



List of Interchangeable Terms

For natural health products and non-prescription drugs



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Overview

Table 1 below contains an exhaustive lists of interchangeable terms for labelling that may be updated from time to time. Despite terms indicated in a market authorization, this list of interchangeable terms affords flexibility to the terms you may utilize in your on-pack labelling.

Although these interchangeable terms may also apply for advertising, specific advertising policies and guidance documents are also applicable, including the [Guidelines for Consumer Advertising of Health Products for Nonprescription Drugs, Natural Health Products, Vaccines and Medical Devices](#).

Scope

These terms may be used interchangeably (A, B, C, D, E of each row, when applicable) in the labelling of Natural Health Products (NHPs) and Non-Prescription Drugs (NPDs), affording flexibility, provided that such use does not alter the meaning of the product's terms of market authorization issued by Health Canada under the [Natural Health Products Regulations](#) or [Food and Drug Regulations](#), respectively. As such, regardless of whether identified as interchangeable in the table below, the context in which the terms are used is always to be considered to determine whether such terms are indeed conveying the same meaning and therefore appropriate for product labelling. Indeed, as per section 9 of the [Food and Drugs Act](#), no person shall label, package, treat, process, sell or advertise any drug in a manner that is false, misleading or deceptive or is likely to create an erroneous impression regarding its character, value, quantity, composition, merit or safety.

However, it is important to note that it does not apply to the 'uses/indications' (that is, claim) for which the exact wording as expressed in your terms of market authorization must be used. In addition, the title, headings, and subheadings of the Canadian Drug Facts Table for NPDs or the Product Facts Table for NHPs cannot be changed beyond adjusting the interchangeable terms "ask/consult", "health care practitioner/ health care provider/health care professional/doctor/physician/dentist/pharmacist/ paediatrician". For NPDs, the terms 'active/medicinal ingredient(s) and/or 'inactive/non-medicinal ingredient(s)' may also be used interchangeably. No other changes are permitted.

In general, no notification or post-licence change is required for most NHPs when interchangeable terms are used, since only the label text is required, which includes labels generated by the web-based Product Licence Application form. However, for any products where mock-up labels and/or leaflets are reviewed and approved prior to

licensing, such as NPDs and some NHPs (for example: Nicotine replacement therapy products), any changes should be included in the next filing.

Table 1 should also be used in conjunction with the [Guidance document: Labelling of Natural Health Products](#) and the [Labelling Requirements for Non-prescription Drugs Guidance Document](#).

Table 1. Interchangeable terms (exhaustive list).

Information in bracket is optional. In some instances an example was included in bracket to clarify the context.

	A	B	C	D	E
1	Abdominal	Stomach	Belly	Gut	
2	Active ingredient	Medicinal ingredient			
3	Administer	Give	Provide	Deliver	
4	Aggravate	Make worse	Worsen	Get worse	
5	Allergy	Allergic reaction			
6	Application of (this product)	Applying (this product)	Apply (this product)		
7	Apply	Use	Put on	Spread	
8	Are uncertain	Do not know	Are unsure		
9	Ask	Consult	Talk	Contact	Advise
10	Assistance	Help	Aid	Support	
11	Associated with	Due to	Caused by		
12	Avoid	Keep away			

	A	B	C	D	E
13	Avoid ¹ contact with eyes	Do not get into eyes	Do not apply near the eyes	Do not apply close to the eyes	Keep out of eyes
14	Avoid ¹ inhaling	Do not inhale	Do not breathe in		
15	Before a doctor is consulted	Without first consulting a doctor	Consult your doctor before		
16	Before use	Prior to use			
17	Catarrh	Build-up of mucus in the airways	Build-up of mucus in the nose, (sinuses) and throat		
18	Clean	Cleanse			
19	Continue	Persist	Be persistent	Do not go away	Last
20	Daily	Every day	Per day	Each day	A day
21	Develop	Begin	Occur	Start	Commence
22	Difficulty (e.g., in urination)	Trouble (e.g., urinating)			
23	Discard	Throw away	Dispose of		
24	Discontinue	Stop	Quit		
25	Doctor ²	Physician	Health care practitioner	Health care provider	Health care professional

¹ The term “avoid” could be replaced with a more stringent term such as “do not”; however, “do not” cannot be revised to “avoid”.

² The term “dentist”, “pharmacist” or “p(a)ediatrician” could also be used depending on the product and the targeted subpopulation.

	A	B	C	D	E
26	Drowsiness ³ (may) occur(s)	You (may) get drowsy	You (may) feel drowsy	You (may) experience drowsiness	The drowsiness effect
27	Due to	Caused by			
28	Dyspepsia	Indigestion			
29	Enlargement of the (e.g., prostate)	An enlarged (e.g., prostate)	Increase in size of (e.g., the prostate)		
30	Especially in (e.g., children)	Especially (e.g., children)	Especially for (e.g., children)	Particularly in (e.g., children)	
31	Exceed	Use more than	Go beyond	Above	
32	Exceed (recommended) dosage	Use more than directed	Exceed dose		
33	Excessive	Too much			
34	Experience/Encounter	Feel	Have	Face	Develop
35	Fight (e.g., an infection)	Control (e.g., an infection)	Manage (e.g., an infection)		
36	For (the) (temporary) reduction of	(Temporarily) reduces			
37	Fortify	Strengthen	Rebuild		
38	Frequently	Often			
39	Generate	Build	Develop		
40	Get medical help or contact a poison	Call a poison control center or get medical			

³ The term “drowsiness” can be replaced with other symptoms or adverse reactions not captured in the table.

	A	B	C	D	E
	control center right away	help right away			
41	Give to	Use in			
42	Helps (to/with/in case of)	Contribute to	Aids (in/with)		
43	Hepatoprotectant	Liver protectant			
44	Hypercholesterolemia	High (blood) cholesterol levels	Elevated (blood) cholesterol levels		
45	Hyperlipidemia	High blood lipid levels	Elevated blood lipid levels		
46	Hypertension	High blood pressure	Elevated blood pressure		
47	Hypertriglyceridemia	High (blood) triglyceride levels	Elevated (blood) triglyceride levels		
48	Hypotension	Low blood pressure			
49	Immediately	Right away	Directly	As soon as	At once
50	Immediately following	Right after	Directly after		
51	Improve	Get better	Make better	Enhance	
52	In persons ⁴ who	If you/If the person	In individuals ⁴ who		
53	Inactive ingredient	Non-medicinal ingredient			

⁴ The term “person” or “individual” could be replaced with specific subpopulation as recommended for the product (for example: child).

	A	B	C	D	E
54	Increase/elevate your risk	Increase/elevate your likelihood	Increase/elevate your chance	Cause	
55	Increased	More			
56	Inhalation	Puff			
57	Instill (e.g., in the eye)	Put	Place (e.g., drop)		
58	Intended use	Benefit	Function		
59	Is (are) accompanied by	You also have	(That) occur(s) with		
60	Lasting	Long-lasting	Persisting	Continuing	
61	Lead to	Promote	Enhance	Increase	Raise
62	Longer	Take more time			
63	Lung ⁵	Pulmonary			
64	Medication	Drug	Medicine		
65	Minimize	Inhibit	Hinder	Interfere	Restrain
66	Not to exceed	Not exceeding	Not more than	Do not exceed	
67	Obtain	Get	Ask	Request	
68	Passages	Passageways	Tubes		
69	Penetrate (e.g., enamel/tooth)	Densify (e.g., enamel/tooth)	Strengthen (e.g., enamel/tooth)	Fortify (e.g., enamel/tooth)	Reinforce (e.g., enamel/tooth)

⁵ The use of a noun versus an adjective for an organ is permitted. This would apply to other organs.

	A	B	C	D	E
69 continued	Restore	Repair	Rebuild		
70	Perforation of	Hole in			
71	Persistent	That does not go away	That continues/stays	That lasts	
72	Presently	Now	Currently	At this time	
73	Prevent	Block	Neutralize	Protect	
74	Produce	Cause	Lead to	Result in	
75	Prompt(ly)	Quick(ly)	Rapid(ly)	Right away	Fast
76	Reduce	Minimize	Decrease	Lessen	
77	Referred to as	Of	(Also) known as	Called	
78	Relieve	Alleviate	Soothe		
79	(If contact occurs,) Rinse with water to remove	(If contact occurs,) Rinse thoroughly with water			
80	Sensation	Feeling			
81	Solution	Liquid			
82	Source of	Provides			
83	Specifically	Definitely	Precisely	Certainly	
84	Sputum	Mucus secretion			
85	Support	Maintain			
86	Take	Use	Ingest	Swallow	
87	Tend to recur	Reoccur	Return	Come back	

	A	B	C	D	E
88	To avoid ⁶ contamination	Avoid contamination	Do not contaminate		
89	Unless directed/advised by a doctor ⁷	Except under the advice of a doctor	Unless told to do so by a doctor		
90	Use caution	Be careful			
91	Usually	Generally	Typically	Commonly	
92	When practical	When possible			
93	You (your)	The child (the child's)			
94	You also have	Occurs with			

Additional Notes :

- a. As a standard, other tenses of a verb, even not captured in the table, including the continuous form could be regarded as a synonym when the meaning of the sentence is not altered (for example: ask and asking);
- b. In addition, the duration of use on monographs for NHPs may be represented in days, weeks or months; therefore, any equivalent representation may be used in the labelling or advertising of a product.

⁶ The term “avoid” could be replaced with a more stringent term such as “do not”; however, “do not” cannot be revised to “avoid”.

⁷ Interchangeable terms from row 25 can be used to replace “doctor”.