

Voluntary Report – Voluntary - Public Distribution

Date: January 10, 2024

Report Number: CH2024-0002

Report Name: PRC Inclusion of American Ginseng in Health Food
Ingredient Catalog

Country: China - People's Republic of

Post: Beijing

Report Category: FAIRS Subject Report, MISC-Commodity, Trade Policy Monitoring

Prepared By: FAS China Staff

Approved By: Robert Hanson

Report Highlights:

On December 31, 2023, three People's Republic of China (PRC) government regulatory agencies jointly announced inclusion of three new ingredients including American Ginseng in the Catalog of Health Food Ingredients, effective May 1, 2024. The catalog provides the scope of usage, target population, precautions, and functions of ingredients. This report contains an unofficial translation of the government announcement and specific requirements for American Ginseng.

Summary:

On December 31, 2023, the State Administration of Market Regulation (SAMR), the National Health Commission (NHC), and the National Administration of Traditional Chinese Medicine (NATCM) jointly published updates to the Catalog of Health Food Ingredients for three substances including American Ginseng (*Panax quinquefolius*) (see SAMR announcement [here](#)). The catalog sets forth the permitted scope of usage (dosage), target population, precautions, and functions of each ingredient. According to SAMR notes on the announcement, the ingredient names and sources should be consistent with those in the current Chinese Pharmacopoeia. Only single ingredients, not ingredients combined with other ingredients, may obtain health food ingredient product registration. The permitted claims for American Ginseng include “helps strengthen immunity and relieve physical fatigue,” which may be included on the product label. (Note: The production and import of health foods is governed by the [Measure on the Administration of Health Food Registration](#), which also delineates the registration procedure for companies that results in a SAMR health food approval number for their product. Obtaining a health food approval number is a prerequisite for entry of many imported health food products into China).

Previously, American Ginseng was regulated only as a traditional Chinese medicine product. The scope of application was expanded on November 17, 2023, when SAMR and NHC jointly published a notice to regulate nine substances including American Ginseng, as both Chinese medicine and food (See also GAIN report [CH2023-0181](#)).

Inclusion in the Catalog of Health Food Ingredients should create opportunities for greater use of American Ginseng as a food ingredient in China. However, it is not the only step in the export preparation process; additional requirements (pending clarification) may include SAMR product registration and registration with the General Administration of Customs of China (GACC) Bureau of Import and Export Food Safety (in accordance with Decree 248) or GACC Department of Animal and Plant Quarantine. Registration requirements will vary depending on the product and degree of processing.

[BEGIN TRANSLATION]

Announcement on the Release of Three Catalog of Health Food Ingredients Including Ginseng

No. 57 (2023)

December 18, 2023

According to the *Food Safety Law of the People's Republic of China* and the *Measures for the Management of the Catalog of Health Food Ingredients and Catalog of Health Functions*, the State Administration for Market Regulation, together with the National Health Commission and the National Administration of Traditional Chinese Medicine, formulated the *Catalog of Health Food Ingredient Ginseng*, *Catalog of Health Food Ingredient American Ginseng*, and *Catalog*

of Health Food Ingredient *Ganoderma Lucidum* are now released and will enter into force on May 1, 2024.

Catalog of Health Food Ingredient American Ginseng

Ingredient Name	Daily Intake			Function	
Name	Dosage	Suitable group	Not suitable group	Precautions	
American Ginseng	1.5-3g	Fatigue people	Children, pregnant women, breastfeeding mothers	Should not be used together with Chinese herbal medicines and their products containing Veratrum. Not recommended for people with cold, thick, and greasy tongue.	Relieve physical fatigue
		People with weak immune system			Help strengthen immunity

American Ginseng: Ingredient should comply with the relevant provisions of the same category in the current version of the Chinese Pharmacopoeia. For ingredients with national food safety standards, safety indicators (including pesticide residues and heavy metals, etc.) should also comply with current national food safety standards.

[END TRANSLATION]

Attachments:

No Attachments.