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Report Name: Guidance and Resources on Canada's Supplemented Foods

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Report Highlights:

In July 2022, Canada published final regulations on supplemented foods. The new regulatory requirements are complex, and the food industry has until January 1, 2026 to become compliant. Stakeholders are strongly encouraged to consult the variety of resources and information made available by Health Canada to assist with the implementation of the supplemented foods regulatory framework.

After publishing final supplemented foods regulations in July 2022, Health Canada (HC) began developing resources for industry to assist with implementation and compliance by January 1, 2026. To date, the federal department developed the following guidance and documentation:

- A dedicated supplemented foods webpage
- A Guidance document for supplemented foods regulations
- Templates for label designers (also see documents attached to this report)
- General information about supplemented foods

Additionally, HC is continuously engaged in communication with stakeholders and in providing information on supplemented foods to assist with transition and compliance. In fall 2022, HC organized a first webinar to offer industry a summary of the main supplemented foods regulatory provisions. The presentation used during this webinar is attached to this report and represents another source of information for food companies.

Canada's supplemented foods regulatory framework is complex and companies will have to assess each product individually to determine compliance with a multitude of criteria, including:

- The List of permitted supplemented food categories (stipulating which food categories are permitted to be supplemented foods)
- The List of permitted supplemental ingredients (listing all the supplemental ingredients permitted for addition to supplemented foods, as well as their conditions of use, such as the categories of food they can be added to, or the maximum amounts allowed to be added)

In terms of labeling, in addition to the general requirements applicable to all foods in Canada, supplemented foods are subject to unique labelling requirements, which include:

- A Supplemented Food Facts table (SFFt)
- A List of cautionary statements (if applicable), and
- A Supplemented Food Caution Identifier (SFCI) (if applicable)

To assist with labeling compliance, HC developed the following materials:

- A Directory of supplemented food facts table formats (including various formats, and the versions of each format that are acceptable for use on prepackaged products)
- A Directory of supplemented food caution identifier specifications (listing formatting specifications of the variations of the supplemented food caution identifier that are acceptable for use on prepackaged products)

Additionally, the regulations stipulate specific conditions when health claims related to supplemented foods can be made, and be listed on the product package. Some of these conditions include:

- General health claims about the role of a nutrient that triggers a cautionary statement can only be made when a specific claim about the same nutrient is also present
- Claims promoting normal growth and development are prohibited on a supplemented food that is required to carry an age related cautionary statement
- Claims related to vitamins and minerals are prohibited on supplemented foods with high caffeine content
- Claims related to hydration and electrolyte replacement, and physical performance are restricted on certain supplemented foods that contain caffeine as a supplemental ingredient

Finally, since prior to the July 2022 regulatory framework supplemented foods were regulated on a temporary basis in Canada (via Temporary Marketing Authorization Letters – TMALs), HC also developed rules for transitioning supplemented foods currently on the market from the old framework to the new regulations. To help with the transition process, HC provided the following resources:

- Transition to the supplemented foods regulatory framework
- Lists of temporary marketing authorization letters
- Threshold levels for cautionary statements and other conditions of use

Attachments:

Supplemented Foods Compendium.pdf

Stakeholders - Supplemented Foods Technical Webinar_Final.pdf