

APPENDIX I

List of permitted vitamins and minerals for use in food supplements and the units by which they should be quantified (as of November 2016)

Taken from Annex I of Directive 2002/46/EC as amended

Vitamins

Vitamin A (μg RE)

Vitamin D (μg)

Vitamin E (mg a-TE)

Vitamin K (μg)

Vitamin B1 (thiamin) (mg)

Vitamin B2 (riboflavin) (mg)

Niacin (mg NE)

Pantothenic acid (mg)

Vitamin B6 (mg)

Folic acid (μg)

Vitamin B12 (μg)

Biotin (μg)

Vitamin C (mg)

Minerals

B

Boron (mg)

C

Calcium (mg)

Chloride (mg)

Chromium (μg)

Copper (μg)

F

Fluoride (mg)

I

Iodine (μg)

Iron (mg)

M

Magnesium (mg)

Manganese (mg)

Molybdenum (μg)

P

Phosphorus (mg)

Potassium (mg)

S

Selenium (μg)

Silicon (mg)

Sodium (mg)

Z

Zinc (mg)