COSMETICS ALLIANCE CANADA

L'ALLIANCE DE L'INDUSTRIE COSMÉTIQUE DU CANADA

Activities	Deliverables	Timelines
Monograph updates with consultation	**1st** consultation cycle (90-day consultation) 28 Monographs	Oct. 31, 2023 to Jan 29, 2024
	Analysis of the comments received	Feb. 2024
	Publication of the revised monographs	End of March to end of May 2024*
	2nd consultation cycle (60-day consultation)	**January 31, 2024 – April 1, 2024**
	Analysis of the comments received	April 2024
	Publication of the revised monographs	End of May to end of July 2024*
	3rd consultation cycle (45-day consultation)	**May 1 – Jun 14, 2024**
	Analysis of the comments received	June 2024
	Publication of the revised monographs	End of July to end of Sept. 2024*
	Summer break (July-Aug)	
	4a – 30 day consultation	**Sep 3 – Oct 2, 2024**
	4b – 75 day consultation	**Nov 1 – Jan 14, 2025**
	Analysis of the comments received	Oct. 2024
	Publication of the revised monographs	End of Nov. 2024 to end of Jan. 2025*
Monograph adjustments without consultation	Will be updated in parallel during the cycles listed above	Nov. 2023 to Jan. 2025

*Publications usually occur the last Friday of the month.

Purple text below indicates monograph finalization date.

Pink text below indicates monograph of concern for CAC's product scope.

List of monographs to be updated and proposed batches for consultation (35% of the monographs).

Batch 1 (28)

Product monographs	Single ingredient monographs
Cognitive function products 2024-4-26 (minor revisions – 2024-02-28)	Grape seed extract 2024-03-28
Multiple Ingredient fixed Oil Products - Oral - - 2024-03-28 - Addition of Cannabis sativa 2025-03-28	Valerian 2024-07-26
Joint Health Products, Multiple Ingredient 2024-03-28 – New Claims Added 2024-09-27 and 2024-10-24 curcuminoids and turmeric concentrated extracts were missing from Table 6 – cautions and warnings)	5-HTP 2024-08-28
Workout Supplements 2024-07-08 - Addition of Cannabis sativa 2025-03-28	St-John's wort – oral 2024-07-26

Antioxidants 2024-10-25 – minor revisions on – 2025-01-10: - Alignment of the species listed in fruit blend, vegetable blend and fruit and vegetable blend and addition of a combination rule for these blends. - Revision of several typos in French. - Addition of the quantity for the ingredient 'Mélange de légumes' which was missing from Table 1 (French). - Addition of Cannabis sativa 2025-03-28	Fish oil 2024-03-28
Single ingredient monographs	Caffeine 2024-03-28 – Minor Adjustments on - 2025-04-25: • Adjustment of the Class II and III combination note to revise '400 mg or more' to 'more than 400 mg' of total caffeine per day cannot make any claims other than the ones listed on this monograph. • Inclusion of the information 'synthetic' for the source ingredients. • Revisions of typos in the French version.
Melatonin – oral 2024-04-26	Green tea extract
Melatonin – sublingual 2024-04-26	Hydrolyzed collagen 2024-03-28
Hops 2024-04-26	Creatine monohydrate March 28, 2024 and 2024-06-28 and 2024-07-03
Lemon balm 2024-04-26	L-Arginine 2024-05-31
Skullcap 2024-07-26	Curcumin 2024-03-26 and 2024-03-28
Passionflower 2024-04-26	Turmeric – oral 2024-03-28 – New Claims Added 2024-09-27
California poppy 2024-04-26 (minor revisions – 2024-02-28)	Fruit bromelain 2024-03-28
Ashwagandha 2024-04-26 and 2024-10-24 (note for solvents for ethanolic extract removed to avoid confusion) – Minor Revisions (2024-02-28)	Stem bromelain 2024-03-28
Willow bark 2024-03-28	

Batch 2 (27)

Product monographs	Single ingredient monographs
Antiseptic Skin Cleansers 2024-08-28	Glucomannan 2024-07-26
Athlete's Foot Treatments 2024-09-27	Psyllium – Plantago afra 2024-07-26 Psyllium – Plantago arenaria 2024-07-26 Psyllium – Plantago ovata 2024-07-26
Counterirritants 2024-09-27 and 2025-01-10 minor changes:	

- Addition of an introductory note clarifying the rules applied for combination of this monograph with the other monographs. - Clarification of the quantities for menthol and camphor that represent the concentration for total menthol and total camphor. - Revision of the French translation of 'plaster' to 'pansement adhésif'. - Adjustment of the direction of use for plasters and patches. - Revisions of few typos. Additional minor adjustments: 2025-04-25: • Adjustment of the Class II and III combination note to add 'along with evidence to support their safety and efficacy' in the sentence 'Theses products may be submitted as a Class III application along with evidence to support their safety and efficacy'. • Revision of the frequency 'up to 3-4 times per day' to 'up to 4 times per day'.	Merged into one monograph
First aid antiseptics 2024-08-28 and 2024-10-24 (to adjust English: call a poison control centre)	
Medicated Skin Care Products 2024-08-28	Senna 2024-07-26
Throat Lozenges 2024-11-29	Kutki 2024-07-26
Triphala 2024-11-29	Maca 2024-09-27
Whey products 2024-11-29	Maitake de-commissioned – covered under mushrooms monograph 2024-10-25
Mushrooms 2024-10-25	Poria de-commissioned – covered under mushrooms monograph 2024-10-25
Soybean Extracts and Isolates 2024-09-27	Dong quai – Angelica sinensis 2024-07-26
Single ingredient monographs	Reishi de-commissioned – covered under mushrooms monograph 2024-10-25
Aloe vera – oral 2024-07-26 and 2024-10-24 (to correct typo in the French PFT) - Minor adjustments 2025-03-28	Birch – Betula pubescens 2024-08-26
Amla 2024-09-27 - Minor adjustments 2025-03-28	Birch – Betula pendula 2024-07-26
Cascara sagrada 2024-07-26 Minor revisions – **2025-05-30**	Licorice 2024-11-29
Flaxseed 2024-07-26	Inulin 2024-09-27

Batch 3

Product monographs	**Single ingredient monographs**
Medicated vapours – 2025-01-10	Dandelion juice
Single ingredient monographs	Dandelion 2024-11-29
Alfalfa2024-11-29	Saw palmetto, liposterolic extract

- Minor revisions – **2025-05-30**	
Black pepper 2024-11-29	Bitter fennel 2024-11-29
Black walnut 2024-11-29	Sweet fennel 2024-11-29
Bovine colostrum – 2025-01-10	Goldenseal – oral 2024-11-29 and 2024-03-28
Calcium-Potassium salt of hydroxycitric acid	Saw palmetto – 2025-01-10
Chitosan2024-11-29	Resveratrol – 2025-01-10
Conjugated linoleic acid – 2025-01-10	Sage – oral – 2025-01-10
Marshmallow – leaf 2024-11-29	Seal oil – 2025-01-10
Witch hazel – oral 2024-11-29	American ginseng 2024-11-29

Batch 4

Product monographs	**Single ingredient monographs**
Gemmotherapy	Thuja – topical
Lithotherapy	Thyme – topical
Flower Essences	Turmeric – topical
Nosodes	Witch hazel – topical
Oligotherapy	Arnica
Organotherapy	Arnica – semi-solid dosage forms
Single ingredient monographs	Goldenseal – buccal
Burdock – topical	Sage – buccal – 2024-03-28
Frankincense – topical	Thyme – buccal – 2024-03-28
Heal-all – Prunella vulgaris – topical	St-John's wort – topical
Lungwort – topical	Nicotinamide mononucleotide (B3 derivative often seen in Class III single and multi products) – added to batch on May 1, 2024 and Aug 28, 2024

Batch 4a

Product monographs	
Gemmotherapy– 2025-01-10	**Oral rehydration solutions**
Lithotherapy – 2025-01-10	**Sport electrolyte supplements**
Flower Essences – 2025-01-10	**Haematococcus Pluvialis extract**
Nosodes– 2025-01-10	**Oral Rehydration Solutions – NEW Monograph** – 2024-02-28
Oligotherapy– 2025-01-10	
Organotherapy– 2025-01-10	

Batch 4b

	Single ingredient monographs
Topical analgesics/antipruritics – new monograph – added to batch 2024-10-24	Thuja – topical – 2024-02-28
	Thyme – topical – 2024-02-28
	Turmeric – topical– 2024-02-28
	Witch hazel – topical– 2024-02-28

	Arnica Arnica – semi-solid dosage forms Combined - 2024-02-28
Single ingredient monographs	Goldenseal – buccal
Burdock – topical- – 2024-02-28	Sage – buccal
Frankincense – topical- – 2024-02-28	Thyme – buccal
Heal-all – Prunella vulgaris – topical– 2024-02-28	St-John's wort – topical– 2024-02-28
Lungwort – topical– 2024-02-28	Nicotinamide mononucleotide (B3 derivative often seen in Class III single and multi products) – added to batch on May 1, 2024 and Aug 28, 2024
Blessed thistle – Cnicus Benedictus – Topical – - – 2024-02-28	Calendula – Buccal – 2024-03-28
Ground ivy – Topical – 2024-02-28	

Monographs with only minor adjustments that would not impact Product licences

Minor adjustments + added flexibilities – no impact on current Product Licences - no consultation (65% of the monographs)

Single ingredient monographs	
DIM – 3,3'diindolylmethane **January 26, 2024**	Panax ginseng **February 23, 2024**
Acai – Euterpe oleracea **December 29, 2023**	Globe artichoke

Active hexose correlated compound - Granule **December 29, 2023**
Active hexose correlated compound – Powder **December 29, 2023**
 	
2024-10-24 Update
Following concerns raised by industry representatives regarding the proper representation and identification of active hexose correlated compound (AHCC), we are moving forward with the following approach to mitigate the issue while analyzing the impact of a complete removal of the AHCC single ingredient monographs and the AHCC entry from the Natural Health Products Ingredients Database:
• **The medicinal ingredient 'AHCC' has been removed from the Antioxidants monograph; and**
• **The two AHCC single ingredient monographs have been revised as follows:**
  ○ **monograph name revised to 'AHCC extract'**
  ○ **proper and common names revised to 'AHCC'**
  ○ **inclusion of a footnote and specification note.**
  ○ **claims revised since this ingredient is an extract containing several compounds**
  ○ **dose information was clarified.**
	Glucosamine hydrochloride
	
	Glucosamine sulfate

Single ingredient monographs	
African wild mango **December 29, 2023**	L-Glutamine
Aloe vera – Topical **December 29, 2023**	Green coffee bean extract
Aloe vera leaf gel – Oral **January 26, 2024** Minor adjustments 2025-03-28	Ground ivy – Oral
DL&R -Alpha lipoic acid **January 26, 2024**	~~Ground ivy – Topical~~
Alpha-amylase **January 26, 2024** - Minor revisions **– 2025-05-30**	Hawthorn
Angelica – Angelica archangelica **January 26, 2024**	Heal-all – Prunella vulgaris – Buccal/Oromucosal
Astragalus **– 2025-05-30**	Heal-all – Prunella vulgaris – Oral
Avens	Holy basil – leaf
Bearberry	Holy basil – seed
Beta-Glucan **February 23, 2024**	Horse Chestnut
Betaine / Betaine hydrochloride	Horseradish
Bilberry – Buccal **February 23, 2024**	Hydrocortisone – Topical
Bilberry – Oral **February 23, 2024**	Hyssop
Black cohosh – Actaea racemose **– Jan 31, 2025**	Indole-3-carbinol
Black horehound – Ballota nigra **– Jan 31, 2025**	Juniper**– Jan 31, 2025**
Blessed thistle – Cnicus Benedictus – Oral	Krill oil**– Jan 31, 2025**
~~Blessed thistle – Cnicus Benedictus – Topical~~	Lactase**– Jan 31, 2025**
Blueberry **– Jan 31, 2025**	Lecithin – 2024-03-28
Boldo – Pneumus boldus	Linden
Borage oil - 2025-04-25	Lipase **– 2025-05-30**
Burdock – Oral	Lungwort – Oral
~~Calendula – Buccal~~	Lysine
Calendula – Oral	Malabar tamarind
Calendula – Topical	Male genital desensitizers
Caraway - Carum carvi **– Jan 31, 2025**	Marshmallow - root
L-Carnitine	Milk thistle **– 2025-05-30**
Carrot - Daucus carota subsp. sativus	MSM
Cassia – Cinnamomum aromaticum **– 2025-05-30**	Mugwort
Catnip – Nepeta cataria	N-Acetyl-L-Cysteine
Cayenne – Capsicum annuum – Oral	Olive leaf
Cayenne – Capsicum annuum/capsaicin – Topical	Papain
Cellulase	Peppermint
Ginkgo biloba	Chamomile, German – Buccal
Chamomile, German – Topical **– Jan 31, 2025**	Chamomile, German – Oral
Roman chamomile	Plant stanol esters **February 23, 2024**
Chaste tree	
Chlorella	Pomegranate
Chondroitin sulfate	Propolis – Buccal
Chymotrypsin	Propolis – Oral **– 2025-05-30**
Cinnamon - Cinnamomum verum	Propolis – Topical **– 2025-05-30**

Single ingredient monographs	
Citrus bioflavonoids	Protease fungal
Cod liver oil **February 23, 2024 and March 28, 2024**	Pseudoephedrine – adolescents 12-17 and adults 2025-04-25
Coenzyme Q10– **Jan 31, 2025**	Pseudoephedrine – children 6-11 2025-04-25
Cranberry - Vaccinium macrocarpon	Pygeum – Prunus africana
Dried cranberry juice	Quercetin
Deglycyrrhizinated licorice – Buccal	Red clover isoflavone extract
Deglycyrrhizinated licorice - Oral– **Jan 31, 2025**	Red wine extract
Devil's claw	Rhodiola
Echinacea - Echinacea angustifolia – 2024-03-28	Rosemary – Oral
Echinacea - Echinacea pallida	Rosemary – Topical
Echinacea - Echinacea purpurea	Royal jelly
Elder – Sambucus	Rutin
Eleuthero - 2025-04-25	Serrapeptase
Ephedra	Soy flour
Ephedrine	Spirulina – 2024-03-28
European pennyroyal	Stinging nettle
Evening primrose oil	Stinging nettle juice
Fenugreek – Oral	Taurine
Fenugreek – Topical	L-Theanine
Feverfew	Thuja – Oral
Figwort	Thyme – Oral
Flaxseed oil - 2025-04-25	Tomato extract
Frankincense – Buccal	Tribulus – **2025-05-30**
Frankincense – Oral	Trypsin
Free plant sterols **February 23, 2024**	L-tyrosine
alpha-Galactosidase	Ubiquinol
Garlic– 2024-03-28	Vitamin D high dose
Gentian	White kidney bean extract
Ginger	Witch hazel – Buccal and oromucosal
Phosphatidylserine	Witch hazel – Ophthalmic

Product monographs	
Acne Therapy Minor adjustments to (2021-06-25 version) on 2025-04-25: • Revision of a typo in the HTML English version only in the claim 'Reduces the number and/or severity of acne pimples (and allows skin to heal)' (publication date not updated as the PDF versions were accurate).	Primary Sunscreen

Anti-Dandruff Products	Secondary Sunscreen
Corn & Callus Remover	Homeopathy
Diaper Rash Products **February 23, 2024**	Wart Remover
Kelp products 2024-10-25	Laxatives, Carbon Dioxide-Releasing **February 23, 2024**
Aromatherapy - Essential oils	Laxatives, Hyperosmotic **February 23, 2024**
Marigold Extract and Isolates (Lutein and Zeaxanthin)	Probiotics
Multi-Vitamin/Mineral Supplements (planning to link all source materials listed in NHPID for vitamins and minerals for selection in the web-PLA form when naturally sourced)	Oral Health Products **February 23, 2024**
- Traditional Chinese Medicine Ingredients (has been specifically revised in 2022 to mitigate uncertainty with these products as methods of preparation and dosages are not restricted on the monograph) Addition of Cannabis sativa 2025-03-28 - Minor revisions – **2025-05-30**	Pancreatic Enzymes
Benzocaine	Digestive Enzymes