

Navigating the Complex Landscape of Health Supplements and Vaccines



As the editor-in-chief of Hong Kong Pharmaceutical Journal, it is my privilege to present this issue, which delves into two critical aspects of public health: health supplements and vaccines. Both have a profound impact on our well-being, yet they occupy distinct regulatory landscapes and evoke different public perceptions.

The article written by Benny Lee et al., “Overview of Health Supplement Regulations in Hong Kong: A Comparison with Drug Regulations,” offers a comprehensive analysis of the regulatory frameworks governing health supplements in Hong Kong. In recent years, the use of health supplements has surged in popularity, with many individuals incorporating these products into their daily routines in pursuit of improved health and well-being. As the demand for nutraceuticals continues to rise, pharmacists must have a solid understanding of the laws that regulate these products.

The article introduces the major regulations for health supplements, including safety, quality, labeling, and claims. While food and drug regulations may appear distinct, the underlying principles are fundamentally similar. By using comparison tables, the article effectively highlights the required documents for launching health supplements. Both pharmaceutical and supplement product regulations ultimately aim to safeguard safety and quality. However, the specific requirements can vary. Understanding these differences is crucial for ensuring

the safe and effective use of health supplements and for promoting informed decision-making among consumers and healthcare providers.

The review article on vaccines against herpes zoster (Zostavax® and Shingrix®) by Sam Tang et al., focuses on their efficacy, safety and impact on quality of life. Zostavax® was introduced in Hong Kong in 2007, followed by the newer Shingrix® in 2020. This review provides a valuable comparison of the efficacy, safety and impact on quality of life of these vaccines. By synthesizing the latest evidence and recommendations from clinical trials and guidelines, this article serves as a valuable resource for healthcare professionals seeking to optimize their approach to preventing herpes zoster in their patient populations.

The articles in this issue offer valuable insights into two crucial areas of pharmacy practice: health supplements and vaccines against herpes zoster. From regulatory complexities to vaccine advancements, these articles provide essential knowledge for pharmacists and healthcare providers. I encourage you to explore the depth of expertise presented here. Thank you for your continued support. Your feedback is vital to the Editorial Committee as we strive to create a publication that meets your needs. Please share your ideas and suggestions for improving the Journal.

May P S Lam
Editor-in-Chief
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