A PRACTICAL CANADIAN CHECKLIST

The Seed & Source Buyer's Guide

Choose seeds, herbs, mushrooms and nutrients with clearer questions, stronger evidence and less hype.

GROW · PREPARE · NOURISH

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BEFORE YOU BUY

Start with the source

A beautiful package can still hide the information that matters. Look for a real business name, a reachable contact, the country or region of origin, a lot or batch identifier when appropriate, and a clear explanation of what is actually inside.

If the seller cannot answer basic sourcing questions, treat that as missing evidence - not proof that the product is bad, but a reason to slow down.

One guide. Four buying paths.

SEEDS Fit the variety to your location, season and intended use.	**HERBS & FOODS** Choose identity, ingredients and practical use over grand promises.
MUSHROOMS Know whether you are buying a grow kit, food, powder or extract.	**NUTRIENTS** Read the regulated label, licence details, dose and warnings.

SECTION 01

Seeds: choose for place and purpose

For unusual or gourmet varieties, buy a small quantity first. Test germination and fit before committing to a larger order.

- Is this variety suitable for my Canadian growing zone and season length?
- Is it intended for gardening, sprouting, microgreens or eating? Those uses are not interchangeable.
- Are germination information, packing date and storage instructions provided?
- Is the botanical or variety name clear enough to identify what I am buying?
- Are treatments, coatings or restrictions disclosed?

SECTION 02

Herbs and food ingredients

Prefer clarity over promises. Words such as natural, ancient and detox can sound impressive without telling you much about identity, quality or evidence.

- Look for a complete ingredient list and the plant part used - seed, leaf, root or fruit.
- Check origin, processing, allergen and cross-contact information when relevant.
- Find storage directions and a best-before date.
- Look for a practical culinary use that does not depend on a health claim.

SECTION 03

Mushrooms: identify the product

A grow kit, culinary mushroom, dried powder and concentrated extract each have a different purpose.

- Check the species name, form, ingredients and country of production.
- Look for growing or extraction details, storage instructions and precise testing information.
- For grow kits, check Canadian shipping eligibility, live-material restrictions, setup, contamination policy and replacement terms.
- Do not assume a culinary product and a concentrated supplement have the same use or risk.

SECTION 04

Vitamins and nutrients

For natural health products sold in Canada, look for a Natural Product Number (NPN) or other applicable Health Canada authorization, then confirm that the product and licence details match the official record.

- Read the medicinal and non-medicinal ingredients and amount per unit.
- Check suggested use, warnings, contraindications and possible interactions.
- Find the expiry date, lot number and storage directions.
- Ask whether independent testing is described precisely rather than implied vaguely.

An authorization number does not mean a product is right for every person. Ask a pharmacist or qualified healthcare professional before using a supplement if you take medication, have a medical condition, are pregnant or nursing, have allergies, or are considering it for a child.

SECTION 05

Use a simple evidence scale

The right label may change as better evidence appears. Popularity, testimonials and censorship claims do not by themselves prove that a claim is true or false.



LEVEL 1

Well supported

Consistent, relevant evidence and a reasonable use.



LEVEL 2

Promising

Useful early evidence, but important questions remain.



LEVEL 3

Traditional

A documented history of use that is not the same as modern proof.



LEVEL 4

Speculative

An interesting idea or social claim without dependable confirmation.



LEVEL 5

Hazard signal

Credible reason for caution, avoidance or professional advice.

SECTION 06

Compare the whole cost

The lowest sticker price is not always the lowest real cost. Start small when quality, usefulness or personal fit is uncertain.

- Compare usable quantity and price per serving, gram or seed.
- Include shipping, duties and Canadian availability.
- Check replacement, refund and recall procedures.
- Consider storage life, likely waste and required equipment.
- Confirm whether a subscription renews automatically.

A good choice is not the product with the loudest promise. It is the product you can identify, understand, use appropriately and walk away from freely.

SECTION 07

Take the 60-second trust test

Answer yes or no before you buy:

01	I can identify the exact product and seller.	YES / NO
02	I understand what it is for and what it does not promise.	YES / NO
03	The origin, ingredients or variety are clear.	YES / NO
04	Important warnings and limitations are visible.	YES / NO
05	The Canadian price, shipping and return terms make sense.	YES / NO
06	The evidence is stronger than the marketing language.	YES / NO
07	I know whether the recommendation is paid or independent.	YES / NO

Several ‘no’ answers are a reason to pause and investigate.

OUR STANDARD

How Seed & Source chooses recommendations

We look for relevance to Canadian customers, understandable sourcing, useful quality information, fair terms and evidence that matches the claim.

AFFILIATE DISCLOSURE	We may earn a commission from clearly marked partner links. Compensation does not change the price you pay, and it does not guarantee that a product is suitable for you.

Keep asking better questions.

Seed & Source provides general educational information, not diagnosis, treatment or personal medical advice. Product details and regulations can change; verify the current label and seller information before buying or using anything.



SEED & SOURCE

Thoughtfully sourced seeds, foods & wellness essentials
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