

USDA Foreign Agricultural Service

GAIN Report

Global Agricultural Information Network

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Turkey Updates List of Restricted Substances in Food Supplements

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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 January 23, 2017, which is a revision from the May 2, 2016 list. This is the third update to the list and replaces the previous two updates.

Restricted Substances for Food Supplements List is Updated Again

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. Once published, business operators must comply with these conditions within two years after it is published on the official MinFAL website.

MinFAL published the “List of Restricted Substances for Food Supplements” on January 22, 2016 and then updated it two times. The previous two updates occurred on April 6, 2016 (Please see Gain TR6019 dated 4/15/2016 on Turkey Updates List of Restricted Substances for Food Supplements) and May 2, 2016 (Please see Gain TR6023 dated 5/3/2016 on Turkey Updates List of Restricted Substances for Food Supplements)

MinFAL updated the list a third time on January 23, 2017 on its website which is accessible at: http://www.tarim.gov.tr/GKGM/Belgeler/G%C4%B1da%20ve%20Yem%20Hizmetleri/gidaisletmeleri_kodeks/Takviye_Edici_Gidalar_Kisitli_Maddeler_Listesi.pdf in Turkish language.

Below is a table of the updated restricted substances for food supplements.

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 Daily Intake Dose must not exceed 50 mg/day /bw between ages 4-10 years old		EPA+DHA 1500 mg/day		EPA+DHA 3000 mg/day
Glucosamine HCL or sulphate, Glycosaminoglycan				1500 mg/day
Chondroitin sulphate				1200 mg/day
Methylsulfonylmethane				6000 mg/day
Probiotic microorganism	1×10^6 cfu/day	1×10^{10} cfu/day	1×10^6 cfu/day	1×10^{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)		1250 mg/day		2.5 g/day

Quercetin				85 mg/day
Inositol		1000 mg/day		2000 mg/day
Inositol/Myo-inositol/D-Chiro-Inositol				
Creatine				3 g/day
Alpha Lipoic acid				600 mg/day
Lycopene				15 mg/day
Flavoprotein				-
Lutein				15 mg/day
Plant sterols/Phytosterols /Plant stanols				3 g/day
Plant sterol esters/Plant stanol esters				Plant sterols/plant stanols 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 1500 mg/day		EPA+DHA 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
L-arginine				3 g/day
L- Tyrosine				1000 mg/day

L-Lysine				500 mg/day
L-Citrulline				18,75 mg/day
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	-	-	-	-
<i>Egg</i> 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(cephalin) -Phosphatidylinositol	-	-	-	-
Digestive enzymes -proteases -peptidases -pepsin -trypsin -chymotrypsin -amylase -lipase -papain			-	-

-cellulase -glucoamylase - malt diastase -hemicellulase -beta-glucanase -phytase -amyloglucosidase				
-laktase		375 mg/day(5250 FCC/day)	-	-
<i>Resveratrol</i>				5 g/day
<i>Hesperidin</i>				7 g/day
Astaxanthin				40 mg/day
Algae oil		EPA+DHA 1500 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/ <i>SAM-e</i>)				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</i> Stearic acid/n- <i>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 / 22:01;1erucic acid/cis-13-docosenoic	-	-	-	-
Celadrin fatty acid complex (esterified fatty acids)	-	-	-	-
Free fatty acids	=	-	-	-
Medium Chain Triglycerides				5 g/day
Nucleic acids/Nucleotides DNA/Deoxyribonucleic acid RNA/ Ribonucleic Acid NADP/Nicotinamide adenine dinucleotide phosphate ATP/ Adenosine triphosphate				500 mg/day 1000 mg/day 900 mg/day 90 mg/day
Galactooligosaccharides(GOS)		2000 mg/day		2600 mg/day
L- isoleucine L- leucine L- valine (alone or together)				3000 mg/day
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				1000 mg/day
L-Methionine				910 mg/day
L-Phenylalanine				500 mg/day
L-Proline				400 mg/day
L-serine				210 mg/day

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 1500 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 1500 mg/day		EPA+DHA 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/Callogen peptide</i>) (together or separately)				10 g/day
Silicon		675 mg/day		1350 mg/day
Beta-Kryptoxanthin (Kryptoxanthin)	-	-	-	-
Betaine (Trimethylglycine) / Betaine HCl				4 g/day
Beta-alanine				6.4 g/day
L-Ornithine				900 mg/day
Citrus flavonoids		750 mg/day		1500 mg/day
Proanthocyanidin/Procyanidin		500 mg/day		1000 mg/day
Polyphenols				540 mg/day
Catechins (together or alone) Epigallocatechin gallate (EGCG)				540 mg/day

Epigallocatechin(EGC), Epicatechin(EC) Epicatechin gallate (ECG)				
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
Gama-linolenic acid				720 mg/day
Arachidonic acid				1700 mg/day
Linoleic acid		1500 mg/day		3 g/day
Omega 5 (Punicic acid)	-	-	-	-
Omega 7 (Hippophae rhamnoides (sea buckthorn) fruit oil)	-	-	-	-
Fructose				2 g/day
Polydextrose		4g/day		8 g/day
Humic acid			-	-
DMAE (dimethylaminoethanol)				200 mg/day
Glycyrrhizin			-	-
Sodium				200 mg/day
Chlorine				200 mg/day
Antler powder			-	-
Furostanol saponins (from extract of Tribulus Terrestris)				675 mg/gün
Vanadium				10 µg/day
Eleutheroside B and E				420 mg/ day
Piperine				10 mg/ day
Gamma Oryzanol				150 mg/ day
Ginkgoflavoglycosides (from extract of Ginkgo Biloba)				115 mg/ day
Terpene lactones (from extract of Ginkgo Biloba)				29 mg/ day
L-Theanine				300 mg/ day
Rosmarinic acid (from extract of Rosmarinus officinalis)				30 mg/ day
Boswellic acid (from extract of Boswellia serrata)_				450 mg/day
Fatty acids	-	-	-	-
Hypericin (from extract of Hypericum perforatum (St John's wort))				3 mg/day
Triterpenoids glycosides (from extract of Astragalus membranaceus, A. Mongolicus)				42 mg/day

Silimarin (from extract of Milk thistle)				900 mg/day
Ginsenosides				200 mg/day
Monacolin K (from yeast of <i>Monascus purpureus</i> (red rice))				10 mg/day
Salicin				240 mg/ day
D-Limonene				1000 mg/ day
Salidroside (from root extract of <i>Rhodiola rosea</i>)				5,8 mg/day
Oleuropein (extract of <i>Olea europea</i> (olive leaf))				345 mg/day
Alkaloids (extract of inner part of husk of <i>Uncaria tomentosa</i> (Cat's claw))				15 mg / day
Valerenic acid (extract of <i>Valeriana officinalis</i>)				24 mg / day
Fucoxanthin				15 mg/day
Echinacoside				21 mg/day
Kutkin				60 mg/day
Calamari oil				EPA+DHA 3000 mg/day
Nicotinic acid Not allowed as ingredient of food supplement btw ages 4-10 years				35 mg/day
Pectin		3 g/gün		6 g/day
DL-Phosphoserine				370 mg/day
Gingerol (Extract of <i>Zingiber officinale</i> (Ginger))				180 mg/day
Rosavin (Root extract of <i>Rhodiola rosea</i>)				18 mg/day
Hydroxy citric acid (HCA) (from extract of <i>Garcinia cambogia</i>) , warning as "Not for people below 18 years old" must be on the label				250 mg/day
Aescin (from extract of <i>Aesculus hippocastanum</i>) , warning as "Not for people below 18 years old" must be on the label depending on triterpenoid glycosides				60 mg/day
Pycnogenol (from extract of <i>Pinus maritima</i> , <i>pinus pinaster</i>) , warning as "Not for people below 18 years old" must be on the label				200 mg/day
Hazelnut shell charcoal, Not				

allowed as food supplement ingredient				
Simethicone, Not allowed as food supplement ingredient				
Melatonin, Not allowed as food supplement ingredient				
<i>Anthocyanoside</i> / Anthocyanidins / Anthocyanins		500 mg/day		1000 mg/day
Menthol/Levomenthol				120 mg/gün
Fulvic acid				2 mg/gün
Superoxide dismutase			-	-
Histidine				200 mg/gün
Isomaltooligosaccharide			-	-
Lactulose		5 mg/day		10 mg/day
Egg white			-	-