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China Updates is a service provided by U.S.-China Health Products Association. The Newsletters will be issued as relevant material becomes available. China Updates will provide news on regulatory environment, new legislation, association activities and any information related to the natural health products industry in China.

## China Promises to Improve Food Safety

The State Council on Tuesday announced a decision to markedly improve food safety, aiming to effectively solve prominent problems in three years.

According to a State Council statement posted online, the government also aims to establish a better regulation mechanism, legal and standard system as well as technical support for food safety and improve the overall food safety management level of the food industry in around five years.

Food safety will become a measure of local governments' performance in their annual assessment for the first time, the statement said. A database of food safety records of food companies will be established and those on the black list will be disclosed and punished.

Authorities must prevent expired food products from returning to the market, while consumers will be rewarded in cash for reporting illegal acts. The Chinese public has become increasingly concerned over food safety after a slew of scares from melamine tainted baby formula to pork contaminated with clenbuterol exposed the vulnerability of the country's food sector.

Authorities detected 15,000 cases of substandard food and shut down 5,700 unlicensed businesses during their inspections on food businesses across the country since the beginning of 2012, the State Administration for Industry and Commerce said last month.

Dairy products, edible oils, seasonal foods and alcohol beverages were among the major food categories targeted during the inspections. *(Source: China Daily)*

## Harmful Chemicals Found in Fake Diet Capsules

Chemical substances that may cause severe side effects have been detected in eight counterfeit healthcare products, including weight loss pills. Sibutramine, phenolphthalein and estazolam were among the chemicals found in the products said China's State Food and Drug Administration (SFDA) in a statement released this week.

Studies show that sibutramine and phenolphthalein may cause high blood pressure and breathing problems, as well as lead to severe cardiovascular disease. Diet pills containing sibutramine were banned in October 2010, according to two previous SFDA announcements. Estazolam, a prescription drug used only for the short-term treatment of insomnia, is said to cause dependence, dizziness, drowsiness and coordination problems.

SFDA said the counterfeit products were detected through random sampling conducted in drug stores nationwide and were largely manufactured by companies in south China's city of Guangzhou. The agency vowed to hand down severe punishments for the companies and will refer those that may have committed crimes to law enforcement agencies.

SFDA said its electronic monitoring network now covers one-third of the country's pharmaceutical products. The system enables supervisory departments and the public to check the manufacturer, size and design production certificate and expiration date of certain products with a unique 20 digit bar code. The verification process can be done via phone, text message or internet, according to SFDA official Wang Yingli.

The network began operation in October 2007, with stupeficient and psychotropic medicines being the first products placed under monitoring.

Wang revealed that the network will include imported products this year and monitoring of all drugs circulating in the country by 2015. (Source: CRIEnglish)

## Child Diabetes and Obesity Rates Higher in China than the U.S.

These days, a McDonald's Big Mac Hamburger is known internationally. While the fast food market has become more global, health issues like obesity and diabetes have had far reaching impacts in other countries around the world. In particular, researchers at the University of North Carolina, Chapel Hill (UNC) recently discovered that Chinese teenagers have a diabetes rate that is four times higher than teenagers in the United States. The increase in the number of diabetes cases reported corresponds to the rise in the amount of cardiovascular risk. The investigators believe that the findings are related to a Chinese population that is become increasingly overweight. The study was led by Barry Popkin, the W.R. Kenan Jr. Distinguished professor of nutrition at UNC's Gillings School of Global Public Health, and conducted with Chinese researchers. The team utilized data from the China Health and Nutrition Survey (CNH) that was completed between 1989 and 2011.

In the survey, the scientists tracked the data of over 29,000 people who lived in 300 different communities throughout China. The scientists were made up of members from UNC and the Chinese Center for Disease Control (CDC) National Institute of Nutrition and Food Safety.

“What is unprecedented is the changes in diet, weight and cardiovascular risk for children age 7 and older,” commented Popkin in a prepared statement. “These estimates highlight the huge burden that China’s health care system is expected to face if nothing changes.”

While China has experienced economic growth in the last twenty years, it also has had significant changes in terms of people’s weight, diets, and physical activity. The team of researchers tracked a randomly selected sample that represented 56 percent of the Chinese population in 2009. During the study, they saw that there were huge increases in cardiometabolic risk factors and the number of people who were obese.

“What is unprecedented is the changes in diet, weight and cardiovascular risk for children age 7 and older,” noted Popkin in the statement. “These estimates highlight the huge burden that China’s health care system is expected to face if nothing changes.”

In the study, the scientists also saw that Chinese children between the ages of seven and 17 had a diabetes rate of 1.9 percent and a pre-diabetes rate of 14.9 percent. Researchers also believe that high levels of glycosylated hemoglobin (HbA1c) were identified in the blood, which can count the average plasma-glucose over time.

“The findings suggest a very high burden of chronic disease risk starting at a young age, with 1.7 million Chinese children ages 7-18 having diabetes and another 27.7 million considered prediabetic,” explained Popkin in the statement. “In addition, more than one-third of children under age 18 had high levels of at least one cardiometabolic risk factor.”

Following data collection, the investigators compared the Chinese data with the U.S. data pooled from the National Health and Nutrition survey (NHANES). The authors discovered that diabetes and inflammation rates were higher in Chinese children than in U.S. children or other Asian countries. While 0.5 percent of U.S. children had diabetes, 1.9 percent of Chinese children between the ages of 12 and 18 had diabetes. Likewise, 8.5 percent of children in the U.S. had high inflammation risk and 12.1 percent of Chinese children had high inflammation risk. This disparity in inflammation showed that there could be cardiovascular risks for Chinese adolescents.

“The number of individuals with high levels of at least one cardiovascular risk factor increased to 85 percent in individuals age 40 and older,” noted Penny Gordon-Larsen, professor of nutrition in UNC’s Gillings School of Global Public Health, in the statement. “Of even greater concern is the fact that we see these high levels of risk in individuals living across the entire country – in rural and urban, as well as high and low-income areas. So the impending health care costs and implications are immense.”

The researchers concluded that the project’s findings correlate to earlier research studies that showed that there were higher levels of obesity among China’s poor and rural population as compared to years before. The research was recently published online in *Obesity Reviews* and will be published in the September issue of the publication. *Obesity Reviews* is associated with the International Association for the Study of Obesity. (Source: *redOrbit* (<http://s.tt/1h4pr>))

## China's Organic Food Will Have New Logo

According to the Administration of Quality Supervision Inspection and Quarantine (AQSIQ), China's quality watchdog, as of July 1, 2012, all organic food in China will be put on new code and certification mark. The new organic code is controlled in number according to the actual quantity and variety of certified products. Up to 27th June, said AQSIQ, the number of certification marks has reached as high as 140 million.



Consumers can look up and check the product, its certification document, and the producing company, by inserting the new organic code on the National Record Management System of Organic Food Certification Marks ([http : //food.cnca.cn](http://food.cnca.cn)).

Consumers who find the purchased product different from the searched results on the website, can contact certification administration for further confirmation or report to administration of quality inspection, administration of industry and commerce through the hotline of 12365 and 12315.

An expert from the Certification and Accreditation Administration of People's Republic of China cautions consumers that organic food must be accredited and certified now in China. New organic code and certification mark must be put on the package. (Source: AQSIQ)

## SFDA Releases the 2nd Batch of Approved Health Food and Cosmetics Ingredients

The State Food and Drug Administration, China's food and drug watchdog, released the 2<sup>nd</sup> batch of health food and cosmetics ingredients for public opinion. The Deadline is June 20<sup>th</sup> and June 15<sup>th</sup> respectively.

There are 13 health food ingredients in this batch. The first batch was published last December, including 33 ingredients. The list for the 2<sup>nd</sup> batch is as follows:

吡哆醛	Pyridoxal
丙酮酸钙	Calcium pyruvate
二十八烷醇	Octacosanol
果葡糖浆	High fructose syrup
核苷	Nucleoside
核苷酸	Nucleotide
角豆荚（粉）	Carob powder
硫酸氨基葡萄糖	Glucosamine Sulfate
硫酸软骨素	Chondroitin sulfate
L-苏糖酸亚铁	Ferrous L-threonate
山梨醇	Sorbitol
羧甲基纤维素	Carboxymethyl cellulose
盐酸氨基葡萄糖	Glucosamine hydrochloride

As for cosmetics ingredients, there are 673 in total in the 2<sup>nd</sup> batch. The first batch of cosmetics ingredients was published in this May, including 1674 ingredients. Also given are the English names and the allowable maximum dosage for each ingredient.

According to Hygiene Supervision over cosmetics (1990), the use of new ingredients for cosmetics production must be approved first. The rules for the application for administrative licenses for cosmetics (2009) have also clearly indicated that the use of new ingredient in cosmetics in China must be licensed. (*Source: SFDA*)

## **SFDA Approaches to Manage Health Food and Cosmetics Designated Laboratories**

China SFDA worked out Approaches to manage designated laboratory of health food and cosmetics (Hereinafter referred to as Approaches) in an effort to enhance the construction and operation of designated labs. The Approaches including six chapters, 19 articles will come into effect as of the release date.

### **General provisions**

- Designated laboratory is an important part of health food and cosmetics supervision system which operated within the mechanism of openness, mobility, cooperation and competition.
- Its missions include: making technology improvements in key areas such as test and inspection, safety assessment, function assessment, risk control; developing research and inspection personnel; enhancing China's overall quality level of health food and cosmetics; promoting a sound development of the entire industry

### **Liability**

- China SFDA is responsible for working out specific plans, selection as well as the assessment of designated laboratory, including:
  - (1) implementing the policy related to the construction and management of the labs, and provide support to them;
  - (2) Working out development plans and relevant rules for designated laboratory
  - (3) Conducting selection and assessment of the labs
- Support units are responsible for the management and construction of designated labs, including:
  - (1) Fund, personnel, logistics and other stuff
  - (2) Construction and operation of designated labs, as well as the checkup and assessment work
  - (3) Appointing the person in charge
  - (4) Supervision and review of all work related to the labs

### **Recommendation and selection**

Designate labs, at the recommendation of itself, or food and drug supervision body of their provinces, autonomous regions and municipalities, must meet the following requirements:

- (1) Technology research shall comply with the overall development plans of China SFDA
- (2) Labs shall be open to public for at least 5 years as separate legal entities or with legal entity authority.
- (3) Labs shall have its own technology and subject advantages.
- (4) Labs shall be capable of completing the missions assigned by SFDA.

Labs applying shall provide the following materials:

- (1) self-recommendation report in both written and electronic form
- (2) Related certified documents to self-recommendation
- (3) Units recommended by food and drug bodies shall provide recommendation opinions

### **Management and operation**

- Labs are prohibited from forming sub branches or entities. Social funds, and funds from local government are encouraged to invest in the construction and sustainable development of designated labs.
- Labs shall complete the assignment and submit an annual report to SFDA
- Labs shall strengthen the protection of intellectual property rights.

### **Assessment**

- On the principle of openness, fair and justice, SFDA shall conduct assessment of the designated laboratory every five years through both expert discussion and on-site review.
- Those who are found substandard shall be disqualified as designated laboratory.

### **Supplementary articles**

- All designated labs shall be named "Designated Laboratory of XX (health food), SFDA", "Designated Laboratory of XX (cosmetics), SFDA".
- SFDA reserves all the right to explanation of this Approach. This Approach comes into effect as of the release date. (*Source: SFDA*)

## Series of Fake Health Product Banned by China SFDA

Chemical substances that may cause severe side effects have been detected in a series of counterfeit health products, including weight-loss pills, the State Food and Drug Administration (SFDA) said.

Sibutramine, phenolphthalein and estazolam were among the chemicals found in the products, the SFDA said in a statement.

Studies show that sibutramine (S) and phenolphthalein (P) may cause high blood pressure and breathing problems, as well as lead to severe cardiovascular disease. Diet pills containing sibutramine were banned in October 2010, according to two previous SFDA announcements. The products found with sibutramine and phenolphthalein include **(Note: P for phenolphthalein, S for sibutramine):**

	Product name	Approval No.	Specification	Inspection results	Batch No
1	SHAQI spirulina diet capsul	Hygienic food and health number(2000): 0347	350mg/pill	P	20110418
2	Qingsong diet capsule (herbal essence diet capsule on package)	Hygienic food and health number(2001): 0424	380mg/pill	P, S	11039319
3	Green shield diet capsule	Hygienic food and health number(2002): 0711	0.4g/pill	S	110302
4	Riri XIn natural capsule(with balsam pear fat removing plant diet capsule on package)	Hygienic food and health number(2001): 0303	0.3g/pill	S	110401
5	Vitamin BT diet capsule	Import Hygienic food and health no. (1999):0261	500mg/pill	P, S	/
6	OB protein chitin diet capsule (day and night)	Import Hygienic food and health no. (2002): 0134	800mg/pill	P, S	/
			400mg/pill	P, S, Caffeine	/
7	Shidai Xuezhiling capsule (with fat burning bomb on package)	Hygienic food and health no.(2000): 0491	350mg/pill	P, S	20110101
8	Shidai Xuezhiling capsule (with apple Xuezhiling capsule on package)		400mg/pill	S	110220

Estazolam, a prescription drug used only for the short-term treatment of insomnia, is said to cause dependence, dizziness, drowsiness and coordination problems. The list of products found with estazolam is as follows:

	Product name	Approval No.	specification	Inspection results	Batch No
1	Evening primrose sleep capsule	Hygienic food and health no.(2002: 0745)	300mg/pill	estazolam	110206,101003,110103

The SFDA said the counterfeit products were detected through random sampling conducted in drug stores nationwide and were largely manufactured by companies in Guangzhou, a city of south China.

The SFDA vowed to hand down severe punishments for the companies and will refer those that may have committed crimes to law enforcement bodies, the statement said.

The country has recently intensified efforts to prevent the manufacture and sale of counterfeit drugs.

The SFDA announced Thursday that its electronic monitoring network now covers one-third of the country's pharmaceutical products.

The system enables supervisory departments and the public to check the manufacturer, size and design, production license and expiration date of certain products with a unique 20-digit one-dimensional bar code.

The checking process can be done via telephone, short message or the Internet, according to SFDA official Wang Yingli.

The network began operation in October 2007, with stupeficient and psychotropic medicines being the first batch placed under its monitoring.

Wang revealed that the network will include imported products this year and monitoring of all drugs circulated in the country will be realized by 2015. *(Source: Xinhua News Agency)*

## USCHPA's Newest Board Member

The end of June saw Metagenics join as the newest member of the board at U.S.-China Health Products Association. The association is excited to have the support and industry experience that Metagenics' team brings to the table. China's healthcare initiatives are moving toward prevention and Metagenics' business model is positioned perfectly to enter the China market to address the growing need for natural health products that are geared towards prevention and wellness.



### About Metagenics:

Headquartered in San Clemente, CA, Metagenics has been reaching out to individual health care providers since 1983. With their 43 patents and 230 patents pending, they are succeeding to help improve the lives of their client's patients and combat chronic illness. Metagenics' forward-thinking ideas, efforts, and commitments have had more far-reaching effects—from improving health care to serving the best interests of patients. For more detailed information on Metagenics, please visit their website: [www.metagenics.com](http://www.metagenics.com).

**If you have China related news that you would like to share with the association for publication in its newsletter please contact us at:**

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