

Supplements and herbs

FACT SHEET

2023



Legislation

Upper limit for vitamin D set

[EFSA Journal 2023;21\(8\):8145](#)

Scientific opinion on the tolerable upper intake level for vitamin D, including the derivation of a conversion factor for calcidiol monohydrate.

Phospholipase A1, endo-polygalacturonase, glucan-1,4- α -glucosidase, endo-polygalacturonase and cellulase (food enzymes) approved

[EFSA Journal 2023;21\(2\):7835](#)

Safety evaluation of the food enzyme phospholipase A1 from the genetically modified *Aspergillus oryzae* strain NZYM-PP.

[EFSA Journal 2023;21\(2\):7836](#)

Safety evaluation of the food enzyme endo-polygalacturonase from the genetically modified *Aspergillus oryzae* strain AR-183.

[EFSA Journal 2023;21\(2\):7840](#)

Safety evaluation of the food enzyme containing endo-polygalacturonase and cellulase from the non-genetically modified *Talaromyces cellulolyticus* strain NITE BP-03478.

[EFSA Journal 2023;21\(2\):7841](#)

Safety evaluation of the food enzyme glucan-1,4- α -glucosidase from the non-genetically modified *Rhizopus delemar* strain CU634-1775.

Aroma 2-hydroxy-4-methoxybenzaldehyde found safe

[Official Journal EU L 64 of 1 March 2023, p. 9](#)

Commission Regulation (EU) 2023/441 of 28 February 2023 amending Annex I to Regulation (EC) No 1334/2008 of the European Parliament and of the Council as regards the inclusion of 2-hydroxy-4-methoxybenzaldehyde in the Union list of flavourings.

Nicotinamide riboside chloride allowed as a source of niacin in certain foods

[Official Journal EU L 64 of 1 March 2023, p. 1](#)

Commission Delegated Regulation (EU) 2023/439 of 16 December 2022 amending the Annex to Regulation (EU) No 609/2013 of the European Parliament and of the Council to allow the use of nicotinamide riboside chloride as a source of niacin in food for special medical purposes and total diet replacement for weight control.

Sweetener E960d glucosylated steviol glycosides found safe

[Official Journal EU L 65 of 2 March 2023, p. 16](#)

Commission Regulation (EU) 2023/447 of 1 March 2023 amending Annex II to Regulation (EC) No 1333/2008 of the European Parliament and of the Council and the Annex to Commission Regulation (EU) No 231/2012 as regards the use of glucosylated steviol glycosides as a sweetener.

Carbomer E1210 found safe for use in food supplements

[Official Journal EU L 64 of 1 March 2023, p. 4](#)

Commission Regulation (EU) 2023/440 of 28 February 2023 amending Annex II to Regulation (EC) No 1333/2008 of the European Parliament and of the Council and the Annex to Commission Regulation (EU) No 231/2012 as regards the use of carbomer in food supplements.

Xanthan gum as a food additive found safe again

[EFSA Journal 2023;21\(5\):7951](#)

Re-evaluation of xanthan gum (E 415) as a food additive in foods for infants below 16 weeks of age and follow-up of its re-evaluation as a food additive for uses in foods for all population groups.

Food additives and flavourings monitoring plan in the EU

[EU Official Journal L 129 of 16 May 2023, p. 17](#)

Commission Recommendation (EU) 2023/965 of 12 May 2023 on the method for monitoring the intake of food additives and flavourings.

Aqueous ethanol extract of Labisia pumila may be used in food supplements

[EU Official Journal L 132 of 17 May 2023, p. 46](#)

Commission Implementing Regulation (EU) 2023/972 of 10 May 2023 authorising the placing on the market of aqueous ethanol extract of Labisia pumila as a novel food and amending Implementing Regulation (EU) 2017/2470.

Vitamin B6 intake gets upper limit, link with peripheral neuropathy

[EFSA Journal 2023;21\(5\):8006](#)

Scientific opinion on the tolerable upper intake level for vitamin B6.

A form of vitamin B3 (Nicotinamide riboside chloride) may be added to foods

[Publication Journal EU L 143 of 2 June 2023, p. 6](#)

Commission Regulation (EU) 2023/1065 of 1 June 2023 amending Annex II to Regulation (EC) No 1925/2006 of the European Parliament and of the Council as regards nicotinamide riboside chloride added to foods.

WHO guideline on the use of sweeteners

[WHO guideline of 15 May 2023](#)

Use of non-sugar sweeteners: WHO guideline.

A form of vitamin B3 (Nicotinamide riboside chloride) may be added to foods

[Publication Journal EU L 143 of 2 June 2023, p. 6](#)

Commission Regulation (EU) 2023/1065 of 1 June 2023 amending Annex II to Regulation (EC) No 1925/2006 of the European Parliament and of the Council as regards nicotinamide riboside chloride added to foods.

Change in use of E422, E475 and E476 as food additives

[EU Official Journal L 166 of 30 June 2023, p. 66](#)

Commission Regulation (EU) 2023/1329 of 29 June 2023 amending Annex II to Regulation (EC) No 1333/2008 of the European Parliament and of the Council as regards the use of polyglycerol polyricinoleate (E476) and the Annex to Commission Regulation (EU) 231/2012 as regards the specifications of glycerol (E422), polyglycerol esters of fatty acids (E475) and polyglycerol polyricinoleate (E476).

Fraud

Adulterated pepper in Pakistan

The authorities seized 1.1 tons of spurious black pepper adulterated with maida plaster of Paris, oil and prohibited colours.

[Urdu Point](#)

Grey market in Pakistan

The authorities seized 4.27 tons of China salt, banned by the Supreme Court of Pakistan.

[The News](#)

Adulterated food supplements in Italy

The authorities seized 3 700 000 (1.3 tons) food supplements without correct labels and adulterated with unsafe ingredients (total value of 500 000 Euros).

[La Nazione](#)

Research on sports foods in Australia

Researchers have analyzed 558 sports foods on the Australian market identifying several non-compliances with the labels provided. Products included protein-based products (powders, bars, and snacks, ready-made shakes), carbohydrate-based products (powders, gels), and other products like creatine and beta-alanine. Around one-third of products had incorrect nutrition information

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