(Unofficial)

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

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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) in which contain provisions in relation to the restriction of Rights and Liberties of the Persons, in respect of which Section 29 and in conjunction with Section 35, Section 39, Section 48, and Section 50 of the constitution of the Kingdom of Thailand so permit by virtue of provisions of law, the Food and Drug Administration by the approval of the Food Committee of the meeting No. 2/2549 on 3rd May B.E. 2549 (2006) has announced as follows:

Clause 1 Use of active ingredients in food supplements shall be followed varieties and not exceed the maximum use level permitted, except for specific allowance specified in the table of the annex of this announcement.

Clause 2 If use of two or more active ingredients as in Clause 1 in a food supplement, the amount of each active ingredient shall not exceed the Thai recommended daily intake level as specified.

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

Announced on 1st June B.E. 2549 (2006)

Manit Arunagool
Deputy Secretary-General
For Secretary- General of Food and Drug Administration

(Published in the Government Gazette Vol. 123, Special Part 72 Ngor, dated 22nd June 2006.)

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.

Table of Active ingredients as vitamins and minerals in food supplements

Annex of Announcement of the Food and Drugs Administration

Re: Requirement for Use of Vitamins and Minerals as Active Ingredients in Food Supplements

No.	Name of vitamins and minerals and their other forms	Thai Recommended Daily Intakes
1	Vitamin A or retinol or retinyl acetate or retinyl palmitate or beta-carotene	800 μg RE calculated as vitamin A
2	Vitamin D or cholecalciferol or ergocalciferol	5 μg calculated as vitamin D
3	Vitamin E or D-alpha-tocopherol or DL-alpha-tocopherol or D-alpha-tocopheryl acetate or DL- alpha-tocopheryl acetate or D-alpha-tocopheryl acid succinate	10 mg α-TE calculated as vitamin E
4	Vitamin K or phylloquinone	80 μg calculated as vitamin K
5	Vitamin B1 or thiamin hydrochloride or thiamin mononitrate	1.5 mg calculated as vitamin B1
6	Vitamin B2 or riboflavin or riboflavin 5'-phosphate, sodium	1.7 mg calculated as vitamin B2
7	Niacin or nicotinic acid or nicotinamide or niacinamide	20 mg NE calculated as niacin
8	Pantothenic acid or D-pantothenate, calcium or D-pantothenate, sodium or dexpanthenol or calcium pantothenate	6 mg calculated as Pantothenic acid
9	Vitamin B6 or pyridoxine hydrochloride or pyridoxine 5'-phosphate	2 mg calculated as vitamin B6
10	Folate or pteroylmonoglutamic acid or folic acid	200 μg calculated as Folate
11	Vitamin B12 or cyanocobalamin or hydroxocobalamin	2 μg calculated as vitamin B12
12	Calcium or calcium amino acid chelate or calcium ascorbate or calcium carbonate or calcium casienate or calcium chloride or calcium salts of citric acid or calcium gluconate or calcium glycerophosphate or calcium hydroxide or calcium - L- lactate or calcium lactate or calcium oxide or calcium propionate or calcium phosphate dibasic or calcium pyruvate or calcium salts of orthophosphoric acid	800 mg calculated as calcium
13	Biotin, D-biotin	150 μg calculated as Biotin
14	Vitamin C or L-ascorbic acid or sodium-L-ascorbate or calcium-L-ascorbate or potassium-L-ascorbate or L-ascorbyl 6-palmitate	60 mg calculated as vitamin C
15	Magnesium or magnesium acetate or magnesium amino acid chelate or magnesium carbonate or magnesium chloride or magnesium citrate malate or magnesium gluconate or magnesium glycerophosphate or magnesium hydroxide or magnesium tri-silicate or magnesium pidolate or magnesium malate or magnesium glucoheptonate or magnesium salts of citric acid or magnesium salts of orthophosphoric acid or magnesium ethanolamine phosphate or magnesium lactate or magnesium oxide or magnesium sulphate	350 mg calculated as Magnesium

No.	Name of vitamins and minerals and their other forms	Thai Recommended Daily Intakes
16	Iron or ferrous carbonate or ferrous citrate or ferric ammonium citrate or ferrous fumarate or ferrous gluconate or ferrous lactate or ferrous sulphate or ferric pyrophosphate or ferric sodium diphosphate or ferric saccharate or iron amino acid chelate	15 mg calculated as Iron
17	Copper or cupric carbonate or cupric citrate or cupric gluconate or cupric sulphate or copper gluconate or copper lysine complex or copper oxide or copper sulphate	2 mg calculated as Copper
18	Iodine or potassium iodide or sodium iodide or sodium iodate	150 μg calculated as Iodine
19	Zinc or zinc acetate or zinc amino acid chelate or zinc carbonate or zinc chloride or zinc citrate or zinc gluconate or zinc glycinate or zinc lactate or zinc oxide or zinc sulphate or zinc picolinate	15 mg calculated as zinc
20	Manganese or manganese amino acid chelate or manganese carbonate or manganese chloride or manganese citrate or manganese gluconate or manganese glycerophosphate or manganese glycinate or manganese sulphate or manganese orotate dehydrate	3.5 mg calculated as manganese
21	Sodium or sodium bicarbonate or sodium carbonate or sodium chloride or sodium citrate or sodium gluconate or sodium hydroxide or sodium lactate or sodium salts of orthophosphoric acid	2,400 mg calculated as sodium
22	Potassium or potassium bicarbonate or potassium carbonate or potassium chloride or potassium citrate or potassium gluconate or potassium glycerophosphate or potassium lactate or potassium hydroxide or potassium salts of orthophosphoric acid	3,500 mg calculated as potassium
23	Selenium or selenium enriches yeast or selenium (III) enriches yeast or selenocysteine or selenium amino acid chelate	70 μg calculated as selenium
24	Chromium or chromium amino acid chelate or chromium picolinate or chromium polynicotinate	130 μg calculated as chromium
25	Molybdenum or molybdenum aspartate	160 μg calculated as Molybdenum
26	Fluoride or potassium fluoride or sodium fluoride	2 mg calculated as Fluoride
27	Phosphorus	800 mg calculated as Phosphorus