

Regulations on Nutrition Labeling for Prepackaged Vitamin and Mineral Tablets and Capsules

1. The regulation is established under the provisions of Item 3 of Article 22 of the Act Governing Food Safety and Sanitation.
2. The prepackaged vitamin and mineral tablets and capsules mean which are adding nutritional additives as vitamins or minerals sources.
3. The nutrition labeling for prepackaged vitamin and mineral tablets and capsules on the market shall provide the following information refer to Appendix 1 shown at a conspicuous place of the outer package or container of the product:
 - (1) Title of “Nutrition labeling”
 - (2) Vitamin contents
 - (3) Mineral contents
 - (4) Contents of other nutrients declared in the nutrition claim
 - (5) Contents of other nutrients labeled by the manufacturer voluntarily
4. Ways of labeling of contents of vitamins, minerals and other nutrients: Use “per one serving (or per serving)” and the provided “daily percentage of reference value” for labeling, and the number of servings contained in each package of the product shall also be specified. Labels shall also be specified the daily nutrient intake reference value if the daily nutrient intake reference value has been set. For products without a set daily nutrient intake reference value, the “*” symbol shall precede the daily percentage reference value line and clearly note “*Reference value not set.”
5. Daily nutrient intake reference values and measure units shall be

labeled according to Appendix 2.

6. The contents of vitamins, minerals and other nutrients shall be labeled in metric units. For Vitamins A, D and E, the contents shall be additionally labeled in IU.
7. Data formatting of prepackaged vitamin and mineral tablets and capsules nutrition labeling units shall conform to the following regulations:
 - (1) Each package shall label the serving number and daily percentage reference value shall be expressed in whole integers.
 - (2) The contents of vitamins and minerals shall be expressed in not more than three significant figures.
 - (3) Other nutrients declared in the nutrition claim or other nutrients shall be labeled using whole integers or integers with one decimal point.
 - (4) Data formatting shall refer to the Chinese National Standard CNS2925 “Practices for Designating Significant Places in Specific Limiting Values”.
8. If the physiological functions of packaged vitamin and mineral tablets and capsules are to be described, the minimum daily intake must be 15% of the daily percentage reference value.
9. The values on the nutritional labels of prepackaged vitamin and mineral tablets and capsules must be derived from actual test analysis or calculations, and the range of allowable error shall meet the criteria in Appendix 3.
10. Prepackaged vitamin and mineral tablets and capsules shall be labeled the following warning at a conspicuous place of the outer package or container of the product: “No more than __ tablets (or capsules) each day.” and “Excessive intake does not benefit health.”.

11. “Regulations on Nutrition Labeling for Prepackaged Vitamin and Mineral Tablets and Capsules” shall not apply to prepackaged tablets and capsules which are not adding nutritional additives as vitamins or minerals sources.

Appendix 1. Nutrition labeling format for prepackaged vitamin and mineral tablets and capsules

Nutrition Facts		
Per serving _____ tablets/capsules		
This package contains _____ serving(s)		
	Each serving	Daily percentage reference value (%)
Vitamin ⁽¹⁾	mg or µg	%
Minerals	mg or µg	%
Claims nutritional content	g, mg, or µg	% or *
Other nutrients	g, mg, or µg	% or *

*Reference value not set.

Annotation 1: For Vitamins A, D and E, the contents shall be additionally labeled in IU.

Note: Nutrition labeling on surface areas smaller than 100 cm² may conform to the following format, placing labels at a prominent place on the package container:

Nutrition Facts

Per serving ○ tablets/capsules. This package contains ○ serving(s). Per serving (Daily percentage reference value): Vitamin⁽¹⁾ ○ mg or μg (○%), Minerals ○ mg or μg (○%), Claims nutritional content ○ g, mg, or μg (○% or *), Other nutrients ○ g, mg, or μg (○% or *).

* Reference value not set.

Annotation 1: For Vitamins A, D and E, the contents shall be additionally labeled in IU.

Appendix 2. Daily reference values of vitamins, minerals and other nutrients

Items \ Appropriate for	Not specified group	Between 1 and 3 years old	Pregnant or nursing mothers
Vitamin A ⁽¹⁾	700 µg RE	400 µg RE	600 µg RE
Vitamin B ₁	1.4 mg	0.6 mg	1.1 mg
Vitamin B ₂	1.6 mg	0.7 mg	1.2 mg
Vitamin B ₆	1.6 mg	0.5 mg	1.9 mg
Vitamin B ₁₂	2.4 µg	0.9 µg	2.6 µg
Vitamin C	100 mg	40 mg	110 mg
Vitamin D	10 µg	5 µg	10 µg
Vitamin E ⁽²⁾	13 mg α-TE	5 mg α-TE	14 mg α-TE
Vitamin K	120 µg	30 µg	90 µg
Niacin	18 mg NE	9 mg NE	16 mg NE
Folic acid	400 µg	170 µg	600 µg
Pantothenic acid	5 mg	2 mg	6 mg
Biotin	30 µg	9 µg	30 µg
Choline	500 mg	180 mg	410 mg
Sodium	2000 mg	1200 mg	2000 mg
Calcium	1200 mg	500 mg	1000 mg
Phosphorus	1000 mg	400 mg	800 mg
Iron	15 mg	10 mg	45 mg

Appropriate for Items	Not specified group	Between 1 and 3 years old	Pregnant or nursing mothers
Iodine	140 µg	65 µg	200 µg
Magnesium	390 mg	80 mg	355 mg
Zinc	15 mg	5 mg	15 mg
Fluorine	3 mg	0.7 mg	3 mg
Selenium	55 µg	20 µg	60 µg
Sodium	2000 mg	1200 mg	2000 mg
Protein	60 g	20g	65 g
Fat	60 g	*	65 g
Carbohydrate	300 g	*	330 g
Saturated fats	18 g	*	18 g
cholesterol	300 mg	*	300 mg
Dietary fiber	25 g	15 g	30 g

*Reference value not set.

Annotation 1: RE is Retinol Equivalent.

1 µg RE=1 µg Retinol=6 µg β-Carotene

Annotation 2: α-TE is α-Tocopherol Equivalent.

1 mg α-TE =1 mg α-Tocopherol

Annotation 3: NE is Niacin Equivalent.

Niacin is including Nicotinic Acid and Nicotinamide. The amount of Niacin is represented as Niacin Equivalent.

Appendix 3. Range of allowable error for nutrition labeling values

Items		Range of allowable error
Vitamin A and vitamin D		80%~180% of the labeled value
Vitamins (excluding vitamins A and D) and minerals (excluding Sodium)		≥ 80% of the labeled value
Nutrients labeled voluntarily	Protein, carbohydrates, Calories, lipids, saturated fats, trans fats, cholesterol, sodium, and sugars	≤ 120% of the labeled value
	Other nutrients	≥ 80% of the labeled value