

IADSA NEWSFLASH

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Regulatory news



China

China takes action against Yohimbine and Sibutramine

China's State Administration for Market Regulation (SAMR) has issued Notices to tighten controls on Yohimbine and Sibutramine. Notice No. 90 classifies yohimbine, Pausinystalia yohimbe (Cabinda bark) and related compounds as toxic and harmful, citing risks such as heart palpitations and blood pressure fluctuations. None of these substances are approved in China as food additives or health food ingredients. Notice No. 91 extends the ban to sibutramine and its derivatives, which share similar toxicological properties. Sibutramine was withdrawn from China in 2010 due to cardiovascular risks.

SAMR also released an official testing method to detect sibutramine analogues in food, strengthening enforcement and prosecution against illegal use.

South Korea

Garcinia cambogia, precautionary labelling

This month, the South Korean Ministry of Food and Drug Safety (MFDS) proposed amendments to the Health Functional Food Code, introducing a new precautionary statement for products containing Garcinia cambogia extract: "In rare cases, this product may cause liver damage; avoid alcohol consumption during the intake period."

The MFDS proposal follows reports of acute hepatitis potentially linked to Garcinia cambogia intake, with experts highlighting an elevated risk when combined with alcohol.

Thailand

Thailand sets positive lists for vitamin and mineral forms

Thailand has issued new positive lists of permitted vitamin and mineral forms to simplify the registration of health supplements and fortified foods. The Thai FDA guidance allows manufacturers using these pre-approved nutrient forms to bypass separate safety assessments when applying for a food registration number. Two lists have been created: one for food supplements and another for general fortified foods, which is

slightly more limited but includes nutrients not covered in supplements. Infant and young-child products remain excluded and must continue to follow their own regulations.



EU

Pressure mounts in EU for action on maximum levels for vitamins and minerals

The EU is entering a new phase of political and regulatory pressure regarding the longstanding issue of setting harmonised maximum levels for vitamins and minerals in foods, including food supplements.

Momentum is building among Member States to push for an acceleration of discussions that some consider too slow at present.

Council-level attention
The discussion reached the Agriculture and Fisheries (AGRI-FISH) Council. Germany had requested that the agenda item "Maximum levels for vitamins and minerals in food supplements and fortified foods are indispensable" be included under "Any Other Business" at the meeting on 11-12 December 2025 with the support of

Austria, Belgium, Estonia, France, Finland, Hungary, Latvia, Lithuania, Luxembourg, Malta, Poland, Portugal, Slovakia, Slovenia, Spain and Sweden.

The move in the Council coincides with heightened Member State activity elsewhere. Recent interventions by France and Estonia, together with discussions in the Standing Committee on Plants, Animals, Food and Feed (PAFF Committee), indicate growing pressure to advance the dossier on maximum levels of vitamins and minerals.

At the recent EFSA Advisory Forum, France has also questioned whether maximum levels should be based on tolerable upper intake levels (ULs) or on nutritional needs, which would represent a significant change of regulatory philosophy. Such a move could lead to lower levels, regardless of whether safety concerns exist. The EFSA Advisory Forum brings together the heads of national food safety authorities and serves as EFSA's main platform for strategic discussion and exchange on emerging issues.

At the same meeting, Estonia also presented preliminary findings from a national study indicating high supplement usage and potentially unsafe micronutrient intake levels, particularly for vitamin D. Estonia is working with Latvia and Lithuania on communication in their countries and will share the full results of their study in due course.

At the Commission Standing Committee meeting in October, Austria and the Netherlands also requested an update on the state of play regarding the establishment of minimum and maximum amounts of vitamins and minerals. Several Member States emphasised the importance of advancing work towards harmonised maximum levels.

Commission position

The European Commission announced its intention to launch a call for evidence, allowing stakeholders to comment on the potential impacts of any future initiative. The Commission indicated that progress would continue in line with available resources and priorities, and emphasised the importance of ongoing support from Member States.

EFSA strengthens monitoring of supplements

The 32nd meeting of EFSA's Emerging Risks Network highlighted a tightening of surveillance on food supplements. The discussions made clear that authorities are preparing a more proactive approach to identifying potential concerns.

EFSA outlined progress on its tailor-made activity examining possible emerging risks associated with supplements other than vitamins and minerals. Seventeen Member States are now involved. The work focuses on collecting adverse event reports from poison centres and nutriviigilance systems, and on mapping plant substances predicted to be toxic and their presence in products on the European market. Although still at an early stage, this initiative is establishing a system that could prompt earlier regulatory intervention once signals are detected. EFSA also reaffirmed that a Qualified Presumption of Safety cannot be applied to botanicals due to the variability of plant materials, meaning assessments will continue on a case-by-case basis.

As the project develops, EFSA may require additional information from stakeholders, reflecting the limited visibility of the market. This could involve gathering information on manufacturing processes, extraction methods and concentration levels to determine the presence and levels of specific compounds in these products. While no immediate actions were announced, the meeting points to a more precautionary environment, with the likelihood of quicker escalation of concerns once EFSA's analytical framework is fully operational.

Commission consults on limits for contaminants and iodine in seaweed

The European Commission has opened a consultation on proposed maximum levels (MLs) for inorganic arsenic, cadmium, lead and iodine in seaweed. Although MLs for these contaminants already exist for many food categories under Regulation (EU) 2023/915, specific limits for seaweed have not yet been established, except for cadmium in seaweed-based food supplements. EFSA's 2023 assessment found that consuming seaweed can significantly increase exposure to certain heavy metals, sometimes beyond health-based guidance values, and may also

result in iodine intakes exceeding the established upper level. On this basis, the Commission is now proposing MLs to help reduce overall consumer exposure.

While the proposal applies horizontally, it explicitly states that the maximum level for iodine is without prejudice to limits already set for food supplements under national or EU legislation. The Commission is seeking feedback from EU stakeholders, including the food supplement sector.

New institutional leaflets reinforce a cautionary narrative on herbal supplements

The Council of Europe's European Directorate for the Quality of Medicines & HealthCare (EDQM) has issued two new publications on herbal food supplements, one for healthcare professionals and one for consumers. The documents, available via the EDQM FreePub platform, focus strongly on potential risks, interactions and situations requiring professional advice, despite herbal supplements being regulated as foods. Both publications encourage closer oversight by healthcare professionals and call for greater consistency in how herbal supplements are presented to the public. Although non-mandatory, they are aimed to be used by health authorities, professional bodies and consumer-facing institutions as reference materials in their communication.

The tone of the leaflets aligns with a broader institutional trend: herbal supplements are increasingly framed through a risk-centred lens, reinforcing the argument for further harmonisation. How widely these documents are disseminated will be important to monitor, given their potential influence on perception and future policy and regulatory debates.

Note that the Council of Europe is not an EU body. It brings together 46 member countries across the European region and was founded in 1949, before the EU.

EFSA flags high Δ8-THC concentrations in hemp-supplements

EFSA has published its opinion on Δ8-tetrahydrocannabinol (Δ8-THC), concluding that it has similar potency to Δ9-THC. The existing acute reference dose of 1 µg/kg body weight for Δ9-THC is therefore applied as a

group ARfD for the combined intake of both cannabinoids.

In its assessment of occurrence, EFSA found that some of the highest $\Delta 8$ -THC levels were reported in food supplements and related “non-standard diet” products, with concentrations between 24,000 and 75,000 $\mu\text{g/kg}$. These values exceed what would be expected from natural hemp. Although only 96 of 1,145 samples contained both $\Delta 8$ - and $\Delta 9$ -THC, many supplements showed $\Delta 8/\Delta 9$ ratios above one, suggesting the formation of $\Delta 8$ -THC during processing, enrichment during extraction, or potential semi-synthetic addition.

EFSA notes that this pattern is particularly evident in hemp extracts such as CBD oils, where high CBD content can lead to unintentional conversion to $\Delta 8$ -THC under conditions that promote cyclisation. The opinion also highlights the need for an updated review of $\Delta 9$ -THC toxicity and additional studies on $\Delta 8$ -THC behaviour in the food chain. Both $\Delta 8$ -THC and $\Delta 9$ -THC are now on the EU’s 2026 priority list for chemical monitoring. It is also to be noted that no CBD novel food application has yet been positively assessed due to outstanding data gaps.

Potential antibiotic-resistance risks in probiotics

At its 33rd meeting, EFSA’s Emerging Risks Exchange Network (EREN), the platform that brings together national authorities to identify and share early signals of potential food-chain risks, highlighted growing concerns about the probiotic market. Probiotics used in functional foods, supplements and animal feed continue to expand, yet there is still no harmonised approach to assessing microorganisms or screening them for antimicrobial resistance (AMR), leading to variation in strain quality and genetic controls. It was reported that early evidence also suggests that some probiotics may carry transferable antibiotic-resistance genes, raising the possibility that they could help spread AMR through the food chain. EREN has now placed the issue under “further information needed”, calling for clearer data before the risk can be fully understood.

EFSA issues new guidance on microorganisms used in the food chain

EFSA has published updated guidance outlining how microorganisms must be characterised for the risk assessment of food and feed products, including supplements. The document sets out harmonised requirements for identifying microbial strains, checking for antimicrobial resistance and other genes of concern, evaluating toxigenicity, and confirming that no viable cells or DNA remain in final products.

Covering bacteria, yeasts, filamentous fungi, microalgae, protists and viruses, the guidance aligns and updates several existing EFSA documents. Adopted in September and released on 4 November 2025, it now serves as the reference for all EFSA assessments of microbial products before they enter the EU market.

EU expands list of authorised nutrient sources for supplements

The European Commission has approved two new nutrient sources for use in food supplements following positive safety evaluations by EFSA.

Magnesium L-threonate (Commission Regulation (EU) 2025/2225) Now listed in Annex II to Directive 2002/46/EC, magnesium L-threonate is recognised as a bioavailable source of magnesium. It may be used in supplements for adults only, excluding pregnant and lactating women, at a maximum level of 250 mg/day. Labels must state:

“The food supplements should be consumed by adults only, excluding pregnant and lactating women.”

Monosodium salt of L-5-methyltetrahydrofolic acid (5-MTHF) (Commission Regulation (EU) 2025/2224) Added to Annex II of Directive 2002/46/EC, 5-MTHF is authorised as a source of folate and folic acid. It may be used in supplements other than those intended for infants and young children (under 3 years). Labels must state: “The food supplements should not be consumed by infants and young children.”

Both regulations took effect on 26 November 2025 and align with EFSA’s scientific opinions confirming safety and bioavailability of these nutrient forms.

Denmark

Higher limits for key supplement ingredients

The Danish Food Authority opened a public consultation on updated rules for adding substances other than vitamins and minerals to foods, including supplements.

The draft order, replacing BEK nr 616 af 02/06/2025, proposes higher maximum levels for several substances:

- Catechin and epicatechin (grape seed extract): 140 mg (up from 27.5 mg)
- Creatine: 4 g (up from 27.5 mg)
- Lecithins: 10500 mg (up from 1,200 mg)

It also adds methylsulfonylmethane (MSM) at 200 mg per daily dose.

France

Too many irregularities

The French Authority, DGCCRF, has found that many food supplements on the market still fail to meet the rules. In its 2023 checks on 270 companies, from pharmacies and gyms to online shops, one in three showed some form of non-compliance.

Products for children showed a 20% non-compliance rate, while those for adults reached 37%. Most problems involved misleading or banned claims, including claims to prevent disease, references to doctors, or suggestions that not taking a supplement could harm health.

Laboratory tests on 45 children’s products revealed that 27 were non-compliant, mainly for incorrect vitamin and mineral levels. Red yeast rice supplements also frequently exceeded legal limits for monacolin K. The DGCCRF issued 71 formal orders, 25 criminal proceedings and five fines. It warned that many small online sellers lack awareness of strict labelling and claims rules. Authorities say continued vigilance is essential as the supplement market keeps expanding.

Garcinia cambogia: France acts ahead of EU

Last April, France suspended the importation and marketing of food supplements containing Garcinia cambogia and its derivatives for at least one year.

The decision follows an assessment by the French Agency for Food, Environmental and Occupational Health & Safety (ANSES), which concluded that consumption of Garcinia cambogia extracts may lead to acute liver injury and other severe effects.

By acting before the publication of the European Food Safety Authority's (EFSA) opinion, France has effectively anticipated the outcome of the EU safety review, currently evaluating both Garcinia cambogia and its active component, hydroxycitric acid (HCA). The results of this assessment are expected to determine whether EU-wide restrictions or a full prohibition will follow.

Germany

Germany's Risk Authority highlights "the sense and nonsense of food supplements"

The German Federal Institute for Risk Assessment (BfR) has announced, in a release titled "About the sense and nonsense of food supplements", the publication of a new issue of the Bundesgesundheitsblatt entitled "Micronutrients between benefit and risk". The issue compiles a series of scientific papers examining the use, perception, and regulation of food supplements in Germany.

Findings from the BfR survey

A central article, "Food supplements in the context of social media: Results of a survey on use and perception in Germany" by Obstfeld and Lohmann, presents data showing that more than three quarters of respondents in Germany had taken dietary supplements within the past 12 months. These products include vitamins and minerals as well as other substances with nutritional or physiological effects such as fatty acids, amino acids and botanicals. The survey indicates that the source of information influences supplement use. People who obtain information through social media consume a greater variety of products and view them more positively than those informed by other sources. According

to the BfR, information circulating on social media is not always technically correct. The survey also found that most respondents mistakenly believe food supplements are over-the-counter medicines, and almost half assume they are tested for safety before being placed on the market.

Benefits and risks

Another article in the same issue, "Food supplements and fortified foods: Benefits, risks and measures for consumer protection" by Bendadani et al., notes that the German population generally receives sufficient amounts of micronutrients through a normal diet. For individuals with adequate nutrient intake, a benefit from taking additional supplements has not been demonstrated.

However, regular intake of high-dose products can increase the risk of adverse health effects, particularly when they contain "other substances" that are not yet fully regulated at EU level. The authors emphasise that food supplements are foods under the law. Manufacturers or distributors are themselves responsible for ensuring the safety of their products, and no official examination or approval takes place before marketing. Food control authorities only conduct random checks on products available on the market.

The report points out that this creates challenges for consumer protection, as supplements are increasingly sold online, including from companies outside Germany that are beyond the reach of national food surveillance authorities.

Use in specific situations

The document also discusses situations in which supplementation may be useful, such as during pregnancy and breastfeeding when iodine requirements are higher, or for people following vegan diets who need to ensure adequate vitamin B12 intake. In such cases, the BfR recommends that decisions about supplementation be made in consultation with a healthcare professional.

Legal and consumer context

The BfR reiterates that food supplements must not be marketed to prevent, treat or cure diseases and highlights that their presentation, often similar to medicines in tablet or capsule form, can nevertheless lead consumers to assume comparable effects.

Netherlands

Dutch regulator tightens rules on the use of 'Probiotics'

The Dutch authority responsible for monitoring health-product advertising has issued new guidance that restricts how companies may use the term "probiotics" on food supplement packaging and in marketing.

The Inspection Board for the Promotion of Health Products (Keuringsraad) said the word probiotics is no longer acceptable as a product name and may only appear in very limited circumstances as a neutral category description. The move reflects the EU rules, under which the term is viewed as an implied health claim.

No longer allowed as a product name:

Under the new guidance, companies can no longer market products with names such as "Probiotics Plus". According to the Regulator, simply using the word suggests a health benefit by implying that the product contains live micro-organisms that have a positive effect on health. A claim that has not been authorised anywhere in the EU.

Banned from marketing and promotion:

The term is also banned from advertising, social-media posts and other promotional material. The authorities clarify that any commercial use risks misleading consumers by creating the impression of a proven health effect. An exception applies to website search functions, where consumers may legitimately use the term to locate products.

Permitted only as a 'quiet' category indication:

The one remaining option for companies is to use the word probiotics once on the packaging as a neutral category indication. Even then, it must sit "quietly in the background".

It cannot be highlighted, repeated, or given more prominence than the product name or any authorised claims.

UK

Garcinia cambogia: Safety review

The United Kingdom is also re-examining the safety of *Garcinia cambogia*. The Committee on Toxicity (COT) discussed a scoping paper at its October 2025 meeting reviewing evidence from ANSES and other international authorities, including those in Australia, Canada and the United States.

The Committee's deliberations aim to determine whether a no-observed-effect level can be established and what additional data would be required to complete a risk assessment. The COT's conclusions are expected in the coming months and will inform any subsequent action in the UK market.



Argentina

Green light for two new supplement ingredients

Argentina has approved two new iron ingredients, ferric glycinate and ferrous glycinate, for use in food supplements. The decision adds both substances to the national list of ingredients allowed in supplements. These forms of iron must meet recognised quality standards such as those in the FCC or USP, but no maximum dosage limits have been set. The new rules took effect on 13 November 2025, meaning companies can now start using these ingredients in products sold in Argentina.

List of approved ingredients for supplements extended

Argentina has further broadened the range of ingredients authorised for use in food supplements. Two new substances were officially added to the Argentine Food Code following the publication of Resolutions 2/2025 and 3/2025 in the Official Gazette on 3 November.

Resolution 2/2025 introduces gelatinised maca flour as a permitted ingredient in supplements. The text sets out detailed physico-chemical and microbiological specifications, with a maximum daily intake of 1.5 g. Resolution 3/2025 adds *Euglena gracilis* algae powder under paragraph 25 of the same article. The measure defines limits for contaminants and other conditions for use, although no maximum daily limit is established.

Ecuador

ARCSA consults on proposed update to Ecuador's food supplement rules

The Agencia Nacional de Regulación, Control y Vigilancia Sanitaria (ARCSA), has opened a public consultation on a draft Regulatory Impact Analysis (AIR) supporting a revision of the national framework for food supplements. The proposal would update Resolución ARCSA-DE-028-2016-YMIH to reflect market developments and strengthen regulatory clarity.

According to ARCSA, growth in the supplement market and more complex formulations have exposed gaps and ambiguities in the current rules, creating uncertainty for operators and challenges for enforcement. The draft reform aims to modernise procedures and better align supplement requirements with Ecuador's broader food regulations.

The AIR signals clearer administrative processes, more defined pathways for sanitary notification and GMP-based authorisation, and strengthened expectations for safety and quality documentation, including laboratory analyses and stability data. It also proposes clearer criteria for product changes, intended benefits and nutrition or health-related claims, as well as specific provisions for areas such as organic-type products and contract manufacturing.

ARCSA has invited stakeholders to submit comments as part of the consultation process, which will inform the final regulatory approach before formal adoption.

Mercosur

Major update to labelling rules

Mercosur is moving ahead with a comprehensive review of its regulations on general and nutrition labelling for pre-packaged foods. Draft amendments are now open for national consultation in several Member States, including **Argentina, Paraguay and Uruguay**, with Brazil expected to launch its own consultation shortly.

General labelling

The proposed revision of GMC Resolutions 06/94 and 26/03 expands the scope to include raw materials, additives and ingredients, and introduces new definitions such as "main surface area" and "processing aids."

Other key changes include:

- More mandatory information, including manufacturer details, storage conditions and nutritional data.
- Simplified ingredient lists: processing aids exempt except for allergens, and compound ingredients below 5% no longer require sub-listing.
- Larger small-package threshold ($\leq 15 \text{ cm}^2$) and 36-month adaptation period.

Nutrition labelling

Updates to GMC Resolutions 44/03, 46/03, 48/06 and 40/11 aim to modernise information for consumers and align with evolving dietary guidance. Main proposals include:

- New nutrients - mandatory declaration of total and added sugars, with revised fatty acid requirements.
- Expanded definitions - including added sugars, cholesterol, omega 3-6-9 fatty acids and dietary fibre.
- New energy conversion factors for polyols and fibres.
- Updated reference values for proteins, fats, sodium, and key vitamins and minerals.
- Standardised format - information per 100 g/ml and per portion, with % recommended values.

Once approved by the Mercosur Common Market Group, Member States will have 12 months to incorporate the new measures nationally.



Australia

Positive step for vitamin B6 access

Australia has confirmed new rules for how vitamin B6 supplements may be sold, based on the amount of vitamin B6 provided per daily dose.

- Oral preparations of 50 mg or less per daily dose will remain available for general retail sale.
- Products containing more than 50 mg and up to 200 mg per daily dose will be supplied over the counter with pharmacist advice.
- Preparations providing more than 200 mg per daily dose will continue to require a prescription.

The new rules will apply from 1 June 2027.

NMN allowed listable

The TGA has issued an updated Permissible Ingredients Determination, applicable since 10 December 2025. The update introduces several additions and amendments relevant to Listed and Assessed Listed medicines.

A new active ingredient, nicotinamide mononucleotide (NMN), has been included, together with three new excipient ingredients. All four substances are subject to exclusive use provisions until 10 December 2027.

Revisions have been made to the requirements for twelve *Artemisia* ingredients to ensure consistency with the Poisons Standard regarding thujone. The specification for methyl hydrojasmonate has also been amended to broaden its permitted uses within flavour proprietary excipient formulations, alongside minor editorial adjustments. The exclusive use provisions previously applying to calcium fructoborate tetrahydrate and *Cyclocarya paliurus* leaf extract have been lifted. These ingredients are now available for use by all sponsors.

New Zealand

FSANZ opens second consultation on caffeine permissions

FSANZ has launched a new consultation on proposed amendments to caffeine permissions in sports foods and the general food supply. The consultation builds on feedback from the March-April review and introduces several new proposals, including:

- Prohibition of guarana extract unless expressly permitted in the Food Standards Code (not affecting FCBs or FSSFs using guarana as a caffeine source).
- Requirement for FSANZ approval of new or unusual caffeine-containing plant extracts.
- A new definition of “naturally occurring” caffeine, excluding guarana.
- New labelling rules for multipack sports foods containing >200 mg caffeine per portion.
- Clarified definitions and advisory statements for high-caffeine coffee beverages (≥200 mg caffeine per serve/100 mL).

Two-year transition period for compliance.

FSANZ rejects Moringa novel food application over safety concerns

FSANZ has refused Application A1294 to approve *Moringa oleifera* leaves, pods and seed oil as novel foods, concluding that current scientific evidence is not sufficient to confirm their safety. The assessment found that most available studies do not follow internationally accepted guidelines.

The ruling means *Moringa* products will not be permitted for food use in Australia and New Zealand at this time.

Natural Health products update

The New Zealand Government is reviewing options for the future regulation of Natural Health products. The Ministry of Health will inform stakeholders of next steps through its regular newsletter and stakeholder

database once new proposals are ready for consultation.

Meanwhile, new export exemption rules for dietary supplements took effect on 25 September 2025, simplifying procedures to help exporters meet importing country requirements. Under the new section 345 exemptions of the Food Act 2014, exporters will no longer need to apply for approval to manufacture products according to the importing country's rules, provided certain conditions are met. Therapeutic claims remain prohibited. A 12-month transition period will apply until 25 September 2026, after which existing section 347 exemptions within the new scope will be revoked.



Canada

Canada approves synthetic caffeine in gummies

Health Canada has updated its rules to allow synthetic caffeine (caffeine anhydrous) in gummies sold as supplemented foods. The change applies to products in item 6 of the List of Permitted Supplemented Food Categories, which covers gummies ranging from soft to firm (excluding individually sold one-bite confections).

The decision follows a pre-market request to extend the use of caffeine to this category. While caffeine was already permitted in other supplemented foods, gummies had previously been excluded. The update also introduces a new requirement: solid supplemented foods with high caffeine content must now carry a warning advising consumers not to consume another source of caffeine on the same day. The modification came into force on 25 November 2025.

Health Canada pauses NHP cost-recovery fees

Health Canada has announced a delay to the introduction of its natural health product (NHP) cost-recovery fees, previously expected to take effect on 1 December 2025. The

decision reflects a wider strategic review of how NHP oversight should evolve as part of the department's ongoing modernisation agenda.

Rather than moving ahead with the earlier fee proposal, Health Canada is stepping back to align the cost-recovery model with broader reforms across the NHP and non-prescription drug systems. This includes rethinking regulatory pathways, strengthening risk-based oversight and simplifying requirements for lower-risk products. The department has also signalled that feedback from its Red Tape Reduction Report will play a meaningful role in reshaping the programme.

For industry, the delay removes immediate financial pressure.

USA

FDA reinstates NDI status for NMN

The U.S. FDA has officially reinstated the New Dietary Ingredient status of Nicotinamide Mononucleotide (NMN), ending three years of regulatory uncertainty.

The decision affirms that NMN qualifies as a dietary supplement ingredient, following the FDA's acknowledgement, via a citizen-petition response, that NMN was marketed as a supplement before its investigational new drug authorisation.

This reinstatement closes a chapter that began in 2022, when FDA first ruled NMN ineligible for supplement use.



Eurasian Economic Union

EAEU nears agreement on new supplement rules

EAEU Member States met to assess progress on long-awaited amendments to CU TR 021/2011 and CU TR 027/2012, which will form the region's first consolidated framework for dietary supplements (attached). After years of uneven progress, the bloc has now resolved nearly all outstanding issues. Officials say this opens the door to possible adoption in early 2026.

One contentious point remains: a new requirement for the statement "Dietary supplement is not a medicinal product (medication)" to appear next to the product name in a minimum 2 mm font. Despite industry concerns over cost and packaging redesign, member states declined to remove the measure. Russia and Belarus continue to push for a stricter labelling approach, ensuring the debate is not yet over.

Russia

Tightening control of online dietary supplement sales

Public consultation closed on 21 October 2025 on a draft order (attached) from Rospotrebnadzor proposing tougher oversight of dietary supplements sold online. The measure would allow the authority to blacklist websites and individual pages offering supplements that violate Russian law, whether unregistered products, items containing banned substances or excessive nutrient levels, or products disguised as food additives. Sites failing to provide clear and complete details about the manufacturer or seller could also be blocked. If adopted, the rules would apply from 1 March 2026 to 1 March 2032.