

## **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<br>reference value<br>(%) |
| Vitamin <sup>(1)</sup>               | 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 cm<sup>2</sup> 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<sup>(1)</sup> ○ 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 <sup>(1)</sup> | 700 µg RE           | 400 µg RE                 | 600 µg RE                   |
| Vitamin B <sub>1</sub>   | 1.4 mg              | 0.6 mg                    | 1.1 mg                      |
| Vitamin B <sub>2</sub>   | 1.6 mg              | 0.7 mg                    | 1.2 mg                      |
| Vitamin B <sub>6</sub>   | 1.6 mg              | 0.5 mg                    | 1.9 mg                      |
| Vitamin B <sub>12</sub>  | 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 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<br>Items | Not specified<br>group | Between 1<br>and 3 years<br>old | Pregnant or<br>nursing<br>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    |