

Seven Easy Steps to Assess Non-Compliance of a Food Supplement

Three easy immediate checks of the label

1. If a product is labelled as 'Dietary Supplement', it is non-compliant.
All food supplements must be labelled with 'Food Supplement'.
2. If the product follows the nutritional information table with 'Other ingredients', listing the carriers and other additives etc., it is non-compliant.
ALL ingredients (including the active ingredients) must be listed under the heading 'Ingredients' in descending order by weight of input. Active ingredients must be quantified either separately under an appropriate heading or within the ingredients list itself.
3. If the quantity of vitamins A, D or E is given solely or principally as 'IU', it is non-compliant.
The quantity of these vitamins must be stated on food supplement labels using the applicable units: vitamin A 'µg RE'; vitamin D 'µg'; vitamin E 'mg α-TE'.
Although the voluntarily declaration of quantity in IU may sometimes be provided, this must not take priority.

Four easy checks requiring the use of lists

4. The only permitted vitamins and minerals for use in food supplements are listed in Annex I of Directive 2002/46/EC on food supplements, as amended (for the EU¹ and NI²) and in Schedule 1 of The Nutrition (Amendment etc.) (EU Exit) Regulations 2019 (for GB³). If the product contains vitamins or minerals other than those listed (e.g. vanadium), it is non-compliant.
The permitted vitamins and minerals, as of August 2023, are listed in Appendix I of this document.
5. The only permitted vitamin and mineral sources for use in food supplements are listed in Annex II of Directive 2002/46/EC on food supplements, as amended (for the EU and NI) and in Schedule 2 of The Nutrition (Amendment etc.) (EU Exit) Regulations 2019 (for GB). If the product contains vitamin or mineral sources other than those listed (e.g. potassium glycinate complex), it is non-compliant.
The permitted vitamin and mineral sources, as of August 2023, are listed in Appendix II of this document.
6. Certain ingredients have been determined to be novel foods requiring authorisation before they can be permitted for use (e.g. *Acacia rigidula*). These ingredients are listed in the EU novel food catalogue, which also includes the status of a number of other ingredients that may be not novel in food supplements only or not novel in all foods. The catalogue is not exhaustive, but if any of the ingredients stated as novel are present in a product, it is non-compliant, unless proof can be provided by the company that the ingredient falls under one of the few exceptions stated. Outcomes of official investigations into novel food status are published for the EU and for GB. In addition, GB has a register of the novel foods that have been authorised for use in GB.
 - **EU novel food catalogue:** <https://ec.europa.eu/food/food-feed-portal/screen/novel-food-catalogue/search>
 - **EU outcomes of novel food consultations:** https://food.ec.europa.eu/safety/novel-food/consultation-process-novel-food-status_en
 - **GB novel foods register:** https://data.food.gov.uk/regulated-products/novel_authorisations
 - **GB outcomes of novel food consultations:** <https://www.food.gov.uk/business-guidance/outcomes-on-novel-food-consultations>
7. If the product bears health claims, these should relate only to those authorised via Regulation 1924/2006 on nutrition and health claims (including disease risk reduction claims) and present on

¹ European Union

² Northern Ireland

³ Great Britain

the EU Register on nutrition and health claims (for the EU and NI) or on the Great Britain nutrition and health claims register (for GB). Certain on-hold claims are also permitted. Claims which refer to preventing, treating or curing a disease or illness are not permitted.

This can be a complicated issue. UK guidance on claims can be found from the Department of Health and Social Care (DHSC), the Committee of Advertising Practice (CAP) and the Medicines and Healthcare products Regulatory Agency (MHRA).

- **EU Register of nutrition and health claims:** <https://ec.europa.eu/food/food-feed-portal/screen/health-claims/eu-register>
- **Great Britain nutrition and health claims register:** <https://www.gov.uk/government/publications/great-britain-nutrition-and-health-claims-nhc-register>
- **DH Guide to compliance with Regulation (EC) 1924/2006 on nutrition and health claims made on foods:** <https://www.gov.uk/government/publications/nutrition-and-health-claims-guidance-to-compliance-with-regulation-ec-1924-2006-on-nutrition-and-health-claims-made-on-foods>
- **DHSC guidance and spreadsheet relating to 'on hold' health claims:** <https://www.gov.uk/government/publications/nutritional-and-health-claims-legislation-bulletins-2014>
- **CAP/ASA Advice and Resources:** <https://www.asa.org.uk/advice-online/food-general-health-claims.html>
- **MHRA Borderline products: how to tell if your product is a medicine:** <https://www.gov.uk/guidance/borderline-products-how-to-tell-if-your-product-is-a-medicine>

(The links are current as of January 2024. However, we have no control over other agencies relocating their web pages. Therefore, if any of the links do not work, search in your web browser for the document name)

APPENDIX I

List of permitted vitamins and minerals for use in food supplements and the units by which they should be quantified (as of October 2025)

Taken from Annex I of Directive 2002/46/EC as amended (EU¹ and NI²) and Schedule 1 of The Nutrition (Amendment etc.) (EU Exit) Regulations 2019 (GB³)

Vitamins

Vitamin A (µg RE)
Vitamin D (µg)
Vitamin E (mg α-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 (mg)

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)

¹ EU: European Union

² NI: Northern Ireland

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

APPENDIX II

List of permitted vitamins and mineral sources for use in food supplements (as of October 2025)

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
Calcidiol monohydrate*

* Authorised for use in NI and EU only

Vitamin E

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

Vitamin K

Phylloquinone (phytomenadione)
Menaquinone ^(F)

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 ^(F)
Potassium-L-ascorbate
L-ascorbyl 6-palmitate
Magnesium L-ascorbate
Zinc L-ascorbate

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² NI: Northern Ireland

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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 yeast ^(F)
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 milk caseinate ^(F) *
Iron hydroxide adipate tartrate (nano)*
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)

* Authorised for use in NI and EU only

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 yeast ^(F)
 Selenious acid
 Sodium selenate
 Sodium hydrogen selenite
 Sodium selenite

Silicon

Choline-stabilised orthosilicic acid
 Silicon dioxide
 Silicic acid ^(F)
 Organic silicon (monomethylsilanetriol) [#]

[#] Novel food authorisation for food supplements in liquid form only

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

^(F) 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) / or as per the relevant novel food authorisation

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