

GUIDELINES FOR VITAMIN AND MINERAL FOOD SUPPLEMENTS CAG 55-2005

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Overview

CAG 55-2005 are guidelines for vitamin and mineral food supplements intended for use in supplementing the daily diet with vitamins and/or minerals. These guidelines apply only in those jurisdictions where products defined in these guidelines are regulated as foods. These are reproduced here:

Section 2.1 Vitamin and mineral food supplements for the purpose of these guidelines derive their nutritional relevance primarily from the minerals and/or vitamins they contain. Vitamin and mineral food supplements are sources in concentrated forms of those nutrients alone or in combinations, marketed in forms such as capsules, tablets, powders, solutions etc., that are designed to be taken in measured small-unit quantities but are not in a conventional food form and whose purpose is to supplement the intake of vitamins and/or minerals from the normal diet.

NOTE: Foods for special dietary uses as defined in the General Standard for the Labelling of and Claims for Prepackaged Foods for Special Dietary Uses (CXS 146-1985) are not covered by these Guidelines.

The document outlines the forms (natural or synthetic), purity criteria, and required safety and bioavailability considerations when formulating these products. Packaging and labelling

considerations are also mentioned. Following this guideline will assist suppliers in manufacturing these products appropriately.

Link to Document

[Guidelines for vitamin and mineral food supplements CAC/GL 55 - 2005](#)