

(Unofficial)

Announcement of the Food and Drug Administration
Re: Requirement for Use of Amino Acids as Active Ingredients in Food Supplements

By the virtue of provisions of Clause 4(1) of the Notification of Ministry of Public Health (No.293) B.E.2548 (2005) Re: Food supplements dated 15th December B.E. 2548 (2005) which has been issued by the virtue of provisions of Section 5 and Section 6 (3) (4) (5) (6) (7) and (10) of the Food Act B.E. 2522 (1979), the Food and Drug Administration by the approval of the Food Committee of the meeting No. 4/2549 on 5th September B.E. 2549 (2006) has announced as follows:

Clause 1 Use of amino acids as active ingredients in food supplements shall not exceed the maximum use level permitted for each variety of amino acids or other forms of amino acids and as specified in the list of amino acids as active ingredients in food supplements in the table of the annex of this announcement.

Clause 2 If use of two or more amino acids as active ingredients as in Clause 1 in a food supplement, the total amount of all forms of the same variety of each amino acid shall not exceed the maximum allowance level as specified in the table of amino acids as active ingredients in food supplements as an annex of this announcement except for amino acids in the number of 2, 3, 12, 13 and 15 which have specific total maximum allowance level.

Clause 3 This announcement shall come into force as from the day following date of its publication in the Government Gazette onwards.

Announced on 28th September B.E. 2549 (2006)

(Signed) Manit Arunagoon

(Mr. Manit Arunagoon)

Deputy Secretary-General

For Secretary-General of Food and Drug Administration

(Published in the Government Gazette Vol. 123, Special Part 111 Ngor, dated 18th October 2006.)

<p>Note: This English version of the notification is translated to meet the need of the non-Thai speaking people. In case of any discrepancy between the Thai original and the English translation, the former will take priority.</p>

Table of Active ingredients as amino acids in food supplements
Annex of Announcement of the Food and Drugs Administration
Re: Requirement for Use of Amino Acids as Active Ingredients in Food Supplements

No.	Name of variety of amino acids and their other forms	Maximum level for recommended daily intake (mg)
1	L-threonine or DL-threonine	Not more than 350 ¹ (calculated as L-threonine)
2	L-phenylalanine or DL-phenylalanine	Not more than 700 ¹ (calculated as L-phenylalanine) or combined use with tyrosine group which the total amount shall not be more than 700 ¹ (calculated as combination of L-phenylalanine and L-tyrosene)
3	L-methionine or DL-methionine or D-methionine	Not more than 650 ¹ (calculated as L-methionine) or combined use with cystine group total amount shall not be more than 650 ¹ (calculated as combination of L-methionine and L-cystine) or combined use with cysteine group total amount shall not be more than 500 ² (calculated as combination of L-methionine and L-cysteine) or combined use of methionine group with cystine group and cysteine group total amount shall not be more than 500 ² (calculated as combination of L-methionine and L-cystine and L-cysteine)
4	L-leucine or DL-leucine	Not more than 700 ¹ (calculated as L-leucine)
5	L-lysine or L-lysine monohydrochloride or L-lysine Hydrochloride or L-lysine acetate or L-lysine L-aspartate or L-lysine L-glutamate)	Not more than 600 ¹ (calculated as L-lysine)
6	L-valine	Not more than 500 ¹
7	L-arginine or L-arginine monohydrochloride or L-arginine hydrochloride or L-arginine L-glutamate	Not more than 1000 ² (calculated as L-arginine)
8	L-isoleucine or DL-isoleucine	Not more than 500 ¹ (calculated as L-isoleucine)
9	L-glutamine	Not more than 2000 ²
10	L-glutathione	Not more than 250 ²

No.	Name of variety of amino acids and their other forms	Maximum level for recommended daily intake (mg)
11	L-carnitine or L-carnitine L- tartrate or L-carnitine tartrate or L-carnitine fumarate	Not more than 500 ² (calculated as L-carnitine)
12	L-cystine	Not more than 650 ¹ (calculated as L-cystine) or combined use with methionine group total amount shall not be more than 650 ¹ (calculated as combination of L-cystine and L-methionine) or combined use with cysteine group total amount shall not be more than 500 ² (calculated as combination of L-cystine and L-cysteine) or combined use of cysteine group with methionine group and cystine group total amount shall not be more than 500 ² (calculated as combination of L-methionine and L-cystine and L-cysteine)
13	L-cysteine or L-cysteine hydrochloride or L-cysteine monohydrochloride	Not more than 500 ² (calculated as L-cysteine) or combined use with methionine group total amount shall not be more than 500 ² (calculated as combination of L-cysteine and L-methionine) or combined use with cystine group total amount shall not be more than 500 ² (calculated as combination of L-cysteine and L-cystine) or combined use of cysteine group with methionine group and cystine group total amount shall not be more than 500 ² (calculated as combination of L-methionine and L-cystine and L-cysteine)
14	Taurine	Not more than 3000 ³
15	L-tyrosine	Not more than 700 ¹ (calculated as L-tyrosine) or combined use with phenylalanine total amount shall not be more than 700 ¹ (calculated as combination of L-tyrosine and L-phenylalanine)
16	L-ornithine or L-ornithine hydrochloride or L-ornithine aspartate	Not more than 500 ² (calculated as L-ornithine)

Source: ¹ World Health Organization. Technical Report Series 724 Energy and Protein Requirement. Report of a joint FAO/WHO/UNU Expert Consultation. Geneva 1985: 64-6.

² Maximum allowance level in food supplements.

³ Sheldon Saul Hendler, David Rorvik. PDR® for Nutritional Supplement™. 2001.