

APPENDIX II

List of permitted vitamins and mineral sources for use in food supplements (as of June 2021)

Taken from Annex II of Directive 2002/46/EC as amended (EU¹ and NI²) and Schedule 2 of The Nutrition (Amendment etc.) (EU Exit) Regulations 2019 (GB³)

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)
Nicotinamide riboside chloride*

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

¹ EU: European Union

² NI: Northern Ireland

³ GB: Great Britain (England, Scotland, Wales)

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
Calcium phosphoryl oligosaccharides

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 I-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 citrate malate*
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
Potassium sulphate

Selenium

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

Silicon

Choline-stabilised orthosilicic acid
Silicon dioxide
Silicic acid¹
Organic silicon
 (monomethylsilanetriol)

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

* EU and NI only

¹ The ingredient must be in the form specified in Annex II of Directive 2002/46/EC as amended (EU and NI) / as per the Guidance notes on legislation implementing Directive 2002/46/EC on food supplements (GB)

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