



USDA Foreign Agricultural Service

# GAIN Report

Global Agriculture Information Network

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## European Union

### Food and Agricultural Import Regulations and Standards

#### Adding Vitamins and Minerals to Foods - EU Proposal

**2003**

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**Report Highlights:**

The European Commission has proposed a regulation establishing harmonized rules for the voluntary addition of vitamins, minerals and other substances such as herbal extracts to foods.

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Includes PSD Changes: No  
Includes Trade Matrix: No  
Unscheduled Report  
Brussels USEU [BE2]  
[E2]

## Adding vitamins and minerals to foods – EU Proposal

On November 10, 2003, the European Commission proposed a regulation establishing harmonized rules for the voluntary addition of vitamins, minerals and other substances such as herbal extracts to foods. At the moment, EU member states have very different rules on fortified foods. This may create obstacles for the free movement of goods and means that there are different standards of food safety across the EU.

The proposed rules include a list of approved vitamins and minerals that may be added to food and establishes criteria for setting the minimum and maximum levels for the different nutrients. These levels will be set by the European Commission and government experts, based on scientific advice provided by the European Food Safety Authority. All fortified foods will have to be labeled to inform consumers about the nutritional value. Adding vitamins to alcoholic beverages will not be allowed in line with efforts to combat alcohol abuse. Objections from consumer organizations to fortifying foods high in salt, sugars or fat were taken into consideration in the proposed rules on nutrition and health claims (ref. GAIN reports E23199, E23172 and E23136).

The proposed rules do not apply to foods intended to meet special nutritional requirements such as food for infants and young children, foods for use in energy-restricted diets and foods for special medical purposes which are covered by separate EU legislation. Food supplements such as vitamins pills are covered by Directive 2000/46.

The EU's proposal on fortified foods can be downloaded from the Internet at [http://europa.eu.int/comm/food/fs/sfp/df/df\\_ff\\_reg1\\_en.pdf](http://europa.eu.int/comm/food/fs/sfp/df/df_ff_reg1_en.pdf).

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### Related reports from USEU Brussels:

Report Number	Title	Date Released
E23136	New rules on nutrition & health claims proposed	7/18/03
E23199	Clarification on the proposal on nutrition & health claims	10/23/03
E23182	EU Legislation affecting food supplements, herbal medicines & certain dietetic foods	9/29/03