

IADSA NEWSFLASH

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Regulatory news



China

Stricter rules for China's livestream e-commerce

China is introducing tighter controls on food sold via livestream e-commerce. New rules issued by the State Administration for Market Regulation (SAMR) will come into force on 20 March 2026.

The regulation makes food safety a shared responsibility across the livestream chain, covering platforms, studio operators, influencers and service agencies. A strong focus is placed on who is selling and how well they are trained. Platforms will be required to verify the identity and licences of those involved in food sales and to provide mandatory training before influencers can host their first food livestream, with annual refresher sessions.

Operators must also put formal food safety management systems in place, monitor livestreams in real time and act quickly where problems arise, including suspending streams or reporting violations to regulators. Food sold via livestreams will be brought into China's national food

safety sampling and inspection programme, and digital monitoring records may be used as evidence in enforcement actions.

China puts joint health claims on solid ground

China's State Administration for Market Regulation (SAMR), together with the National Health Commission (NHC) and the National Administration of Traditional Chinese Medicine (NATCM), released a new entry in the Health Function Catalogue Allowed for Health Food Claims covering products that help maintain bone and joint health.

The update introduces a new, specific function claim, "Helps maintain bone and joint health" supported by secondary claims, including "alleviates pain or stiffness" and/or "alleviates cartilage damage". The accompanying technical guidelines set out detailed requirements for claim substantiation, including structured animal testing and human clinical trials, depending on the nature of the ingredients and the claims made.

Filing options for Coenzyme Q10 and melatonin health foods

On 31 December 2025, the State Administration for Market Regulation (SAMR) issued an announcement expanding permitted dosage forms and additives for single-ingredient health foods containing Coenzyme Q10 and melatonin under the filing pathway. The changes will apply from 1 March 2026.

For Coenzyme Q10, powders and oral liquids are newly permitted dosage forms. The update also broadens approved excipients, including fruit and vegetable powders and maltodextrin for solid forms, and additional sweeteners and stabilisers for oral liquids.

For melatonin, oral liquids are now permitted, with an expanded additive list including xylitol, citric acid and commonly used preservatives.

Indonesia

Draft BPOM decree outlines approved raw materials for health supplements

Indonesia's National Agency of Drug and Food Control (BPOM) has released a draft Decree setting out a proposed list of pharmaceutical raw materials permitted for use across several regulated categories, including health supplements.

The draft applies to raw materials used in traditional medicines (Obat Bahan Alam), health supplements (Suplemen Kesehatan), quasi-drugs and certain cosmetic preparations.

An annex to the proposal includes a list of specific pharmaceutical raw materials recognised for use, with substances such as lactitol, maltitol and related solutions.

The measure forms part of the implementation of BPOM Regulation No. 26 of 2025, which introduced risk

assessment requirements for raw materials used in foods and pharmaceutical-related products, including health supplements.

Indonesia proposes new labelling rules for health supplements

Indonesian Food and Drug Authority (BPOM) has released a draft regulation introducing new labelling requirements for health supplements, aimed at improving transparency on ingredient origin, halal status and alcohol content.

Health supplements containing certain ingredients, including gelatin, glycerin, enzymes, collagen, proteins, glucosamine, chondroitin and L-cysteine, would be required to declare the origin of these materials.

For halal claims, valid certification would be mandatory. Where non-halal ingredients are used, the ingredient name must be displayed in a contrasting font colour. Products using halal raw materials but still undergoing halal process audits would need to carry a specific interim statement.

Supplements containing ethanol would be required to declare alcohol content quantitatively on the label and leaflet. Exemptions would apply only where alcohol is an undetectable processing residue or where the product holds a valid halal certificate.

Singapore

Updated health supplement guidance

Singapore's Health Sciences Authority (HSA) has issued an updated version of its Health Supplements Guidelines in January, introducing clearer expectations for classification, safety responsibility and quality control while maintaining its long-standing "light" pre-market regulatory model.

The revised guidance strengthens the distinction between health supplements and medicinal or complementary health products, with expanded clarification on product classification, dosage forms and permissible claims. The update also places greater emphasis on the responsibility of companies placing products on the market to hold safety evidence, ensure appropriate manufacturing standards and conduct routine quality testing. Additional clarification has been provided on contaminant controls and

ingredient restrictions, and more explicit examples of prohibited disease-related claims, intended to support enforcement.

South Korea

MFDS to re-assess nine health functional food ingredients in 2026

South Korea's Ministry of Food and Drug Safety (MFDS) has announced its annual programme to re-evaluate the safety and functionality of selected health functional food ingredients. For 2026, nine ingredients have been identified for review, alongside further investigation into *Garcinia cambogia* following adverse event reports.

The review forms part of a system in place since 2017, under which ingredients are reassessed either ten years after initial approval or earlier if new safety or efficacy concerns emerge. To date, 91 ingredients have been re-evaluated, with outcomes consistently leading to tighter controls, such as revised intake conditions or, in one case, withdrawal of functional recognition.

The 2026 review will cover a mix of notified and individually recognised ingredients, including hyaluronic acid, *Rhodiola rosea* extract, *Lactobacillus gasseri* BNR17, *boswellia* extract, turmeric extract and green coffee bean extract.

The process will run throughout 2026, with draft conclusions expected to be released for public comment in November, ahead of final decisions in December.

Updates to health functional food standards

The Ministry of Food and Drug Safety (MFDS) has published Announcement No. 2025-524, proposing revisions to the standards and specifications for health functional foods.

The draft amendments aim to improve regulatory clarity and the accuracy of quality control requirements for functional ingredients and nutritional components. Key proposals include the introduction of a new functional claim, "helps regulate immune function", for chitosan oligosaccharide, alongside new manufacturing standards and testing methods.

MFDS also proposes to refine analytical methods for several nutrients and functional ingredients, including vitamin B1, niacin (vitamin B3), vitamin B12, biotin, fatty acids and lactic acid bacteria counts.

Taiwan

Taiwan modernises hygiene rules for health foods with new sanitary standard

The Taiwan Food and Drug Administration (TFDA) has adopted a new Sanitary Standard for Health Foods, replacing the previous 1999 framework with immediate effect. The updated regulation introduces a more detailed and enforceable set of hygiene requirements, moving away from broad, principle-based provisions towards specific standards covering microorganisms, contaminants and toxins, processing aids, raw materials, and food contact materials. Health foods will now align more closely with Taiwan's general food safety rules on heavy metals, pesticides and microbiological limits.

Vietnam pauses tougher health supplement rules after industry concerns

Vietnam has delayed the introduction of stricter food safety rules for health supplements.

A government resolution issued on 4 February suspends the implementation of Decree No. 46/2026/ND-CP and Resolution No. 66.13/2026/NQ-CP, postponing their application until 16 April 2026. Until then, existing procedures under Decree No. 15/2018/ND-CP remain fully in force, meaning current product declaration, registration and import inspection requirements continue unchanged. The planned reforms are intended to strengthen oversight of food products, with health supplements specifically identified as a higher-risk category because of functional claims and their direct impact on consumer health.

Once implemented, the new framework will introduce more detailed product registration dossiers. Authorities would additionally be able to request supporting documentation, including manufacturing process descriptions, quality and safety standards, and product stability data. One of the most significant, and now deferred, changes concerns imports. Health supplements would become subject to mandatory state food

safety inspections at the border, even where a product registration certificate has already been granted.

Officials said the delay responds to practical implementation challenges raised by ministries, local authorities and businesses, particularly regarding inspection procedures and customs clearance capacity.



EU

EU updates Novel Food Catalogue, tightening rules on botanical extracts

The European Commission has updated the EU Novel Food Catalogue, clarifying the status of several botanicals and plant-derived ingredients and drawing sharper regulatory boundaries between plant uses and purified actives. Most notably, greater celandine (*Chelidonium majus*) is now fully classified as a novel food, making it unauthorised for any food or supplement use without prior approval.

At the same time, some botanicals, including parts of Japanese sophora (*Styphnolobium japonicum*), are recognised as non-novel only in food supplements, restricting their use in other food categories such as teas or beverages.

Several high-purity extracts and isolates have also been individually assessed and deemed novel, including cycloastragenol (astragalus), apigenin (chamomile), pterostilbene (red sandalwood), and concentrated extracts of *Gynostemma* and *Centella asiatica*. These now require pre-market authorisation.

EFSA confirms 1 g/day DHA intake remains safe

The European Food Safety Authority (EFSA) has published its final scientific opinion on supplemental docosahexaenoic acid (DHA), confirming that the safety advice remains unchanged.

EFSA maintains that a safe intake level of 1 g/day for supplemental DHA

applies across all population groups, including pregnant and lactating women. As in 2012, no formal tolerable upper intake level was set, due to limitations in dose-response data, with conclusions instead based on the absence of observed adverse effects at this intake level. The assessment applies to DHA added to foods or consumed as supplements, in any chemical form and from all sources where DHA predominates.

EU keeps vitamin limits under review, pace uncertain

EU member states continue to maintain pressure on the European Commission to advance work on setting maximum levels for vitamins and minerals in food supplements and fortified foods, highlighting a growing tension between political expectations and regulatory capacity.

At the European Council in December, Germany, supported by a broad coalition of member states, called for progress on the long-standing legal obligation to develop maximum levels under the Food Supplements Directive that remains unresolved.

To sustain pressure, Finland raised the issue again two days later at a meeting of the European Commission's Standing Committee on Plants, Animals, Food and Feed (SCOPAFF), Section General Food Law, seeking clarity on next steps. The Commission confirmed that the file remains on its agenda but emphasised the need for further scientific assessment and stakeholder input, indicating that regulatory progress may lag behind Member State expectations.

This position was consistent with the message delivered at the AGRIFISH Council, where the Commission pointed to the technical complexity of establishing EU-wide levels and signalled that progress should be aligned with resources and priorities.

EFSA extends timetable for fennel seed Article 8 safety assessment

The European Food Safety Authority NDA Panel has extended the timeline for the final Article 8 safety opinion on fennel seed, following completion of the public consultation on the draft assessment.

EFSA received 206 stakeholder comments, necessitating a detailed review of submitted feedback, the integration of additional data

identified during the consultation, and a revised exposure assessment. As a result, the delivery of the final opinion has been rescheduled to 30 November 2026.

The timelines for the other Article 8 assessments remain unchanged. EFSA's opinions on *Garcinia cambogia* and HCA-containing plants are still expected by end March 2026, while the berberine assessment remains scheduled for end April 2026.

EFSA sets provisional CBD intake level as safety concerns persist

EFSA has published an updated assessment of cannabidiol (CBD), establishing a provisional safe intake level of 0.0275 mg/kg body weight per day, around 2 mg per day for an average adult.

The step follows EFSA's 2022 opinion, when evaluations of CBD as a novel food were effectively paused due to major data gaps. While the Authority has now introduced a temporary intake level, it stresses that uncertainties remain, particularly regarding possible effects on the liver, endocrine, nervous and reproductive systems.

The level applies only to food supplements containing highly purified CBD ($\geq 98\%$) produced through safe processes. EFSA also concluded that safety cannot currently be established for individuals under 25 years of age, pregnant or breastfeeding women, or people taking medication.

In the United Kingdom, the Food Standards Agency set a provisional ADI of 10mg/day CBD for pure form $\geq 98\%$ CBD and a safe upper limit of 70 $\mu\text{g/day}$ $\Delta 9$ -THC.

Denmark

Other substances in supplements

Denmark has adopted a revised Executive Order on the addition of substances other than vitamins and minerals to foods (BEK nr 1522 of 3 December 2025), updating Annex 1 of the national positive list that governs which substances may be added to foods, including food supplements.

The new Order repeals the previous version (BEK nr 616 of 2 June 2025). No substantive changes appear to have been introduced compared with the draft circulated for consultation in autumn 2025.

The amendments primarily affect maximum levels and ingredient availability for supplements:

- Catechin and epicatechin from grape seed extract have been increased to 140 mg per recommended daily dose (from 27.5 mg), with a clear cap applying to the total catechin profile.
- Creatine has been increased to 4 g per daily dose, aligning more closely with levels used in sports nutrition products.
- Lecithins have been increased to 10,500 mg per daily dose, substantially expanding formulation flexibility.

Methylsulfonylmethane (MSM) has been added to Annex 1, with a maximum level of 200 mg per recommended daily dose, alongside an update to Annex 2 to include the relevant specification (DK 225).

France

France maintains the suspension of foods containing additive E171 (titanium dioxide, TiO₂)

By decree of 12 December 2025, the French authorities have extended for 2026 the suspension of the placing on the market of foods containing the additive E171 (titanium dioxide, TiO₂). This measure has been in force continuously since 2020 and aims to prevent any new marketing in France of products containing this additive. At EU level, titanium dioxide was removed from the list of authorised food additives by Regulation (EU) No 2022/63 of 14 January 2022, following the scientific opinion published in May 2021 by the European Food Safety Authority. EFSA concluded that, based on the available data, the genotoxicity of titanium dioxide particles could not be ruled out and that E171 could therefore no longer be considered safe.

The EU ban has applied since 7 August 2022. However, as the Regulation did not require the withdrawal of foods placed on the market before that date, such products may remain available until the end of their shelf life. To prevent the circulation of existing stocks in France and to ensure that no new products containing E171 are placed on the French market, the national suspension has been maintained each year and is confirmed for 2026.

Germany

BfR updates iodine intake advice

The German Federal Institute for Risk Assessment (BfR) has published an updated 2025 scientific opinion on recommended maximum levels for iodine in foods, including food supplements.

For supplements, BfR proposes a maximum daily intake of 100 µg of iodine for the general population, with a higher level of 150 µg for pregnant and breastfeeding women, reflecting their increased nutritional needs.

While not legally binding, the opinion is expected to inform national risk management decisions. At EU level, the update may also feed into renewed discussions on the harmonisation of maximum levels for vitamins and minerals.

Vitamin D guidance for food supplements

The German Federal Institute for Risk Assessment (BfR) has published a Q&A clarifying vitamin D intake, sun exposure and supplementation. BfR confirms that 20 µg (800 IU) per day is sufficient when the body cannot produce vitamin D via sunlight and remains safe for long-term use. Accordingly, BfR continues to recommend that food supplements should not exceed 20 µg of vitamin D per daily dose.

The authority emphasises that vitamin D is mainly produced in the skin through sunlight, that routine supplementation is not necessary for healthy individuals, and that supplements are mainly appropriate for specific risk groups, such as older adults with limited sun exposure and infants.

Italy

Italy launches national working group on supplements

The Italian Ministry of Health has formally established a Working Group on food supplements, recognising the sector's continued growth and the need for stronger consumer health protection through market monitoring and sustained technical-scientific dialogue.

Hosted within the Directorate-General for Food Hygiene and Safety, the

Group brings together national authorities, regional representatives, public health experts, industry associations and consumer organisations. Its mandate is to track market and consumption trends, develop technical and scientific guidance on production, labelling and safety (including EU obligations), and propose regulatory updates to the Undersecretary of State.

The Working Group is appointed for two years, operates without remuneration or additional public cost, and will deliver a final report at the end of its mandate.

Netherlands

Dutch watchdog finds widespread illegal health claims by influencers on Instagram

The Dutch Food and Consumer Product Safety Authority (NVWA) has found that many social media influencers continue to use prohibited claims when promoting food products on Instagram, despite holding certificates intended to demonstrate their understanding of responsible online marketing rules.

In a recent investigation, the NVWA reviewed 41 Instagram posts and found that 23 contained illegal claims. These included medical claims, unauthorised health claims and incorrect nutritional statements. Examples cited by the authority included claims that products could combat inflammation, improve prostate health or increase energy levels.

Some posts also misrepresented product composition, such as describing products as "high in protein" when they did not meet the regulatory criteria for such a claim. The findings were shared with the Dutch Data & Marketing Association (DDMA), which said it actively highlights NVWA guidance on claims within its influencer e-learning programmes.

The NVWA has announced that it will carry out a more extensive inspection next year into the use of misleading food claims by influencers on social media.

The authority advised consumers to remain cautious of product promotions online and stressed that all marketed products must be safe and not misleading. To support compliance, the NVWA provides practical checklists for commonly promoted products,

including food supplements and cosmetics.

Poland

Limits set for *Artemisia absinthium* in supplements

Poland's State Sanitary Inspection (GIS) has adopted Resolution 02/2025, setting conditions for the use of *Artemisia absinthium* L. (wormwood) in food supplements placed on the Polish market.

Use is permitted only under strict limits due to the presence of thujone. The powdered herb must not exceed 2 g per recommended daily portion, and thujone must not exceed 1.5 mg per day. Food business operators must hold analytical data confirming thujone levels.

The resolution also recommends specific warning statements on labels, including restrictions for children, pregnant and breastfeeding women, limits on duration of use, and contraindications for certain health conditions. The measures apply to adult-only supplements and reflect the classification of *Artemisia absinthium* as a high-risk botanical.

Spain

AESAN alerted to further cases of irregular claims on food supplements

The Spanish consumer organisation Organización de Consumidores y Usuarios (OCU) has reported 13 food supplements to the Spanish Agency for Food Safety and Nutrition (AESAN) over alleged irregular or unauthorised health claims, according to a recent statement.

The products include five collagen-based supplements, four marketed for nervous system support, and four products covering indications such as pain relief, menstrual regulation, microbiota balance and appetite control. Several of these were identified by consumers through OCU's "Menos cuentos y más ciencia" ("Less hype, more science") campaign.

This latest action follows earlier complaints this year concerning four joint-health supplements and eleven weight-loss products, bringing the total number of supplements flagged by OCU in 2026 to 28.

OCU noted that food supplements are not risk-free and advised consumers to consult a healthcare professional before use, particularly pregnant or breastfeeding women, individuals with liver or kidney conditions, and those taking medication, due to the potential for adverse effects or interactions. The organisation also warned against unsubstantiated health claims and stressed that a balanced diet generally provides adequate nutrients without the need for supplementation.

Survey data cited by OCU indicate rising consumption of supplements in Spain, with 58% of consumers reporting use in the past 12 months, compared with 42% in 2021.

Switzerland

Swiss-EU study confirms safety of probiotic supplements, calls for stronger quality controls

A new Swiss study on probiotic food supplements, published on 6 January 2026 and shared at EU level via the European Food Safety Authority (EFSA), finds that products on the market are largely safe, while highlighting gaps in quality management and labelling.

The assessment, led by the Basel-Landschaft Office for Food Safety and Veterinary Affairs on behalf of the Swiss Federal Food Safety and Veterinary Office, analysed 20 probiotic supplements using both traditional microbiology and advanced DNA sequencing. No harmful microorganisms or transferable antimicrobial resistance genes were detected, a key point in ongoing European discussions on emerging risks.

However, nearly half of the products showed quality-related non-compliance, mainly due to insufficient bacterial counts, mismatches between declared and actual strains, and labelling errors. Products containing *Enterococcus faecium* or herbal ingredients were identified as requiring closer scrutiny.

The study highlights that while probiotic supplements are generally safe, robust self-regulation, clearer labelling and modern testing tools are essential to maintain consumer trust and regulatory confidence.

Turkey

Draft proposal to restrict social media sales of food supplements

Turkey's Ministry of Agriculture and Forestry (MinFAL) is considering a draft regulation that would ban the sale of food supplements via social media platforms, citing health, food safety and accountability concerns.

The move is understood to be partly a response to continued pressure from the Ministry of Health to take over responsibility for the category, with MinFAL seeking to reinforce its regulatory role.

The proposal would target sales through platforms such as Instagram and TikTok, where authorities argue that traceability and oversight are more difficult to ensure.

While digital and business stakeholders have raised concerns about the impact on online marketing and entrepreneurship, the Ministry maintains that tighter controls are needed to reduce risk and clarify responsibility.

UK

Food supplement use in focus as FSA issues updated safety advice

The UK Food Standards Agency (FSA) has launched new online guidance to help consumers buy and use food supplements safely.

The guidance covers commonly used products including vitamin and mineral supplements, protein powders and herbal preparations, and aims to support informed decision-making while reducing risks associated with inappropriate use. The FSA reminds consumers that supplements are intended to complement, not replace, a balanced diet.

Key advice includes following labelled dosage instructions, avoiding excessive intake, checking NHS safe intake levels, consulting a GP or pharmacist before use, particularly during pregnancy, breastfeeding or when taking medication, and purchasing only from reputable retailers to reduce the risk of counterfeit products.

The agency reiterates that most nutritional needs should be met through diet, although certain supplements may be appropriate in

specific circumstances, such as vitamin D during autumn and winter and folic acid before and during early pregnancy. It also stresses that food supplements must not claim to prevent, treat or cure medical conditions.

Strengthening oversight of environmental claims

The UK's Competition and Markets Authority (CMA) has issued updated guidance on environmental marketing claims, signalling closer scrutiny of how businesses promote sustainability credentials. The guidance expands on the CMA's Green Claims Code and clarifies that responsibility for ensuring claims are accurate extends across the entire supply chain.

Brands, manufacturers, suppliers and retailers may all face liability if consumers are misled, with companies expected to verify and substantiate claims even where supporting evidence sits with another business. The CMA also highlights increased attention to packaging, imagery and omissions that could distort consumer understanding of a product's environmental impact.

The CMA is now able to determine consumer law breaches directly, require businesses to change practices and impose financial penalties without court proceedings.

Ukraine

Ukraine proposes comprehensive overhaul of supplement rules

Ukraine's Ministry of Health has published draft amendments to the national Hygiene Requirements for Dietary Supplements, introducing a broad revision of rules governing composition, safety assessment and labelling of supplements. The proposal is anchored in Article 32-2 of the Law of Ukraine "On the Basic Principles and Requirements for Food Safety and Quality", under which maximum permitted levels of vitamins, minerals and other substances may be established only following a positive health-impact assessment carried out by the State Expert Centre of the Ministry of Health.

Under the draft, maximum daily amounts must be determined through scientific risk assessment, taking into account nutrient intake from other

dietary sources and population nutritional needs, aligned with Codex principles. Where no recognised safety benchmark exists, the regulation introduces specific fallback limits, including: vitamin B1 at 100 mg, vitamin B2 at 40 mg, vitamin B12 at 100 µg, vitamin C at 1000 mg, vitamin K at 200 µg and pantothenic acid at 10 mg per recommended daily portion.

The amendments also reinforce rules on labelling and advertising, prohibiting therapeutic or disease-related claims and allowing health claims only where compliant with Ukrainian food information legislation. In parallel, extensive annexes update a large number of botanical substances, often with defined conditions of use.



Brazil

Brazil opens consultation to set GMP for food supplements

Brazil's National Health Surveillance Agency (ANVISA) has launched a public consultation on a draft regulation to introduce specific Good Manufacturing Practice (GMP) requirements for food supplements, alongside infant formula, enteral nutrition and dietary formulas for inborn errors of metabolism.

The proposal sets GMP obligations for manufacturing establishments across these categories. For imported products, it places particular emphasis on stability studies, requiring a stability programme to be maintained in Brazil unless data generated under Brazilian climatic conditions (Zone IVb) are already available.

Supplement rules updated with expanded ingredient list

The Brazilian Health Regulatory Agency (ANVISA) has adopted Directive IN No. 418, revising the national framework for food supplements established in 2018. The new measures apply immediately, with a 24-month transition period for products already on the market. The updated directive broadens the list of ingredients authorised for use in food supplements for the general population, including B-nicotinamide

mononucleotide (NMN), collagen oligopeptides, quercetin, refined tuna oil, magnesium citrate malate, olive leaf extract standardised for oleuropein and vitamin B12 derived from *Chlorella sorokiniana*. It also introduces, for the first time, a limited number of ingredients specifically permitted for infant food supplements, notably bovine lactoferrin and a defined probiotic combination for children aged 0-3 years.

In parallel, the directive introduces limits for electrolyte liquid supplements and restricts "pure electrolyte liquid supplements" to children aged 9+ and adults, excluding pregnant and breastfeeding women. Daily intake limits are set for lactoferrin by age group.

ANVISA has also updated the list of permitted claims, allowing astaxanthin to bear the claim "helps maintain skin health" when at least 3 mg per daily serving is provided. In parallel, new mandatory warning statements are required for supplements containing certain ingredients, including NMN, collagen oligopeptides and quercetin, advising against use by pregnant or breastfeeding women and children.

Chile

Chile to tighten rules on confectionery-style supplements, including gummies

The Ministry of Health of Chile has launched a public consultation on proposed amendments to Exempt Resolution No. 394/02, which establishes nutritional guidelines for food supplements and their vitamin and mineral content.

The proposal reflects the growing presence of confectionery-style formats within the supplement market and seeks to clarify how these products are treated under the existing regulatory framework. The consultation document notes that a broad range of sweet ingredients and sweetened presentations are increasingly used, while the current list of products excluded from supplementation does not explicitly capture all such formats. Under the proposed amendment, the scope of confectionery products that would not be acceptable formats for supplements would be clarified and expanded to include gummies, alongside chocolates, sweets, chewing gum, biscuits, ice cream,

marshmallows, cakes and pastries. The revised wording also covers products prepared with sugars, traditional and special mono- and disaccharides, non-nutritive sweeteners, sugar alcohols and other ingredients or additives that provide sweetness.

In parallel, the proposal updates references to sugar-based products to align with current food legislation, explicitly covering sugars, honey and syrups.



Canada

Draft prebiotics monograph for NHPs under consultation

Health Canada has launched a public consultation on a draft prebiotics monograph that would establish clearer regulatory expectations for the licensing and labelling of prebiotic natural health products (NHPs).

Issued by the Natural and Non-prescription Health Products Directorate (NNHPD), the draft guidance defines which ingredients may be recognised as prebiotics, the claims that can be made and the level of scientific evidence required to support Product Licence Applications.

The proposal includes a defined list of eligible ingredients, such as inulin, acacia gum, fructooligosaccharides, galactooligosaccharides, xylooligosaccharides and certain human milk oligosaccharides, alongside ingredient-specific daily dose ranges and permitted gut-health claims. A key feature is the explicit distinction between prebiotic and fibre claims, with Health Canada clarifying that not all fibres qualify as prebiotics and that the two cannot be used interchangeably.

The draft also raises expectations around substantiation, requiring evidence that ingredients are resistant to digestion, fermentable by gut microbiota and associated with demonstrable health benefits.

USA

Upside down

The US government has released updated dietary guidelines that place greater emphasis on protein, healthy fats and whole foods, while advising people to limit ultra-processed products. They also address dietary supplement use for some population groups.

The 2025-2030 Dietary Guidelines for Americans, published by the Departments of Health and Human Services and Agriculture, are significantly shorter than previous editions, running to just 10 pages. The update is widely regarded as the most significant shift in the guidelines since they were first introduced in 1980. The new advice marks a clear move away from processed foods and towards what officials describe as “real foods”.

Protein intake is a central feature of the revision, with recommended levels almost doubling compared with previous guidance. The guidelines also place greater emphasis on vegetables, a more selective use of grains, increased dairy consumption, and reductions in refined carbohydrates and added sugars. Limiting alcohol intake is also encouraged.

The visual model accompanying the guidelines reflects this change in approach. The traditional food pyramid has effectively been turned upside down, underlining the scale of the rethink and the new priorities shaping US dietary advice.



South Africa

SAHPRA warns on children's products containing selenium and zinc picolinate

The South African Health Products Regulatory Authority (SAHPRA) has issued a public warning regarding products containing selenium and zinc picolinate that are marketed for use in children. SAHPRA states that zinc picolinate and selenium are not permitted ingredients in complementary medicines intended for individuals under 18 years of age. Products containing these substances

therefore do not qualify as Category D complementary medicines and fall under regulation as medicines in terms of the Medicines and Related Substances Act.

The Authority has identified such products currently available on the market and has instructed manufacturers, distributors and retailers to withdraw affected products from sale and distribution. Members of the public are advised to return these products to suppliers or pharmacies.

SAHPRA has set a six-month withdrawal period, with all affected products required to be removed from the market by 8 July 2026.

Tanzania

Tanzania proposes harmonised EAC standard for substantiating food health claims

Tanzania has issued a draft East African Community (EAC) standard establishing harmonised guidelines for the scientific substantiation of health claims made on foods and their constituents.

The draft, DEAS 1310:2025, Scientific substantiation of health claims, Guidelines, provides a framework to support competent authorities in determining whether health claims are backed by robust and credible scientific evidence before they are used in labelling or marketing. It applies to claims linking a food or one of its components to specific health outcomes, including nutrient function claims, other physiological function claims and disease-risk reduction claims.

The proposal states that claims should be supported primarily by well-designed human intervention studies demonstrating a clear cause-and-effect relationship. Assessments are expected to consider the full body of available evidence, including conflicting or negative results, while also addressing safety, typical consumption levels and the characteristics of target population groups.

The standard further describes a step-by-step evaluation process, covering definition of the claimed effect, systematic review of the scientific literature, documentation of findings and communication of decisions to food business operators. Periodic re-evaluation is recommended as new scientific data become available.

IADSA

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