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**HFMA GUIDELINES FOR MAXIMUM NUTRIENT SUPPLEMENT LEVELS**

Nutrient	Unit	HFMA USL for daily supplementation <sup>(1)</sup>	EVM SUL for daily supplementation <sup>(2)</sup>	EU Labelling NRV <sup>(3)</sup>
Vitamin A	µg RE	2300 ***	1500 (G, T)	800
Beta-carotene †	mg	20 +	7	-
Vitamin D	µg	10	25 (G)	5
Vitamin E	mg α-TE	540 *	540	12
Vitamin K ††	µg	-	1000 (G)	75
Vitamin C †	mg	2000	1000 (G)	80
Thiamin (B1)	mg	100	100 (G)	1.1
Riboflavin (B2)	mg	200	40 (G) 43 (T)	1.4
Niacin Nicotinamide Nicotinic acid †	mg NE mg mg	450 150	500 (G) 560(T) 17	16
Vitamin B6 †	mg	200 ++	200 (short term)## 10 (long term)	1.4
Folic acid	µg	400 **	1000 (G) 1500(T)	200
Vitamin B12	µg	500	2000 (G)	2.5
Biotin	µg	500	900 (G) 970(T)	50
Pantothenic acid	mg	500	200 (G) 210(T)	6
Potassium	mg	-	3700 (G)	2000
Chloride	mg	-	-	800
Calcium †	mg	1500	1500 (G)	800
Phosphorus †	mg	1500	250 (G) 2400 (T)	700
Magnesium †	mg	350	400 (G)	375
Iron † #	mg	15	17 (G)	14
Zinc †	mg	15	25 42(T)	10
Copper	mg	5	1 10(T)	1
Manganese †	mg	15	4 (G) 9-12(T)	2
Fluoride	mg	-	-	3.5
Selenium	µg	200	350 450(T)	55
Chromium(III) §	µg	200	10000 (G, T) [WHO 250]	40
Molybdenum	µg	200	Insufficient data	50
Iodine	µg	500	500 (G) 940(T)	150
Boron	mg	-	6 (9.6 T)	-
Silicon	mg	-	700 760(T)	-



Surrey and Buckinghamshire Trading Standards have assessed CLEAR CHECK service for its food standards support and concluded that “The quality level has been independently reviewed and in our opinion is likely to provide users of those services with a defence of ‘having taken all reasonable precautions and exercised all due diligence’...”. Please contact CLEAR CHECK for further details.

<sup>(1)</sup> HFMA levels adopted March 1998 (Dr D. Shrimpton, 'Vitamins and Minerals: a scientific evaluation of the range of safe intakes' October 1997)

<sup>(2)</sup> Expert Group on Vitamins and Minerals report May 2003 'Safe upper levels for vitamins and minerals: report of the expert group on vitamins and minerals' [Values relate to intake in adults]

G = guidance level      T = total intake (from all dietary sources)

## (200 mg) level implied in the text of the report

<http://cot.food.gov.uk/cotreports/cotjointreps/evmreport/>

<sup>(3)</sup> Nutrient Reference Value according to EU Food Information to Consumers Regulation (No. 1169/2011) Annex XIII Part A

Nicotinamide and nicotinic acid are two forms of niacin (vitamin B3).

Nicotinic acid is not as safe in large quantities as nicotinamide and the HFMA levels indicated assume that one or other form is taken, not both.

\* Revised HFMA Vitamin E level established August 2011. Maximum 675 mg (1000 IU) can be supplied if accompanied by label advice stating either '*not intended for long term use*' or '*for use under guidance of a practitioner*'

\*\* Voluntary cap of 400µg of folic acid/day agreed with FSA/DoH (relating to apparent link between increased folic acid intake and risk of colorectal cancer) (issued August 2008)

In April 2012 FSA and DoH issued a request to limit products that may be taken by people over 50 years or with a previous history of colorectal adenomas to 200 µg folic acid/day

\*\*\* Maximum 800 µg daily for pregnant women and those who might become pregnant.

\*\*\* Where the maximum daily dose of pre-formed vitamin A (retinol) is greater than 800µg insert caution: '*Do not take vitamin A supplements if you are pregnant or likely to become pregnant except on the advice of a doctor or ante-natal clinic*'

\*\*\* In September 2008 members were advised not to launch products containing more than 800µg of retinol and to make substantial reductions in the levels of retinol present in fish liver oil supplements wherever possible (advice issued in relation to on-going dialogue with FSA re safety of vitamin A)

+ FSA/DoH recommendation for reformulation to ≤ 7 mg/day [related to findings of EVM]

++ FSA/DoH recommendation for reformulation to < 100 mg/day [related to findings of EVM]

§ EFSA opinion on the safety of trivalent chromium (chromium III) as a nutrient added to parnuts, foods and food supplements (2010 op#1882) - intake of chromium III from these sources should not exceed 250 µg/day (value established by WHO for maximum supplemental intake of chromium)

† Nutrients for which industry/government agreed advisory statements apply where nutrient provided at above EVM level - mandatory for HFMA members [see separate note for wording of statements]

†† Products providing more than 100µg of Vitamin K in the daily intake should carry the following warning: '*If you are taking anti-coagulants (blood thinners) do not take this product except on the advice of a doctor.*'

# Supplements where the total iron content of the package is equal to or in excess of 200mg should carry the following warning: '*This product contains iron, which, if taken in excess, may be harmful to very young children. Keep out of sight and reach.*'

RE= retinol equivalents

α-TE = alpha-tocopherol equivalents

NE = niacin equivalents

**HFMA members are expected to abide by the HFMA/EVM recommendations taking account, where appropriate, of additional guidance provided (e.g. folic acid, vitamin A)**

*The guidance in this document reflects HFMA CLEAR CHECK opinion only of applicable regulatory requirements. Enforcement and interpretation of legislation is a matter for the appropriate regulatory body and/or the courts. The legal responsibility for the labelling and presentation of foodstuffs remains with the food business operator.*