

# Regulations governing the labeling of health food

Promulgated on January 17, 2019.  
Amended on November 8, 2022.

1. The Regulations are set forth pursuant to the subparagraph 11 of paragraph 1 of Article 13 of the Health Food Control Act (hereinafter referred to as "Act").
2. The containers or packages of health food shall be labeled with the related ingredients with health care effect and its content, but it shall be labeled by ingredients with quality control criteria if the related ingredients with health care effect are unapproved.
3. The containers or packages of health food shall be labeled the approved description of health care claims to meet the following requirements:
  - (1) The product conforming to the subparagraph 2 of paragraph 1 of Article 3 of the Act shall be stated “the health care effects of the product is known from academic theory but not approved by product experiments” or other similar statements with the same meaning in the behind of the description of “health care claims”.
  - (2) The experiments using animal model to assess the health care effect of the health food shall be stated “Based on the testing results from animal model, the product can help to...” or other similar statements with the same meaning in the front of the description of health care claims.
4. The containers or packages of health food shall be labeled the following precautions at least:
  - (1) Health food in capsule and tablet form
    - i. This product is not a drug, for health care only. Patients still need medical treatment.
    - ii. Please eat according to the recommended intake, excessive intake does not benefit health.
  - (2) Health food in other than capsule and tablet form

This product is for health care only, without therapeutic efficacy.

5. Health food with additional refined sugar over 17 grams of the recommended daily intake shall be labeled “The additional refined sugar will reach ○○ grams when eating the product in accordance with the recommended daily intake ○○ grams (g)/ milliliter (mL) and be care of the caloric intake.” or other similar statements with the same meaning.
6. Health food with fish oil shall be labeled “Infants, pregnant women, patients with diabetes mellitus or the people with abnormal blood coagulation taking anticoagulant are suggested to ask doctor’s recommendations before eating.” or other similar statements with the same meaning in the warnings on containers or packages.
7. Health food with red yeast rice shall be labeled “Eating this product combined with statin- and fibrate-derived hypolipidemic agents or grapefruit may result in liver and kidney hurt or rhabdomyolysis.” or other similar statements with the same meaning in the warnings on containers or packages.
8. The above four points that related the precautions and statements in the warnings on containers or packages of health food shall be displayed distinct color from the background color.
9. The domestic and foreign products based on their manufacturing and import date before the promulgation date, respectively, can still sell continuously until their expiry date.