

USDA Foreign Agricultural Service

GAIN Report

Global Agricultural Information Network

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POLICY

Voluntary Public

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Turkey

Post: Ankara

Turkey Updates List of Restricted Substances for Food Supplement

Report Categories:

Sanitary/Phytosanitary/Food Safety

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Report Highlights:

MinFAL updated the “List of Restricted Substances for Food Supplements” on April 6, 2016, which is a revision from the January 22, 2016 list.

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 the MinFAL.

MinFAL published the “List of Restricted Substances for Food Supplements” on 22nd January 2016. (Please see Gain TR6004 dated 1/25/2016 on Turkey Publishes List of Restricted Substances for Food Supplements). MinFAL updated the List on April 6, 2016 on its website which is accessible at:

<http://www.tarim.gov.tr/GKGM/Duyuru/182/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.

The updated List is given 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 | | | | 1500 mg/day |
| Chondroitin sulphate | | | | 1200 mg/day |
| Methylsulfonylmethane | | | | 6000 mg/day |
| Probiotic microorganism | 1x10 ⁶ cfu/day | 1x10 ¹⁰ cfu/day | 1x10 ⁶ cfu/day | 1x10 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 |

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|--|--|---|--|---|
| 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 | | | | 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 |
| GABA (Gamma amino butyric acid) since it is for indication, it is not assessed as food supplement ingredient | | | | |
| <i>N-Acetyl-L- cysteine</i> , since it is for indication, it is not assessed as food supplement ingredient | | | | |
| Synephrine (extract of Citrus aurantium var. amara) | | | | 20 mg/day |
| Lactoferrin | | | | 200 mg/day |
| Hyaluronic Acid | | | | 240 mg/day |
| <i>L-arginine</i> | | | | 3 g/day |
| L- Tyrosine | | | | 1000 mg/day |
| L-Lysine | | | | 500 mg/day |
| L-Citrulline | | | | |

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|--|---|------------|---|-------------|
| Since it is in the list of special medical dietary foods, it is not assessed as food supplement ingredient | | | | |
| Colostrum | | | - | - |
| Shark <i>cartilage</i> | | | | 6 g/day |
| Fructooligosaccharide | | | - | - |
| Brewer's yeast | | | - | - |
| Alpha Carotene | | | - | - |
| Vitamin B2 (Riboflavin) | | 100 mg/day | | 200 mg/day |
| Vitamin B5 (Pantothenic acid) | | 500 mg/day | | 1000 mg/day |
| Vitamin K | | 100 µg/day | | 200 µg/day |
| Chromium | | 180 µg/day | | 360 µg/day |
| Whey protein | | | - | - |
| Betaglucan | | | | 680 mg/day |
| Royal jelly | - | - | - | - |
| Pollen | - | - | - | - |
| Propolis | - | - | - | - |
| <i>Egg membrane</i> | | | - | - |
| <i>Egg shell</i> | | | - | - |
| Botanicals (botanicals assigned as positive for food production in the Botanical List) | - | - | - | - |
| Fish Oil (unless EPA+DHA claim stated) | - | - | - | - |
| Fish extract (not containing EPA-DHA) | - | - | - | - |
| Bromelain | | | - | - |
| Trehalose | | | - | - |
| Gluthatione | | | | 500 mg/day |
| Phospholipids - Phosphatidylcholine (lecithin) - Phosphatidylserine - Phosphatidylethanolamine (cephalin) -Phosphatidylinositol | | | - | - |
| Digestive enzymes -proteases -peptidases -pepsin - <i>trypsin</i> - <i>chymotrypsin</i> | | | - | - |

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|---|--|-----------------------|---|------------------------|
| <i>-amylas</i> | | | | |
| <i>-lipase</i> | | | | |
| <i>-papain</i> | | | | |
| <i>Resveratrol</i> | | | | 5 g/day |
| <i>Hesperidin</i> | | | | 7 g/day |
| Astaxanthin | | | | 40 mg/day |
| Algae oil | | EPA+DHA 750 mg/day | | EPA+DHA 3000 mg/day |
| Microcrystalline cellulose | | | - | - |
| Citric acid | | | - | - |
| Inulin | | | - | - |
| Soy isoflavones | | | | 60 mg/day |
| Cafein | | | | 210 mg/day |
| L-Carnosine | | | | 500 mg/day |
| <i>Ademetionine (S-Adenosyl methionine/SAM-e)</i> | | | | 1200 mg/day |
| 5-Hydroxytryptophan (5-HTP) | | | | 300 mg/day |
| Chitin | | | | 3 g/day |
| Chitin glucan | | | | 5 g/day |