

APPENDIX II

List of permitted vitamins and mineral sources for use in food supplements (as of November 2016)

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

VITAMINS

Vitamin A

Retinol
Retinyl acetate
Retinyl palmitate
Beta-carotene

Vitamin D

Cholecalciferol
Ergocalciferol

Vitamin E

D-alpha-tocopherol
DL-alpha-tocopherol
D-alpha-tocopheryl acetate
DL-alpha-tocopheryl acetate
D-alpha-tocopheryl acid succinate
Mixed tocopherols ⁽¹⁾
Tocotrienol tocopherol ⁽¹⁾

Vitamin K

Phylloquinone (phytomenadione)
Menaquinone ⁽¹⁾

Vitamin B1 (Thiamin)

Thiamin hydrochloride
Thiamin mononitrate
Thiamine monophosphate chloride
Thiamine pyrophosphate chloride

Vitamin B2 (Riboflavin)

Riboflavin
Riboflavin 5'-phosphate, sodium

Niacin

Nicotinic acid
Nicotinamide
Inositol hexanicotinate (inositol
hexaniacinate)

Pantothenic acid

D-pantothenate, calcium
D-pantothenate, sodium
Dexpanthenol
Pantethine

Vitamin B6

Pyridoxine hydrochloride
Pyridoxine 5'-phosphate
Pyridoxal 5'-phosphate

Folate (folic acid)

Pteroylmonoglutamic acid
Calcium-L-methylfolate
(6S)-5-methyltetrahydrofolic acid,
glucosamine salt

Vitamin B12

Cyanocobalamin
Hydroxocobalamin
5'-deoxyadenosylcobalamin
Methylcobalamin

Biotin

D-biotin

Vitamin C

L-ascorbic acid
Sodium-L-ascorbate
Calcium-L-ascorbate (1)
Potassium-L-ascorbate
L-ascorbyl 6-palmitate
Magnesium L-ascorbate
Zinc L-ascorbate

MINERALS

Boron

Boric acid
Sodium borate

Calcium

Calcium acetate
Calcium L-ascorbate
Calcium bisglycinate
Calcium carbonate
Calcium chloride
Calcium citrate malate
Calcium salts of citric acid
Calcium gluconate
Calcium glycerophosphate
Calcium lactate
Calcium pyruvate
Calcium salts of orthophosphoric acid
Calcium succinate
Calcium hydroxide
Calcium L-lysinate
Calcium malate
Calcium oxide
Calcium L-pidolate
Calcium L-threonate
Calcium sulphate

Chloride

Any of the listed chloride salts

Chromium

Chromium (III) chloride
Chromium enriched yeast¹
Chromium (III) lactate trihydrate
Chromium nitrate
Chromium picolinate
Chromium (III) sulphate

Copper

Cupric carbonate
Cupric citrate
Cupric gluconate
Cupric sulphate
Copper L-aspartate
Copper bisglycinate
Copper lysine complex
Copper (ii) oxide

Note: the ingredient may be listed as 'copper...', in which case the company should be able to confirm the source used is cupric (where relevant)

Fluoride

Calcium fluoride
Potassium fluoride
Sodium fluoride
Sodium monofluorophosphate

Iodine

Potassium iodide
Potassium iodate
Sodium iodide
Sodium iodate

Iron

Ferrous carbonate
Ferrous citrate
Ferric ammonium citrate
Ferrous gluconate
Ferrous fumarate
Ferric sodium diphosphate
Ferrous lactate
Ferrous sulphate
Ferric diphosphate (ferric pyrophosphate)
Ferric saccharate
Elemental iron (carbonyl + electrolytic + hydrogen reduced)
Ferrous bisglycinate
Ferrous L-pidolate
Ferrous phosphate
Ferrous ammonium phosphate
Ferric sodium edta
Iron (ii) taurate

Note: the ingredient may be listed as 'iron...', in which case the company should be able to confirm the source used is ferrous or ferric (where relevant)

Magnesium

Magnesium acetate
 Magnesium l-ascorbate
 Magnesium bisglycinate
 Magnesium carbonate
 Magnesium chloride
 Magnesium salts of citric acid
 Magnesium gluconate
 Magnesium glycerophosphate
 Magnesium salts of
 orthophosphoric acid
 Magnesium lactate
 Magnesium l-lysinate
 Magnesium hydroxide
 Magnesium malate
 Magnesium oxide
 Magnesium l-pidolate
 Magnesium potassium citrate
 Magnesium pyruvate
 Magnesium succinate
 Magnesium sulphate
 Magnesium taurate
 Magnesium acetyl taurate

Manganese

Manganese ascorbate
 Manganese l-aspartate
 Manganese bisglycinate
 Manganese carbonate
 Manganese chloride
 Manganese citrate
 Manganese gluconate
 Manganese glycerophosphate
 Manganese pidolate
 Manganese sulphate

Molybdenum

Ammonium molybdate
 (molybdenum (VI))
 Potassium molybdate
 (molybdenum (VI))
 Sodium molybdate (molybdenum
 (VI))

Phosphorus

Any of the listed phosphates that
 provide a sufficient quantity

Potassium

Potassium bicarbonate
 Potassium carbonate
 Potassium chloride
 Potassium citrate
 Potassium gluconate
 Potassium glycerophosphate
 Potassium lactate
 Potassium hydroxide
 Potassium l-pidolate
 Potassium malate
 Potassium salts of orthophosphoric
 acid

Selenium

L-selenomethionine
 Selenium enriched yeast¹
 Selenious acid
 Sodium selenate
 Sodium hydrogen selenite
 Sodium selenite

Silicon

Choline-stabilised orthosilicic acid
 Silicon dioxide
 Silicic acid¹

Sodium

Sodium bicarbonate
 Sodium carbonate
 Sodium chloride
 Sodium citrate
 Sodium gluconate
 Sodium lactate
 Sodium hydroxide
 Sodium salts of orthophosphoric
 acid
 Sodium sulphate

Zinc

zinc acetate
Zinc l-ascorbate
Zinc l-aspartate
Zinc bisglycinate
Zinc chloride
Zinc citrate
Zinc gluconate
Zinc lactate
Zinc l-lysinate
Zinc malate
Zinc mono-l-methionine sulphate
Zinc oxide
Zinc carbonate
Zinc l-pidolate
Zinc picolinate
Zinc sulphate

¹ The ingredient must be in the form specified in Annex II of Directive 2002/46/EC as amended

NOTE: Synonyms might be used in the ingredients list for some of these substances.