Contents, Forms And Suggested Dosage Of Vitamins And Minerals In Food Supplements As Per The Provisions Of The "Food Supplements Regulations Of 2004"– ANNEXES 1 TO 4

Nutritional supplements lawfully marketed in a Member State other than the Republic shall be put into circulation in the Cypriot market after a notification if those contain only vitamins and minerals as listed in the Second Annex in the form set out in the Third Annex and only when the suggested dosage:

(a) (i) covers not less than 15% of the recommended daily dose as referred in the First Annex

(ii) does not exceed the quantities referred to in Fourth Annex, as the maximum safety limit, or

(b) complies with the manufacturing specifications:

(i) of the Member State of manufacture, if manufactured in a Member State, or

(ii) of the Member State in which it was admitted for the first time, if it was manufactured in a country other than a Member State.

FIRST ANNEX

(Regulations 4 (1) (a), 7 (2) (a))

Table of recommended daily doses of vitamins and minerals)

µg =microgram

mg = milligram

1. VITAMINS	**Recommended Daily Dosage**
Vitamin A	800 µg
B1-Thiamin	1.4 mg
B2-riboflavin	1.6 mg
Niacin (niacin equivalents)	18 mg
Pantothenic acid	6 mg
Vitamin B6 - Pyridoxine	2 mg
Folic Acid	200 µg
Vitamin C	60 mg
Vitamin D	5 µg
Vitamin E (a-tocopherol equivalents)	10 mg
Vitamin K	5 mg
Biotin	0,15
Vitamin B12	12 µg
2. MINERALS	**Recommended Daily Dosage**
Calcium	800 mg
Iodine	15 µg
Magnesium	300 mg
Iron	14 mg

Phosphorus	800 mg
Zinc	15 mg

SECOND ANNEX

(Regulations 2, 4 (1), 7 (1), 12 (2) (c), 16)

Vitamins and Minerals that can be used for the manufacture of nutritional supplements

1. VITAMINS	**2. MINERALS**
Vitamin A (µg RE)	Calcium (mg)
Vitamin D (µg)	Magnesium (mg)
Vitamin E (mg-a-TE)	Iron (mg)
Vitamin K (µg)	Copper (µg)
Vitamin B1 (mg)	Iodine (µg)
Vitamin B2 (mg)	Zinc (mg)
Niacin (mg N e)	Manganese (mg)
Pantothenic Acid (mg)	Sodium (mg)
Vitamin B6 (mg)	Potassium (mg)
Folic Acid (µg)	Selenium (µg)
Vitamin B12 (µg)	Chrome (µg)
Biotin (µg)	Molybdenum (fag)
Vitamin C (mg)	Fluoride (mg)
	Chlorine (mg)
	Phosphor (mg)

THIRD ANNEX

Regulations (2, 4 (1), 7 (1), 8, 16)

Vitamins and minerals that can be used for the manufacture of nutritional supplements

A. VITAMINS	**B. MINERALS**
1. VITAMIN A	**Minerals**
Retinol	Calcium carbonate
Retinol acetate	Calcium chloride
Retinol palmitic	Calcium citrate
b-carotene	Calcium gluconate
2. VITAMIN D	Calcium glycerophosphate
a) Cholecalciferol	Calcium lactate
b) Ergocalsiferol	Calcium orthophosphates

3. VITAMIN E	Calcium hydroxide
a) D-alpha-tocopherol	Calcium oxide
b) DL-alpha-tocopherol	Magnesium acetate
c) D-alpha-tocopheryl acetate	Magnesium carbonate
d) D-alpha-tocopheryl acetate	Magnesium chloride
e) D-alpha-tocopherol succinate	Magnesium citrate
4. VITAMIN K	Magnesium gluconate
a) Phylloquinone (Phytomenadione)	Magnesium glycerophosphate
5. VITAMIN B1	Magnesium orthophosphates
a) Thiamine Hydrochloride	Magnesium lactate
b) Thiamine Nitrate	Magnesium hydroxide
6. VITAMIN B2	Magnesium oxide
a) Riboflavin	Magnesium sulphate
b) Riboflavin 5'-Phosphate Sodium	Iron ii carbonate
7. NIACIN	Iron ii citrate
a) Nicotinic acid	Iron (iii) citrate (ferric (ammonium) citrate)
b) Nicotinamide	Iron ii gluconate
8. PANTOTHENIC ACID	Iron ii fummaric
a) Calcium D-pantothenate	Ferro-sodium dihydrogen phosphate
b) Sodium D-pantothenate	Iron ii lactate
c) Dexpanthenol	Iron ii sulphate
9. VITAMIN B6	Iron pyrophosphate
a) Pyridoxine hydrochloride	Iron mellitus
b) Pyridoxine 5'-Phosphate	Elemental iron (from carbonyl plus electrolytic reduction plus hydrogen reduction)
10. FOLIC ACID	Copper carbonate
a) Pteroylmonoglutamic acid	Copper citrate
11. VITAMIN C	Copper gluconate
a) Cyanocobalamin	Copper sulphate
b) Hydroxocobalamin	Copper complex
	Sodium iodide
12. BIOTIN	Sodium iodate
a) D-biotin	Potassium iodide
13. VITAMIN C	Potassium iodate
a) Acid L-ascorbate	Zinc acetate
b) Sodium L-ascorbate	Zinc chloride
c) Calcium L-ascorbate	Zinc citrate
d) Potassium L-ascorbate	Zinc gluconate
e) L-ascorbyl 6-palmitate	Zinc lactate
	Zinc oxide
	Zinc carbonate
	Zinc sulphate
	Manganese carbonate
	Manganese chloride
	Manganese citrate
	Manganese gluconate
	Manganese glycerophosphate
	Manganese sulphate
	Sodium hydrogen carbonate

	Sodium carbonate
	Sodium chloride
	Sodium citrate
	Sodium gluconate
	Sodium lactate
	Sodium hydroxide
	Sodium salts of orthophosphoric acid
	Potassium hydrogen carbonate
	Potassium carbonate
	Potassium chloride
	Potassium citrate
	Potassium gluconate
	Potassium glycerophosphate
	Potassium lactate
	Potassium hydroxide
	Potassium salts of orthophosphoric acid
	Sodium selenate
	Sodium hydrogen selenite
	Sodium selenite
	Chromium chloride (iii)
	Chromium sulphate (iii)
	Ammonium molybdate (molybdenum (vi))
	Sodium molybdate [molybdenum (vi)]
	Potassium fluoride
	Sodium fluoride

FOURTH ANNEX

(Regulations 4 (1), 7 (2) (b))

Safety Ceilings Table for the daily intake of Vitamins and Minerals

VITAMINS	**Maximum safety limit**	**Unit of Measure**
Vitamin A (retinol)	2300	**µg**
Vitamin B1 (thiamin)	50	mg
Vitamin B2 (riboflavin)	200	mg
Vitamin B6 (Ttyridoxine)	100	mg
Vitamin B12 (cobalamin)	3000	**µg**
Vitamin C (ascorbic acid)	2000	mg
Vitamin D	10	**µg**
Vitamin E (tocopherol)	800	mg
Nicotinic acid (Niacin)	150	mg
Biotin	2500	**µg**
Folic acid	400	**µg**
Pantothenic acid	1000	mg

Beta carotene	20	mg
MINERALS	**Maximum safety limit**	**Unit of Measure**
Calcium	1500	mg
Magnesium	300	mg
Iron	15	mg
Iodine	500	**µg**
Phosphorus	1100	mg
Zinc	15	mg
Chromium	200	**µg**
Copper	5	mg
Molybdenum	200	**µg**
Selenium	200	**µg**
Manganese	15	mg