

**THE DARK SIDE OF
BLUE LIGHT**

What smartphones are doing to our eye health – and how lutein and zeaxanthin can help

**MIND THE GAP: THE DARK
SIDE OF BLUE LIGHT**

The latest story in the Mind the Gap series explores how our exposure to blue light has surged as a result of the increased use of smart phones, computers and LED lighting. The new resource explains that a daily intake of lutein and zeaxanthin can help maintain macular health. Since levels required can be hard to achieve

from the diet alone, food supplements can provide an important source of these two antioxidants. Thanks to the quick work of our member association Terveystuotetukut Ry, it is also already available in the Finnish language.

Link: iadsa.org/mind-the-gap

NEW PUBLICATIONS

If you have missed our latest publications, they are available on our website.



Food supplements containing botanicals: important issues to consider in the development of regulatory measures



Establishment of Maximum Safe Levels of Vitamins and Minerals in Health Supplements and Nutraceuticals in India using nutritional risk analysis

**IADSA VIDEO ABOUT
CODEX LAUNCHED**

The Codex Alimentarius Vice Chair, Steve Wearne, has launched our new video on the IADSA Codex Guide, which covers the horizontal and vertical rules impacting the food supplements sector. The Guide also highlights how, why and when consensus was reached in Codex. Launching the video on the IADSA 100 Minutes online meeting, Steve Wearne said:

"I would like to congratulate IADSA on the production of this short video and of the IADSA guide to relevant Codex texts that it references. We all share a responsibility for implementing the Codex strategic plan. I can think of no better example of a Codex observer organisation taking a lead in helping us to deliver our strategic goal of increasing impact through the recognition and use of Codex standards."



The video is available at this link: iadsa.org/resources/34

**TURKEY: WORKSHOP
HELPS MINISTRY
CONSIDER FUTURE
OF CLAIMS
REGULATION**

At the end of 2018, the responsibility for claims for foods and food supplements switched from the Ministry of Agriculture to the Ministry of Health (MoH). Since this time, the MoH has been reflecting on what approach should be taken in potential new regulation in this area. The Turkish association, GTBD, has facilitated IADSA meetings with MoH to help provide the essential knowledge regarding regulatory models and, in particular, perspectives on the EU regulation that Turkey is looking to follow. Most recently, a workshop was held online in May with more than 20 MoH officials to address their questions.

IADSA GRANT

Congratulations to ANAISA Mexico, winners of the 2020 IADSA Grant, for their project "Food supplements market in Mexico: socioeconomic, cultural and anthropological study"

At the IADSA 100 Minutes, the 2019 Grant Winners, HPA South Africa, reported on the progress that had been achieved with the funding provided. The next edition of IADSA Connect will provide further detail on the HPA achievements.