Ginkgo biloba	Tea tree oil	Saw palmetto	Psyllium fiber	Weight loss/detoxification products	Other (please specify):
Have you recommended that a client use NHPs concurrently with conventional medicines?	Yes	248 73.16%	135 39.82%	36 10.62%	157 46.31%	130 38.35%	80 23.60%	283 83.48%	275 81.12%	122 35.99%	43 12.68%	213 62.83%	187 55.16%	188 55.46%	18 5.31%	34 10.03%	23 6.78%	234 69.03%	11 3.24%	79 23.30%	23 6.78%	15 4.42%	38 11.21%	25 7.37%	144 42.48%	14 4.13%	22 6.49%
	No	26 63.41%	14 34.15%	2 4.88%	13 31.71%	9 21.95%	5 12.20%	27 65.85%	19 46.34%	5 12.20%	4 9.76%	14 34.15%	21 51.22%	18 43.90%	0 0.00%	4 9.76%	4 9.76%	20 48.78%	1 2.44%	4 9.76%	0 0.00%	2 4.88%	4 9.76%	1 2.44%	12 29.27%	4 9.76%	5 12.20%
	Not Sure	12 70.59%	4 23.53%	0 0.00%	7 41.18%	6 35.29%	5 29.41%	15 88.24%	14 82.35%	5 29.41%	2 11.76%	9 52.94%	4 23.53%	13 76.47%	3 17.65%	0 0.00%	1 5.88%	10 58.82%	0 0.00%	4 23.53%	2 11.76%	2 11.76%	1 5.88%	0 0.00%	3 17.65%	0 0.00%	0 0.00%
	Total		286 72.04%	153 38.54%	38 9.57%	177 44.58%	145 36.52%	90 22.67%	325 81.86%	308 77.58%	132 33.25%	49 12.34%	236 59.45%	212 53.40%	219 55.16%	21 5.29%	38 9.57%	28 7.05%	264 66.50%	12 3.02%	87 21.91%	25 6.30%	19 4.79%	43 10.83%	26 6.55%	159 40.05%	18 4.53%

p-value: 0.03

NHP recommendations by practice setting

		What NHPs do you recommend most often? Check all that apply.																										
		Multivitamin/prenatal vitamin	Vitamin B complex	Vitamin B6	Vitamin B12 (oral or sublingual)	Folic acid	Vitamin C	Vitamin D	Calcium	Magnesium	Zinc	Fish oil/omega-3 fatty acids	Melatonin	Iron	Ginseng	Echinacea	Homeopathic products	Probiotics	St. John's wort	Cranberry	Garlic	Ginkgo biloba	Tea tree oil	Saw palmetto	Psyllium fiber	Weight loss/detoxification products	Other (please specify):	Total
Please indicate your practice setting.	Rural	69 68.32%	38 37.62%	7 6.93%	50 49.50%	39 38.61%	27 26.73%	84 83.17%	82 81.19%	48 47.52%	21 20.79%	56 55.45%	58 57.43%	54 53.47%	8 7.92%	13 12.87%	8 7.92%	78 77.23%	4 3.96%	23 22.77%	13 12.87%	5 4.95%	13 12.87%	11 10.89%	46 45.54%	6 5.94%	9 8.91%	101 100.00%
	Urban	218 73.15%	116 38.93%	31 10.40%	128 42.95%	106 35.57%	64 21.48%	242 81.21%	228 76.51%	86 28.86%	28 9.40%	181 60.74%	154 51.68%	167 56.04%	13 4.36%	26 8.72%	20 6.71%	187 62.75%	8 2.68%	66 22.15%	13 4.36%	15 5.03%	30 10.07%	15 5.03%	114 38.26%	12 4.03%	18 6.04%	298 100.00%
	Total	287 71.93%	154 38.60%	38 9.52%	178 44.61%	145 36.34%	91 22.81%	326 81.70%	310 77.69%	134 33.58%	49 12.28%	237 59.40%	212 53.13%	221 55.39%	21 5.26%	39 9.77%	28 7.02%	265 66.42%	12 3.01%	89 22.31%	26 6.52%	20 5.01%	43 10.78%	26 6.52%	160 40.10%	18 4.51%	27 6.77%	399 100.00%

p-value: 0.02

S3 File. Study results – Cross tabulations

NHP recommendations by source of recommendation

		What NHPs do you recommend most often? Check all that apply.																										Total
		Multivitamin/prenatal vitamin	Vitamin B complex	Vitamin B6	Vitamin B12 (oral or sublingual)	Folic acid	Vitamin C	Vitamin D	Calcium	Magnesium	Zinc	Fish oil/omega-3 fatty acids	Melatonin	Iron	Ginseng	Echinacea	Homeopathic products	Probiotics	St. John's wort	Cranberry	Garlic	Ginkgo biloba	Tea tree oil	Saw palmetto	Psyllium fiber	Weight loss/detoxification products	Other (please specify):	
What is your primary basis for recommending NHPs to clients? Check one.	Health Canada approval of NHP	39 81.25%	23 49.2%	9 18.75%	23 47.92%	20 41.67%	16 33.33%	39 81.25%	38 79.17%	19 39.58%	8 16.67%	28 58.33%	26 54.17%	29 60.42%	4 8.33%	7 14.58%	6 12.50%	32 66.67%	1 2.08%	15 31.25%	3 6.25%	4 8.33%	3 6.25%	3 6.25%	13 27.08%	4 8.33%	0 0.00%	48 100.00%
	Manufacturer information	12 100.00%	2 83.33%	2 16.67%	3 25.00%	5 41.67%	6 25.00%	6 50.00%	6 50.00%	6 50.00%	3 25.00%	3 66.67%	8 58.33%	7 41.67%	5 25.00%	3 25.00%	4 33.33%	10 83.33%	2 16.67%	4 33.33%	4 16.67%	2 25.00%	3 25.00%	4 33.33%	2 16.67%	2 16.67%	2 16.67%	12 100.00%
	Primary literature	32 58.18%	18 32.73%	4 7.27%	19 34.55%	18 32.73%	10 18.18%	43 78.18%	33 60.00%	50 27.27%	15 20.00%	27 49.09%	26 47.27%	28 50.91%	1 1.82%	4 7.27%	3 5.45%	34 61.82%	0 0.00%	12 21.82%	3 5.45%	1 1.82%	3 5.45%	5 5.45%	15 27.27%	2 3.64%	8 14.55%	55 100.00%
	Review articles (i.e. Pharmacist's Letter, CPJ)	102 72.86%	49 35.00%	11 7.86%	67 47.86%	52 37.14%	28 19.00%	123 87.86%	119 81.43%	44 31.43%	15 10.71%	94 67.14%	74 52.86%	77 55.00%	7 5.00%	12 8.57%	6 4.29%	97 69.29%	6 4.29%	26 18.57%	9 6.43%	8 5.71%	12 8.57%	4 2.9%	74 52.86%	3 2.14%	7 5.00%	140 100.00%
	Client request	71 76.34%	42 45.16%	9 9.68%	36 38.71%	32 32.26%	22 23.66%	70 75.27%	77 82.80%	27 29.03%	6 6.45%	49 52.69%	54 58.06%	51 54.84%	4 4.30%	9 9.68%	4 4.30%	57 61.29%	0 0.00%	21 22.58%	1 1.08%	3 3.23%	16 17.20%	5 5.38%	39 41.94%	2 2.15%	5 5.38%	93 100.00%
	Recommendation/prescription from primary care provider	21 67.74%	8 25.81%	1 3.23%	14 58.08%	14 45.16%	6 19.35%	30 96.77%	26 83.87%	12 38.71%	4 12.90%	17 54.84%	16 51.61%	20 64.52%	2 6.45%	9 9.68%	3 12.90%	23 74.19%	3 9.68%	8 25.81%	4 12.90%	6 4.45%	2 6.45%	9 9.68%	3 35.48%	2 6.45%	1 3.23%	31 100.00%
	Internet/social media	1 50.00%	0 0.00%	0 0.00%	1 50.00%	1 50.00%	1 50.00%	2 100.00%	0 0.00%	0 0.00%	0 0.00%	1 50.00%	0 0.00%	0 0.00%	0 0.00%	0 0.00%	0 0.00%	1 50.00%	0 0.00%	0 0.00%	0 0.00%	0 0.00%	0 0.00%	0 0.00%	0 0.00%	0 0.00%	0 0.00%	2 100.00%
	Other (please specify):	9 50.00%	4 22.22%	1 11.11%	11 61.11%	5 27.78%	5 27.78%	13 72.22%	11 61.11%	11 61.11%	2 11.11%	13 72.22%	9 50.00%	11 61.11%	0 0.00%	1 5.56%	1 5.56%	11 61.11%	0 0.00%	3 16.67%	2 11.11%	0 0.00%	4 22.22%	3 16.67%	4 22.22%	3 16.67%	2 11.11%	18 100.00%
	Total	287 71.93%	154 38.60%	38 9.52%	178 44.61%	145 36.34%	91 22.81%	326 81.70%	310 77.69%	134 33.58%	42 10.28%	237 59.40%	212 53.13%	221 55.39%	21 5.26%	39 9.77%	28 7.02%	265 66.42%	12 3.01%	89 22.31%	26 6.52%	20 5.01%	43 10.78%	62 15.62%	160 40.10%	18 4.51%	27 6.77%	399 100.00%

p-value: 0.00

NHP recommendations by NHP learning

		What NHPs do you recommend most often? Check all that apply.																									Total	
		Multivitamin/prenatal vitamin	Vitamin B complex	Vitamin B6	Vitamin B12 (oral or sublingual)	Folic acid	Vitamin C	Vitamin D	Calcium	Magnesium	Zinc	Fish oil/omega-3 fatty acids	Melatonin	Iron	Ginseng	Echinacea	Homeopathic products	Probiotics	St. John's wort	Cranberry	Garlic	Ginkgo biloba	Tea tree oil	Saw palmetto	Psyllium fiber	Weight loss/detoxification products		Other (please specify):
Please indicate the number of hours you have spent on accredited and non-accredited NHP learning within the past two years	None	40 70.18%	19 33.33%	2 3.51%	21 36.84%	12 21.05%	12 21.05%	40 70.18%	38 66.67%	12 21.05%	5 8.77%	26 45.61%	27 47.37%	31 54.39%	1 1.75%	4 7.02%	5 8.77%	36 63.16%	2 3.51%	12 21.05%	1 1.75%	1 1.75%	4 7.02%	2 3.51%	13 22.81%	2 3.51%	6 10.53%	57 100.00%
	1 to 3 hours	97 71.85%	50 37.04%	16 11.85%	63 46.67%	54 40.00%	24 17.78%	112 82.96%	106 78.52%	40 29.63%	12 8.89%	75 55.56%	70 51.85%	81 60.00%	8 5.93%	13 9.63%	4 2.96%	86 63.70%	3 2.22%	26 19.26%	9 6.67%	8 5.93%	10 7.41%	8 5.93%	59 43.70%	6 4.44%	5 3.70%	135 100.00%
	4 to 6 hours	55 71.43%	28 36.36%	7 9.09%	39 50.65%	30 38.96%	17 22.08%	62 80.52%	63 81.82%	20 25.97%	4 5.19%	50 64.94%	41 53.25%	42 54.55%	2 2.60%	4 5.19%	4 5.19%	48 62.34%	0 0.00%	15 19.48%	3 3.90%	3 3.90%	8 10.39%	3 3.90%	30 38.96%	3 3.90%	5 6.49%	77 100.00%
	7 to 10 hours	15 65.22%	10 43.48%	5 21.74%	11 47.83%	9 39.13%	10 43.48%	20 86.96%	20 86.96%	11 47.83%	7 30.43%	15 65.22%	17 73.91%	15 65.22%	0 0.00%	3 13.04%	4 17.39%	14 60.87%	3 13.04%	9 39.13%	3 13.04%	0 0.00%	8 34.78%	4 17.39%	10 43.48%	1 4.35%	2 8.70%	23 100.00%
	More than 10 hours	80 75.47%	46 43.40%	8 7.55%	44 41.51%	40 37.74%	28 26.42%	91 85.85%	83 78.30%	51 48.11%	21 19.81%	71 66.98%	56 52.83%	52 49.06%	10 9.43%	15 14.15%	11 10.38%	80 75.47%	4 3.77%	27 25.47%	10 9.43%	8 7.55%	13 12.26%	9 8.49%	48 45.28%	6 5.66%	9 8.49%	106 100.00%
Total		287 72.11%	153 38.44%	38 9.55%	178 44.72%	145 36.43%	91 22.86%	325 81.66%	310 77.89%	134 33.67%	49 12.31%	237 59.55%	211 53.02%	221 55.53%	21 5.28%	39 9.80%	28 7.04%	264 66.33%	12 3.02%	89 22.36%	26 6.53%	20 5.03%	43 10.80%	26 6.53%	160 40.20%	18 4.52%	27 6.78%	398 100.00%

p-value: 0.01