

Appendix 1: Survey Questions

For the purpose of this survey, natural health products are vitamins, minerals, herbal remedies, homeopathic remedies, traditional Chinese medicines, or other supplements.

Rate questions 1–7 using the following 5-point Likert agreement scale: strongly agree, agree, neither agree nor disagree, disagree, strongly disagree.

- 1.** *Natural health products are safer than prescription medications*
- 2.** *Prescription medications are more effective than natural health products*
- 3.** *In general, natural health products are of good quality*
- 4.** *Natural health products generally do not have side effects*
- 5.** *Doctors, nurses, and pharmacists should recommend natural health products more often*
- 6.** *For a chronic medical condition (e.g., high blood pressure, diabetes, high cholesterol), I would prefer to take a natural health product rather than a prescription medication*
- 7.** *For a minor ailment (e.g., cough due to a cold, indigestion, aches and pains), I would prefer to take a natural health product rather than a prescription medication*
- 8.** *Do you take any non-prescription, over-the-counter natural health products such as vitamins, minerals, herbal remedies, homeopathic remedies, traditional Chinese medicines, or other supplements? If yes, go to question 9. If no, go to question 14.*
- 9.** *Do you take any of the following vitamins or minerals? Please circle all that apply.*
 Calcium (any type)
 Chromium
 Iron (also known as ferrous fumarate, ferrous gluconate, ferrous sulfate, Palafer®)
 Magnesium
 Multivitamin (for example, Centrum®, Vitalux®)
 Vitamin A
 Vitamin B (for example, niacin, B6, B12, B50, B complex)
 Vitamin C (also known as ascorbic acid)
 Vitamin D
 Vitamin E
 Zinc
 Other (please specify)_____

- 10.** *Do you take any of the following natural remedies/supplements? Please circle all that apply.*
 Coenzyme Q10
 Cold-fx® (also known as North American ginseng)
 Echinacea
 Fish oils (also known as omega-3 fatty acids)
 Garlic
 Ginkgo biloba
 Glucosamine and/or chondroitin
 Grapeseed extract
 L-carnitine
 Lecithin
 Melatonin
 MSM (also known as methylsulfonylmethane)
 Probiotic (e.g., acidophilus)
 Red yeast rice
 Saw palmetto
 Selenium
 St. John's wort
 Valerian
 Other (please specify)_____
- 11.** *Where do you buy your natural health products? Please circle all that apply.*
 Retail pharmacy (e.g., London Drugs, Pharmasave, Rexall, Shoppers Drug Mart)
 Grocery store (e.g., Safeway, Save-on-Foods)
 Large format store (e.g., Costco, The Real Canadian Superstore, Walmart)
 Health food or vitamin store
 Internet
 Other (please specify)_____

12. Where do you get information about natural health products? Please circle all that apply.

Pharmacist

Doctor

Naturopath

The Internet

Books, magazines or newspapers

Friends and family

Other (please specify)_____

13. Approximately how much money do you spend on natural health products every month? Please circle the BEST answer.

Less than \$25

Between \$25 and \$50

Between \$50 and \$75

Between \$75 and \$100

Over \$100

14. What is your age?

Under 20

20-39

40-59

60-79

80 or over

15. What is your sex?

Female

Male

16. What is your highest level of education? Please circle the BEST answer.

Primary or middle school

High school

Trade school

University or college

17. What is your marital status? Please circle the BEST answer.

Single

Married/common law

Separated/widow

18. What is your ethnicity? Please circle the BEST answer.

Asian

Black

Filipino

First Nations

Latin American

Middle Eastern

South Asian

White

Other (please specify)_____