

**Announcement (No. 205 of 2016) on the publication of the
Catalogue of Health Food Ingredients (I) and List of Health Functions
Permitted for Health Food Claims (I)**

Issued on 12 January 2017

In accordance with the relevant provisions of the Food Safety Law of the People's Republic of China, the State Food and Drug Administration, in conjunction with the National Health and Family Planning Commission and the State Administration of Traditional Chinese Medicine, formulated the Catalogue of Health Food Ingredients (I) and the List of allowed Health Functions for Health Food claims (a), hereby promulgated.

Attachment 1

Health food raw materials catalogue (1)

Nutrient supplements raw material catalogue

Raw material name				Daily intake				Effect
Nutrition element	Compound name	Applicable GB	Usage scope	Effective component	Suitable users	Minimum value	Maximum value	
Calcium	Calcium carbonate	GB1886.214	Every user	Ca (mg)	1—3	120	500	Supplement calcium
	Calcium acetate	GB15572	Older than 4 years		4—6	150	700	
	Calcium chloride	GB1886.45	Every user		7—10	200	800	
	Calcium Citrate	GB17203	Every user		11—13	250	1000	
	Calcium gluconate	GB15571	Every user					

Raw material name				Daily intake			Effect	
	Calcium lactate	GB1886.21	Older than 4 years old	Mg (mg)	14—17	200	800	
	Calcium hydrogen phosphate	GB1886.3	Every user		Adults	200	1000	
	monocalcium phosphate	GB25559	Older than 4 years old		Pregnant	200	800	
	Tricalcium phosphate (Calcium phosphate)	GB25558	Every user					
	Calcium sulfate	GB1886.6	Every user					
	calcium L-lactate	GB25555	Every user		Breast-feeding mother	200	1000	
	Calcium Glycerophosphate	Chinese Pharmacopoeia "glycerol calcium phosphate"	Older than 4 years old					
Magnesium	magnesium carbonate	GB25587	Every user	Mg (mg)	4—6	30	200	Supplement
	magnesium sulfate	GB29207	Every user		7—10	45	250	
					11—13	60	300	

Raw material name				Daily intake				Effect
	magnesium oxide	GB1886.216	Every user		14—17	65	300	magnesium
					Adult	65	350	
	magnesium chloride	GB25584	Every user		Pregnant	70	350	
	L-Threonic acid Magnesium salt	NHPFC notice n. 8/2016	Every user		Breast-feeding mother	70	400	Supplement magnesium
Potassium	Potassium hydrogen phosphate anhydrous	GB25561	Every user	K (mg)	4—6	250	1200	Supplement potassium
					7—10	300	1500	
	Potassium Phosphate Monobasic	GB25560	Every user		11—13	400	2000	
	potassium chloride	GB25585	Every user		14—17	400	2200	
					Adult	400	2000	
	potassium citrate	GB1886.74	Every user		Pregnant	400	2000	
	potassium carbonate	GB25588	Older than 4 years old	Breast-feeding mother	500	2400		
Manganese	Manganese sulfate	GB29208	Every user	Mn (mg)	4—6	0.3	1.5	Supplement

Raw material name				Daily intake			Effect	
	Manganese gluconate	GB1903.7	Every user		7—10	0.5	2.5	manganese
					11—13	0.6	3.5	
					14—17	0.8	3.8	
					Adult	1.0	4.0	
					Pregnant	1.0	4.0	
					Breast-feeding mother	1.0	4.0	
Iron	Ferrous gluconate	GB1903.10	Every user	Fe (mg)	1—3	1.5	7.0	Supplement iron
	Ferrous fumarate	Chinese Pharmacopoeia "ferrous fumarate"	Every user		4—6	2.0	8.0	
	ferrous sulfate	GB29211	Every user		7—10	2.5	10.0	
	ferrous lactate	GB6781	Older than 4 years old		11—13	3.5	15.0	
					14—17	3.5	15.0	
	Ferrous succinate	National Drug Standards WS1- (X-005)-2001Z	Older than 4 years old		Adult	5.0	20.0	
			Pregnant	5.0	20.0			

Raw material name				Daily intake				Effect
					Breast-feeding mother	5.5	20.0	
Zinc	zinc sulfate	GB25579	Every user	Zn (mg)	1—3	0.8	3.0	Supplement zinc
	Zinc citrate	Chinese Pharmacopoeia "Zinc Citrate"	Every user		4—6	1.0	5.0	
	Zinc citrate trihydrate	NHFPC notice n. 9/2013	Every user		7—10	1.5	6.0	
	Zinc gluconate	GB8820	Every user		11—13	1.5	8.0	
					14—17	2.0	10.0	
	zinc oxide	GB1903.4	Every user		Adult	3.0	15.0	
	Zinc lactate	GB1903.11	Every user		Pregnant	2.0	10.0	
				Breast-feeding mother	2.0	10.0		
Selenium	sodium selenite	GB1903.9	Every user	Se (µg)	4—6	5	30	Supplement selenium
	Selenium enriched	National Drug Standards	Older than 4 years		7—10	8	40	

Raw material name				Daily intake			Effect	
	yeast	WS1- (x-005) -99Z			11—13	10	50	
	L-Se-methylselenocysteine	GB1903.12	Older then 4 years		14—17	10	60	
					Adult	10	100	
					Pregnant	10	60	
					Breast-feeding mother	15	80	
Copper	copper sulfate	GB29210	Every user	Cu (mg)	4—6	0.1	0.3	Supplement copper
					7—10	0.1	0.4	
					11—13	0.1	0.5	
	Copper gluconate	GB1903.8	Every user		14—17	0.2	0.6	
					Adult	0.2	1.5	
					Pregnant	0.2	0.7	
					Breast-feeding mother	0.3	1.0	
Vitamin A	Retinyl acetate	GB14750	Every user	vitamin A	1—3	50	300	Supplement

Raw material name				Daily intake				Effect
	retinyl palmitate	GB29943	Every user	(retinol, µg)	4—6	60	400	vitamin A
					7—10	80	500	
					11—13	100	700	
	β-Carotene	GB8821	Every user		14—17	130	800	
					Adult	160	800	
					Pregnant	120	800	
					Breast-feeding mother	200	1200	
Vitamin D	vitamin D2	GB14755	Every user	vitamin D2 (Ergocalciferol, µg) vitamin D3 (Cholecalciferol, µg)	1—3	2.0	10.0	Supplement vitamin D
					4—6	2.0	15.0	
					7—10	2.0	15.0	
	vitamin D3	Chinese Pharmacopoeia "Vitamin D ₃ "	Every user		11—13	2.0	15.0	
					14—17	2.0	15.0	
					Adult	2.0	15.0	
					Pregnant	2.0	15.0	

Raw material name				Daily intake				Effect
					Breast-feeding mother	2.0	15.0	
Vitamin B ₁	thiamine hydrochloride	GB14751	Every user	vitamin B1(thiamine, mg)	1—3	0.1	0.6	Supplement vitamin B1
					4—6	0.2	1.5	
					7—10	0.2	1.5	
					11—13	0.3	2.0	
	Thiamine nitrate	Chinese Pharmacopoeia “Thiamine nitrate”	Every user		14—17	0.3	2.0	
					Adult	0.5	20.0	
					Pregnant	0.3	2.5	
					Breast-feeding mother	0.3	2.5	
Vitamin B ₂	riboflavin	GB14752	Every user	vitamin B2 (riboflavin,mg)	1—3	0.1	0.6	Supplement vitamin B2
					4—6	0.2	1.5	
					7—10	0.2	1.5	

Raw material name				Daily intake			Effect
	riboflavine phosphate (sodium)	GB28301	Every user	11—13	0.3	2.0	
				14—17	0.3	2.0	
				Adult	0.5	20.0	
				Pregnant	0.3	2.5	
				Breast-feeding mother	0.3	2.5	
Vitamin B ₆	Pyridoxine hydrochloride	GB14753	Every user	1—3	0.1	0.6	Supplement vitamin B ₆
				4—6	0.2	1.5	
				7—10	0.2	1.5	
				11—13	0.3	2.0	
				14—17	0.3	2.0	
				Adult	0.5	10.0	
				Pregnant	0.3	2.5	
				Breast-feeding mother	0.3	2.5	

Raw material name				Daily intake			Effect	
Vitamin B ₁₂	Cyanocobalamin	Chinese Pharmacopoeia "Vitamin B ₁₂ "	Every user	vitamin B12 (cobalamin, μg)	1—3	0.2	1.0	Supplement vitamin B12
					4—6	0.2	1.5	
					7—10	0.3	2.0	
					11—13	0.4	2.5	
					14—17	0.5	3.0	
					Adult	0.5	10	
					Pregnant	0.6	5.0	
					Breast-feeding mother	0.6	5.0	
Niacin (Nicotinic acid)	niacin	GB14757	Every user	Niacin (mg)	1—3	1.0	5.0	Supplement niacin
					4—6	1.5	7.5	
					7—10	2.0	10.0	
					11—13	2.5	12.0	
					14—17	3.0	15.0	
					Adult	3.0	15.0	

Raw material name				Daily intake			Effect	
					Pregnant	2.5	15.0	
					Breast-feeding mother	3.0	15.0	
	Nicotinamide	Chinese Pharmacopoeia "Nicotinamide"	Every user	Nicotinamide (mg)	1—3	1.0	7.0	
					4—6	1.5	9.0	
					7—10	2.0	13.0	
					11—13	2.5	15.0	
					14—17	3.0	18.0	
					Adult	3.0	50.0	
					Pregnant	2.5	15.0	
					Breast-feeding mother	3.0	18.0	
Folic acid	folic acid	GB15570	Every user	folic acid (μg)	1—3	30	150	Supplement folic acid
					4—6	40	200	
					7—10	50	250	
					11—13	70	350	

Raw material name				Daily intake			Effect	
					14—17	80	400	
					Adult	80	500	
					Pregnant	110	500	
					Breast-feeding mother	110	500	
Biotin	D-biotin	Chinese Drug Standard WS-10001-(HD-1052)-2002	Every user	biotin (μg)	1—3	3	15	Supplement biotin
					4—6	4	25	
					7—10	5	30	
					11—13	7	45	
					14—17	8	50	
					Adult	10	100	
					Pregnant	8	50	
					Breast-feeding mother	10	60	
Choline	Tartaric acid choline	Chinese Drug Standard WS-10001-(HD-1250)-2002	Every user	choline (mg)	1—3	40	240	Supplement choline
					4—6	50	300	

Raw material name				Daily intake			Effect	
					7—10	60	400	
					11—13	80	500	
					14—17	90	600	
					Adult	100	1000	
					Pregnant	80	500	
					Breast-feeding mother	100	700	
Vitamin C	L-ascorbic acid	GB14754	Every user	Vitamin C (L-ascorbic acid, mg)	1—3	6	60	Supplement Vitamin C
	L-Sodium ascorbate	GB1886.44	Every user		4—6	10	100	
	L-Calcium ascorbate	GB1886.43	Every user		7—10	10	100	
	Ascorbyl palmitate	GB1886.230	Older than 4 years		11—13	15	150	
					14—17	20	200	
				Adult	30	500		
				Pregnant	25	250		

Raw material name				Daily intake			Effect	
					Breast-feeding mother	30	300	
Vitamin K	Vitamin K1	Chinese Pharmacopoeia "Vitamin K ₁ "	Every user	Vitamin K (phytonadione, μg)	4—6	10	60	Supplement Vitamin K
					7—10	10	70	
					11—13	15	90	
					14—17	15	100	
					Adult	15	100	
					Pregnant	15	100	
	Breast-feeding mother	15	100					
	Vitamin K2 (fermentation)	NHFPC notice n. 8/2016	所有人群					
Pantothenic acid	D-Calcium pantothenate	Chinese Pharmacopoeia "Calcium Panthotenate"	Every user	pantothenic acid (mg)	1—3	0.4	2.0	Supplement pantothenic acid
					4—6	0.5	5.0	
					7—10	0.7	7.0	
					11—13	0.9	9.0	
					14—17	1.0	10.0	
					Adult	1.0	20.0	

Raw material name				Daily intake			Effect	
					Pregnant	1.0	10.0	
					Breast-feeding mother	1.0	10.0	
Vitamin E	D- α -tocopherol	GB1886.233	Every user	Vitamin E (d - α -Tocopherol, mg)	4—6	1.5	9.0	Supplement Vitamin E
	D- α - Tocopherol acetate		Every user		7—10	2.0	14.0	
	D- α - tocopheryl acid succinate		Every user		11—13	3.0	25.0	
	dl - α -Tocopherol acetate	GB14756	Every user		14—17	3.0	25.0	
	dl - α -tocopherol	GB29942	Every user		Adult	5.0	150	
	Vitamin E succinate calcium	GB1903.6	Older than 4 years		Pregnant	3.0	25.0	
					Breast-feeding mother	4.0	30.0	

Attachment 2

Allowed health food products list of health functions claims (first batch)

Nutritional supplements health function catalogue

Health function	Notes
Supplements vitamins, minerals	Including supplements: Calcium, Magnesium, Potassium, Manganese, Iron, Zinc, Selenium, Copper, Vitamin A, Vitamin D, Vitamin B1, Vitamin B2, Vitamin B6, Vitamin B12, Niacin, Folic Acid, Biotin, Choline, Vitamin C, Vitamin K, Pantothenic Acid, Vitamin E