



Howarth
Food
Safety

Food Supplements

These products must respect specific labelling requirements laid down in a European Union (EU) regulatory directive ([Directive 2002/46/EC](#)) on food supplements.

As food supplements are classified as food products in the EU, the provisions on food labelling stipulated in general food law must also be respected.

Food supplements do not require mandatory nutrition declaration as specific rules for labelling are already provided in Directive 2002/46/EC on food supplements. These rules specify that the amount of nutrients or substances with a nutritional or physiological effect present in the product must be declared on the labelling in numerical form, per portion of the product as recommended for daily consumption, and also expressed as a percentage of the reference values.

We know that it is always a challenge preparing a correct label for a food supplement product that is in line with all the regulatory requirements, as well as attractive to the consumer.

For further support to maximise your product appeal in this area contact Sarah

NOTE: Published April 2016. Regulations and Guidance are an evolving landscape therefore it is important to ensure you are working with the latest most up to date information at all times.