

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

Amended on November 7, 2019

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 from top to bottom in tabular form orderly shown at a conspicuous place of the outer package or container of the product.
  - (1) Title of “Nutrition labeling”
  - (2) Per one serving (or per serving) and the number of servings contained in each package of the product.
  - (3) “Per serving (or per one serving)”, “daily percentage reference value”.
  - (4) Vitamin contents
  - (5) Mineral contents
  - (6) Contents of other nutrients declared in the nutrition claim or labeled by manufacturer voluntarily on the container of foodIf the vertical form can't be fully presented, it can be labeled in horizontal continuous form.

Nutrition labeling on surface areas smaller than 100 cm<sup>2</sup> can be labeled those nutrition information sequentially in horizontal table form.
4. Ways of labeling of contents of vitamins, minerals and other nutrients under the following provisions, and numbers shall be expressed in Arabic numerals: 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 1. Other nutrients not listed in Appendix 1 are expressed using the metric system or their common symbols.
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 shall be expressed in whole integers.
  - (2) Daily percentage reference value shall be labeled using whole integers or integers with one decimal point.
  - (3) The contents of vitamins and minerals shall be expressed in not more than three significant figures.
  - (4) Other nutrients declared in the nutrition claim or other nutrients shall be labeled using whole integers or integers with one decimal point.
  - (5) Data formatting shall refer to the Chinese National Standard CNS2925 “Practices for Designating Significant Places in Specific Limiting Values” or “Round half up” method.
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 2.
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. Daily reference values of vitamins, minerals and other nutrients

Appropriate for Items	Over 4 years old	Between 1 and 3 years old	Pregnant or nursing mothers
Vitamin A <sup>(1)</sup>	700 µg RE	400 µg RE	600 µg RE
Vitamin B1	1.4 mg	0.6 mg	1.1 mg
Vitamin B2	1.6 mg	0.7 mg	1.2 mg
Vitamin B6	1.6 mg	0.5 mg	1.9 mg
Vitamin B12	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 <sup>(2)</sup>	13 mg $\alpha$ -TE	5 mg $\alpha$ -TE	14 mg $\alpha$ -TE
Vitamin K	120 µg	30 µg	90 µg
Niacin <sup>(3)</sup>	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
Calcium	1200 mg	500 mg	1000 mg
Phosphorus	1000 mg	400 mg	800 mg
Iron	15 mg	10 mg	45 mg
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	20 g	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.  $1 \mu\text{g RE} = 1 \mu\text{g Retinol} = 6 \mu\text{g } \beta\text{-Carotene}$

Annotation 2:  $\alpha\text{-TE}$  is  $\alpha\text{-Tocopherol Equivalent}$ .  $1 \text{ mg } \alpha\text{-TE} = 1 \text{ mg } \alpha\text{-Tocopherol}$

Annotation 3: NE is Niacin Equivalent. Niacin, including nicotinic acid and nicotinamide and tryptophan, is expressed in Niacin Equivalent.  $1 \text{ mg NE} = 60 \text{ mg tryptophan}$

Annotation 4: The Chinese unit can be expressed using the metric system or their common symbols. Gram can be expressed in “g”, milligram can be expressed in “mg”, and microgram can be expressed in “ $\mu\text{g}$ ”.

#### Appendix 2. 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)		$\geq 80\%$ of the labeled value
Nutrients labeled voluntarily	Protein, carbohydrates, Calories, lipids, saturated fats, trans fats, cholesterol, sodium, and sugars	$\leq 120\%$ of the labeled value
	Other nutrients	$\geq 80\%$ of the labeled value