The European food supplement sector brings together many of the most innovative and dynamic companies in the food area, making a substantial contribution to Europe’s public health goals and helping to ensure products are safe and high quality.

Food Supplements Europe combines the unique expertise of associations, multinational companies and SMEs, from raw material suppliers through to manufacturing and distribution companies across all sales channels.

How can we help you?

- Providing insight into market and consumer trends as well as implications of regulatory changes.
- Providing reliable data from across the food supplement sector and solutions to regulatory issues.
- Facilitating access to a network of leading experts in this field in Europe and worldwide.
### Key dates

<table>
<thead>
<tr>
<th>Year</th>
<th>Event</th>
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<tr>
<td>1989</td>
<td>Agreement to harmonise food supplements by Member States.</td>
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<tr>
<td>2005</td>
<td>The global body Codex agrees Guidelines for vitamin and mineral food supplements CAC/ GL 55-2005 which establish that the setting of maximum levels of vitamins and minerals should be based on safety.</td>
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<td>2008</td>
<td>Commission report COM (2008) 824 concludes that it is not opportune to lay down specific rules for the use of substances other than vitamins and minerals in food supplements.</td>
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<tr>
<td>2009</td>
<td>Commission Regulation (EC) No 1170/2009 defines the list of vitamins and minerals and their forms that may be used in the manufacture of food supplements.</td>
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European legislation affecting food supplements

**Food Supplement Legislation**
- Botanicals
- Pre and Probiotics
- Other Substances
- Vitamins & Minerals

**Food Supplement Ingredients**
- Risk management approach to the setting of maximum levels of vitamins and minerals in supplements for adults and for children aged 4-14 years
- Guidance on the obligation of origin labelling with regard to “primary ingredients of different origin” for food supplements

**Labelling & Nutrition**
- Facts about vitamins and minerals and other components with health effects
- Setting of tolerances for nutrients values declared on a label
- Guidelines for the substantiation of beauty claims for food supplements
- The application of the nutrition & health claims regulation

**Safety & Quality**
- Good manufacturing practice for manufacturers of food supplements & Self-assessment questionnaire
- Quality of botanical preparations – Specific recommendations for the manufacturing of botanical preparations including extracts as food supplements & Self-assessment questionnaire
- Guidance for food business operators on the verification of the status of a new food under the new Novel Foods Regulation 2015/2283 (NFR)

**Novel Foods**
The food supplement sector

Suppliers of Functional Ingredients: Vitamins, Minerals, Botanicals and other Substances

Food supplement Manufacturers

Distributors & Retailers: Supermarkets, Hypermarkets, Food Distribution Channels, Pharmacy & Drug Stores, Direct Selling, Department Stores, Specialty Stores and Internet Selling

Food supplements: A diverse range of dosage forms

Tablets, capsules, sachets, powders, liquids, syrups, effervescent forms, gummies, chewable forms, drops, lozenges