

Submission regarding “proposed options for future regulation of 'low risk products'.

What is low risk?

Low risk means causing no harm if taken according to their purpose.

Homeopathic medicines as well as **nutritional or herbal supplements are low risk**. My personal assessment of low risk relies on over 40 years of experience in this sector, researching Natural Therapies and their possible side effects.

The evidence provided is that of safety, unless some extra ordinary circumstances resulted in preventable side effects.

Extra ordinary circumstances are always the utter disregard for taking or using recommended dosages or therapies other than suggested, **such as taking 20 tablets of laxatives instead of 1 tablet, or similar examples.**

Further more, possible harm from taking Complementary Medicine can NOT be used against Complementary Medicine if suggested by a “fraudulent practitioner”. Therefore if there is a problem it would be with **OTC products**.

This holds true for both the medical and natural systems.

Option for Reform: Comments – Suggestions - Concerns

Vitamins and Minerals:

1. Vitamins and Minerals are accepted as healthy, preventative and supplementing nutritional status.
2. **Better policing** of manufacturing processes and labelling would be an improvement.
3. **Practitioner Only Supplements** would be preferred to OTC supplements.
4. Vitamins and Minerals supplements must continue to be regulated to assure quality, and prevent a possible decline of quality within the OTC products.
5. I am very concerned about the bias and inaccuracy of the NHMRC 2015 report. Vitamins and Minerals supplementation used by professional accredited Natural Therapy practitioners are safe and are causing no risk.
6. I am also concerned about the bias, blatant deliberate misrepresentation against Natural Therapy by certain groups of Sceptics, and the possible influences they have on negatively impress their view on regulation bodies.

My Preference is Option 1, with better supervision or policing of OTC products as well as labelling and manufacturing processes.

Homeopathic Products:

1. Homeopathy is accepted worldwide as a valuable and affordable therapeutic aid, and used in many countries by traditional natural therapy practitioners as well as conventional medicine practitioners, and should continue to do so.
2. Better policing of manufacturing processes and labelling would be an improvement.
3. Practitioner Only Homeopathic would be preferred to OTC supplements.
4. I am concerned about the bias and inaccuracy of the NHMRC 2015 report.
5. I am also concerned about the bias, against Homeopathy by Sceptics, such as the FoSM and their influences.

My Preference is Option 1 - Maintain the status quo