

USDA Foreign Agricultural Service

# GAIN Report

Global Agricultural Information Network

THIS REPORT CONTAINS ASSESSMENTS OF COMMODITY AND TRADE ISSUES MADE BY  
USDA STAFF AND NOT NECESSARILY STATEMENTS OF OFFICIAL U.S. GOVERNMENT  
POLICY

Voluntary  Public

**Date:** 1/25/2016

**GAIN Report Number:** TR6004

## Turkey

**Post:** Ankara

### **Turkey Publishes List of Restricted Substances for Food Supplements**

**Report Categories:**

Sanitary/Phytosanitary/Food Safety

**Approved By:**

Kimberly Sawatzki

**Prepared By:**

Nergiz Ozbag

**Report Highlights:**

MinFAL published the “List of Restricted Substances for Food Supplements” on January 22, 2016 on its website. According to the Regulation, business operators must comply with this list by January 22, 2018.

**General Information:**

According to the Article 12 (5) of the “Regulation on Import, Production, Processing and Placing on the Market of Food Supplements”, Ministry of Food Agriculture and Livestock (MinFAL) may publish the ingredients which may be used in restricted amounts as an ingredient in food supplements and once published business operators must comply with these conditions within 2 years after it is published in the official website of MinFAL.

MinFAL published the “List of Restricted Substances for Food Supplements” on January 22, 2016 on its website which is accessible at

<http://www.tarim.gov.tr/GKGM/Duyuru/174/Takviye-Edici-Gidalarin-Ithalati-Uretimi-Islenmesi-Ve-Piyasaya-Arzina-Iliskin-Yonetmelik-Geregi-Bakanligimizca-Belirlenen-Takviye-Edici-Gidalarda-Kullanilan-Kisitli-Maddeler-Listesi-Yayinlanmistir> in Turkish language. According to the Regulation, business operators must comply with this list by January 22, 2018.

The list is provided below:

**List of Restricted Substances for Food Supplements**

Name of active substance	4-10 age Daily Intake Dose		Adult Daily Intake Dose	
	Minimum	Maximum	Minimum	Maximum
Fish Oil		EPA+DHA amount not more than 750 mg/day		EPA+DHA amount not more than 3000 mg/day
Glucosamine HCL or sulphate, Glycosaminoglycan				1.500 mg/day
Chondroitin sulphate				1200 mg/day
Methylsulfonylmethane				6000 mg/day
Probiotic microorganism	$1 \times 10^6$ cfu/day	$1 \times 10^{10}$ cfu/day	$1 \times 10^6$ cfu/day	$1 \times 10^{10}$ cfu/day
Coenzyme Q10				200 mg/day
CLA(Conjugated Linoleic Acid )				3500 mg/day
Collagen Type II (undenatured collagen type II )				40 mg/day
ALA (Alpha Linolenic Acid )				2,5 g/day
Quercetin				85 mg/day
Inositol				500 mg/day
Creatine				3 g/day
Alpha Lipoic acid				600 mg/day

Lycopene				15 mg/day
Flavoprotein				-
Krill Oil				300 mg/day
Lutein				15 mg/day
Phytosterols				3 g/day
Taurin				800 mg/day
Para aminobenzoic acid (PABA)				50 mg/day
L-Carnitine (n-acetyl carnitine)				2 g/day
Rutin				300 mg/day (when used together with quercetin 75 mg/day)
Biotin (Vitamin B7, Vitamin H)				2500 µg/day
Choline				550 mg/day
Zeaxanthin				10 mg/day
Caviar Oil		EPA+DHA amount not more than 750 mg/day		EPA+DHA amount not more than 750 mg/day .
Vitamin B1 (Thiamine)				100 mg/day
Vitamin B12 (Cobalamin)				3000 µg/day