

USDA Foreign Agricultural Service

GAIN Report

Global Agricultural Information Network

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POLICY

Voluntary Public

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Turkey

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Turkey Updates List of Restricted Substances for Food Supplements

Report Categories:

Sanitary/Phytosanitary/Food Safety

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Report Highlights:

Turkey's Ministry of Food Agriculture and Livestock (MinFAL) updated the "List of Restricted Substances for Food Supplements" on May 2, 2016, which is a revision from the April 6, 2016 list. This is the second update to the list this year and replaces previous updates.

Restricted Substances for Food Supplements List is Again Updated

According to the Article 12 (5) of the “Regulation on Import, Production, Processing and Placing on the Market of Food Supplements”, Turkey’s 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 two 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 (Please see Gain TR6019 dated 4/15/2016 on Turkey Updates List of Restricted Substances for Food Supplements)

MinFAL updated the list updated the list again on May 2, 2016 on its website which is accessible at: <http://www.tarim.gov.tr/GKGM/Duyuru/189/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.

New Updated 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 |
| Nature unmodified Collagen Types (alone or together) | | | | 40 mg/day |
| ALA (Alpha Linolenic Acid) | | | | 2.5 g/day |
| Quercetin | | | | 85 mg/day |
| Inositol | | 1000 mg/day | | 2000 mg/day |
| Creatine | | | | 3 g/day |
| Alpha Lipoic acid | | | | 600 mg/day |

| | | | | |
|--|--|---|---|---|
| Lycopene | | | | 15 mg/day |
| Flavoprotein | | | | - |
| Lutein | | | | 15 mg/day |
| Phytosterols | | | | 3 g/day |
| Taurin | | 150 mg/day | | 800 mg/day |
| Para aminobenzoic acid (PABA) | | | | 50 mg/day |
| L-Carnitine | | 1 g/day | | 2 g/day |
| Rutin | | | | 300 mg/day (when used together with quercetin 75 mg/day) |
| Biotin (Vitamin B7, Vitamin H) | | 1250 µg/day | | 2500 µg/day |
| Choline | | 275 mg/day | | 550 mg/day |
| Zeaxanthin | | | | 10 mg/day |
| Caviar Oil | | EPA+DHA amount not more than 750 mg/day | | EPA+DHA amount not more than 3000 mg/day |
| Vitamin B1 (Thiamine) | | 50 mg/day | | 100 mg/day |
| Vitamin B12 (Cobalamin) | | 1500 µg/day | | 3000 µg/day |
| GABA (Gamma amino butyric acid) usage is not appropriate as food supplement ingredient | | | | |
| <i>N-Acetyl-L- cysteine</i> , usage is not appropriate 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 usage is not appropriate as food supplement ingredient | | | | |
| Colostrum | | | - | - |
| Shark <i>cartilage</i> | | | | 6 g/day |
| Fructooligosaccharide (FOS) | | | - | - |
| 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 | | 340 mg/day | | 680 mg/day |
| Royal jelly | - | - | - | - |
| Pollen | - | - | - | - |
| Propolis | - | - | - | - |
| Egg membrane | | | - | - |
| Egg shell | | | - | - |
| 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(<i>cephalin</i>) Phosphatidylinositol | | | - | - |
| Digestive enzymes -proteases -peptidases -pepsin <i>-trypsin</i> <i>-chymotrypsin</i> <i>-amylase</i> <i>-lipase</i> <i>-papain</i> <i>-cellulase</i> <i>-glucoamylase</i> <i>-lactase</i> <i>-hemicellulase</i> <i>-beta-glucanase</i> <i>-phytase</i> <i>-amyloglucosidase</i> | | | - | - |
| Resveratrol | | | | 5 g/day |
| Hesperidin | | | | 7 g/day |

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|--|---|---|---|---------------------|
| Astaxanthin | | | | 40 mg/day |
| Algae oil | | EPA+DHA amount not more than 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 |
| Ademetionine (S-Adenosyl methionine/SAM-e) | | | | 1200 mg/day |
| 5-Hydroxytryptophan (5-HTP) | | | | 300 mg/day |
| Chitin(Chitosan) | | | | 3 g/day |
| Chitin glucan | | | | 5 g/day |
| Saturated fatty acids n-Butyric acid /n-Butanoic acid Valeric acid/ n-pentanoic acid Caproic acid/n- Hexanoic acid Caprylic acid/n-Octanoic acid Pelargonic acid /n-Nonanoic acid Capric acid /n-Decanoic acid Lauric acid /n-Dodecanoic acid Myristic acid/n-Tetradecanoic acid Palmitic acid/n- <i>Hexadecanoic acid Stearic acid/n-Octadecanoic acid</i> Arachidic acid/n-Eicosanoic acid Behenic acid/n-Docosanoic acid Lignoceric acid/n-Tetracosanoic acid Cerotic acid/n- Hexacosanoic acid Montanic acid/n- Octacosanoic acid | - | - | - | - |
| Monounsaturated fatty acids ω7/16:01;09 palmitoleic acid/cis-9-hexadecenoic acid ω9 /18:1;9 oleic acid/ cis-9-octadecenoic acid ω9 /18:1;9 elaidic acid/trans-9-octadecenoic acid | | | | |

| | | | | |
|---|---|------------|---|-------------|
| ω9 / 24:1;15 nervonic-acid/cis-15-tetracosenoic-acid | | | | |
| Celadrin fatty acid complex (esterified fatty acids) | - | - | - | - |
| Free fatty acids | = | - | - | - |
| Medium Chain Triglycerides | | | | 5 g/day |
| Nucleic acids/Nucleotides | | | | |
| DNA/Deoxyribonucleic acid | | | | 500 mg/day |
| RNA/ Ribonucleic Acid | | | | 1000 mg/day |
| NADP/Nicotinamide adenine dinucleotide phosphate | | | | 900 mg/day |
| ATP/ Adenosine triphosphate | | | | 90 mg/day |
| Galactooligosaccharides(GOS) | | | | 2600 mg/day |
| L- isoleucine | | | | |
| L- leucine | | | | 3000 mg/day |
| L- valine (alone or together) | | | | |
| L-Aspartic Acid (usage is not appropriate as food supplements) | | | | |
| L-Cystine | | | | 400 mg/day |
| L- Cysteine | | | | 300 mg/day |
| L-Glutamine | | | | 10 g/day |
| Glycine (usage is not appropriate as food supplements) | | | | |
| L-Methionine | | | | 910 mg/day |
| L-Phenylalanine | | | | 500 mg/day |
| L-Proline (usage is not appropriate as food supplements) | | | | |
| L-serine (usage is not appropriate as food supplements) | | | | |
| L-tryptophan | | | | 500 mg/day |
| Creatine | | | | 250 mg/day |
| Chrysin(5,7-Dihydroxyflavone) | | | | 1000 mg/day |
| Citicoline | | 500 mg/day | | 1000 mg/day |

| | | | | |
|---|---|--|---|---|
| Squalene | | | | 4 g/day |
| Sodium Copper Chlorophyll/ Chlorophyll | | 50 mg/day | | 100 mg/day |
| Cod Liver Oil | | EPA+DHA amount not more than 750 mg/day | | EPA+DHA amount not more than 3000 mg/day |
| Cod Liver Oil (when EPA+DHA claim is not stated) | - | - | - | - |
| Shark oil-shark liver oil | | EPA+DHA amount not more than 750 mg/day | | EPA+DHA amount not more than 3000 mg/day |
| Shark oil-shark liver oil (when EPA+DHA claim is not stated) | - | - | - | - |
| Glucomannan | | | | 3000 mg/day |
| Konjac Mannan (Konjac Glucomannan) | | | | 5000 mg/day |
| Oyster shell powder | - | - | - | - |
| Soy protein | - | - | - | - |
| N- Acetyl-carnitine | | | | 2 g/day |
| Nature modified Callogen types Collagen Hydrolysate/ <i>Hydrolyzed collagen</i> (together or separately) | | | | 10 g/day |
| Silicon | | 675 mg/day | | 1350 mg/day |
| Beta-Kryptoxanthin (Kryptoxanthin) | | | - | - |
| Betaine / Betaine HCl | | | | 4 g/day |
| Beta-alanine | | | | 6.4 g/day |
| L-Ornithine | | | | 900 mg/day |
| Citrus flavonoids | | | | 1500 mg/day |
| Proanthocyanidin/Procyanidin | | 500 mg/day | | 1000 mg/day |
| Polyphenols | | | | 540 mg/day |
| Catechins (alone or together) Epigallocatechin gallate (EGCG) Epigallocatechin(EGC), Epicatechin(EC) Epicatechin gallate (ECG) | | | | 540 mg/day |
| Alkoxyglycerols/alkylglycerols | | | | 1500 mg/day |
| Curcuminoids/curcumin | | | | 600 mg/day |

| | | | |
|------------------|---|------------|-------------|
| Allicin | - | - | - |
| Raspberry Ketone | | 500 mg/day | 1000 mg/day |
| Krill oil | | 500 mg/day | 1000 mg/day |