

Use Restrictions and Labeling Requirements of γ -Aminobutyric Acid Produced by Microbial Fermentation as a Food Ingredient

MOHW Food No.1131303496, 13 February 2025

Article 1

The regulation is prescribed in accordance with the provisions of Paragraph 2 of Article 15-1 and Subparagraph 10 of Paragraph 1 of Article 22 of the Act Governing Food Safety and Sanitation.

Article 2

The γ -aminobutyric acid (GABA) referred to herein is produced by microbial fermentation using *Lactobacillus hilgardii* or *Lactobacillus brevis* with approved food ingredients or food additives as culture medium, then processed through purification and other steps.

Article 3

The content of GABA shall not be less than 20%, and the daily intake shall not exceed 100 mg (as GABA).

Article 4

The labelling of food products containing the GABA shall bear following warning statement: This product shall be avoided consuming with alcohol or taking antihypertensive drugs, sedatives and antiepileptic drugs simultaneously. Pregnant women, lactating women, infants and young children shall consume the product under medical supervision.

Article 5

Article 4 of the regulation will come into effect from 1 January 2026, while the other articles shall be implemented from the date of promulgation. The domestic products and imported products can be placed on the market continuously until their expiry date if the production date or imported date are before the implementation date.