Supplementary File 1.

List of Natural Health Products (NHPs) Available for Selection by Respondents

Acetyl L-carnitine

AHCC (Active Hexose Correlated Compound)

Aloe vera

Alpha lipoic acid

American ginseng (Panax quinquefolius)

Antioxidant vitamin combinations (e.g. ACE's)

Arnica (botanical preparation)

Arnica (homeopathic)

Ashwagandha (Withania somnifera)

Asian/korean ginseng (Panax ginseng)

Astragalus (Astragalus membranaceus)

Benfotiamine (Vitamin B1 derivative)

Berberine (extract)

Boswellia serrata (Frankincense)

Calcium

Calendula (botanical)

Calendula (homeopathic)

Classical/Constitutional Homeopathic Remedy

Coenzyme Q10

Fermented wheat germ extract

Flaxseed (ground)

Flaxseed oil

Ginger (Zingiber officinale)

Glutamine

Green tea (Camellia sinensis, EGCG)

Homeopathic Nosodes

Honokiol (Magnolia officinale)

Hypericum (homeopathic)

L-Theanine

Lactoferrin

Licorice Root (Glycyrrhiza glabra)

Magnesium (citrate, bisglycinate, etc.)

Maitake (Grifola frondosa)

Melatonin

Milk Thistle (botanical)

Mistletoe (Viscum album)

Modified Citrus Pectin (PectaSol)

Multivitamin/mineral

Omega-3 fatty acid (fish derived)

Omega-3 fatty acid (non-fish derived)

Probiotics

Quercetin

Reishi (Ganoderma lucisum)

Ruta Homeopathic Remedy

Ruta 6 Homeopathic Remedy

Turkey tail (Coriolus versicolor also encompassing PSK extracts)

Turmeric (Curcuma longa)

Vitamin A (retinol)

Vitamin B complex

Vitamin B12

Vitamin C (Ascorbic acid)

Vitamin D

Vitamin E

Vitamin K

Whey protein

Zinc