



# Regulatory Insights

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Health Food Raw Material List (Part 1)

Nutrient Supplements Raw Material List

保健食品原料目录（一）

营养素补充剂原料目录

Regulation's Main Points

## Health Food Raw Material List (Part 1)

### Nutrient Supplements Raw Material List

Name of Raw Material				Daily Usage				Health Function
Nutrient	Name of Compound	Standard Basis	Applicable Range	Functional Ingredients	Suitable Group	Minimum	Maximum	
Calcium	Calcium Carbonate	GB1886.214	All Population	Ca (mg)	1-3 years old	120	500	Supplement of Calcium
	Calcium Acetate	GB15572	Older than 4		4-6 years old	150	700	
	Calcium Chloride	GB1886.45	All Population		7-10 years old	200	800	
	Calcium Citrate	GB17203	All Population		11-13 years old	250	1000	
	Calcium Gluconate	GB15571	All Population		14-17 years old	200	800	
	Calcium Lactate	GB1886.21	Older than 4		Adult	200	1000	
	Calcium Hydrophosphate	GB1886.3	All Population		Pregnant Woman	200	800	
	Calcium dihydrogen Phosphate	GB25559	Older than 4		Breast Feeding Woman	200	1000	
	Tricalcium Phosphate	GB25558	All Population					
	Calcium Sulfate	GB1886.6	All Population					
	L-Calcium Lactate	GB25555	All Population					
	Calcium Glycerophosphate	Chinese Pharmacopoeia	Older than 4					

Magnesium	Magnesium Carbonate	GB25587	All Population	Mg (mg)	1-3 years old	/	/	Supplement of Magnesium
					4-6 years old	30	200	
	Magnesium Sulfate	GB29207	All Population		7-10 years old	45	250	
					11-13 years old	60	300	
	Magnesium Oxide	GB1886.216	All Population		14-17 years old	65	300	
					Adult	65	350	
	Magnesium Chloride	GB25584	All Population	Pregnant Woman	70	350		
	Magnesium L-threonate	NHFPC Announcement 2016 No.8	All Population	Breast Feeding Woman	70	400		
Potassium	Dipotassium Hydrogen Phosphate	GB25561	All Population	K (mg)	1-3 years old	/	/	Supplement of Potassium
					4-6 years old	250	1200	
	Potassium Digidrogen Phosphate	GB25560	All Population		7-10 years old	300	1500	
					11-13 years old	400	2000	
	Potassium Chloride	GB25585	All Population		14-17 years old	400	2200	
					Adult	400	2000	
	Potassium Citrate	GB1886.74	All Population		Pregnant Woman	400	2000	
	Potassium Carbonate	GB25588	Older than 4	Breast Feeding Woman	500	2400		
Manganese	Manganese Sulfate	GB29208	All Population	Mn (mg)	1-3 years old	/	/	Supplement of Manganese
					4-6 years old	0.3	1.5	

	Manganese Gluconate	GB1903.7	All Population		7-10 years old	0.5	2.5	
					11-13 years old	0.6	3.5	
					14-17 years old	0.8	3.8	
					Adult	1.0	4.0	
					Pregnant Woman	1.0	4.0	
					Breast Feeding Woman	1.0	4.0	
Iron	Ferrous Gluconate	GB1903.10	All Population	Fe (mg)	1-3 years old	1.5	7.0	Supplement of Iron
	Ferrous Fumarate	Chinese Pharmacopoeia	All Population		4-6 years old	2.0	8.0	
	Ferrous Sulfate	GB29211	All Population		7-10 years old	2.5	10.0	
	Ferrous Lactate	GB6781	Older than 4		11-13 years old	3.5	15.0	
	Ferrous Succinate	National Drug Standard WS1-(X-005)-2001Z	Older Than 4		14-17 years old	3.5	15.0	
					Adult	5.0	20.0	
					Pregnant Woman	5.0	20.0	
					Breast Feeding Woman	5.5	20.0	
Zinc	Zinc Sulfate	GB25579	All Population	Zn (mg)	1-3 years old	0.8	3.0	Supplement of Zinc
	Zinc Citrate	Chinese Pharmacopoeia	All Population		4-6 years old	1.0	5.0	
	Zinc citrate (trihydrate)	NHFPC Announcement 2013 No.9	All Population		7-10 years old	1.5	6.0	

	Zinc Gluconate	GB8820	All Population		11-13 years old	1.5	8.0	
					14-17 years old	2.0	10.0	
	Zinc Oxide	GB1903.4	All Population		Adult	3.0	15.0	
					Pregnant Woman	2.0	10.0	
	Zinc Lactate	GB1903.11	All Population		Breast Feeding Woman	2.0	10.0	
Selenium	Sodium Selenite	GB1903.9	All Population	Se (µg)	1-3 years old	/	/	Supplement of Selenium
					4-6 years old	5	30	
	Selenium Yeast	National Drug Standard WS1-(x-005)-99Z	Older than 4		7-10 years old	8	40	
					11-13 years old	10	50	
	L-Se-methylselenocysteine	GB1903.12	Older than 4		14-17 years old	10	60	
					Adult	10	100	
					Pregnant Woman	10	60	
					Breast Feeding Woman	15	80	
Copper	Copper Sulfate	GB29210	All Population	Cu (mg)	1-3 years old	/	/	Supplement of Copper
					4-6 years old	0.1	0.3	
					7-10 years old	0.1	0.4	
					11-13 years old	0.1	0.5	

	Copper Gluconate	GB1903.8	All Population		14-17 years old	0.2	0.6	
					Adult	0.2	1.5	
					Pregnant Woman	0.2	0.7	
					Breast Feeding Woman	0.3	1.0	

Vitamin A	Retinyl acetate	GB14750	All Population	Vitamin A ( $\mu\text{g}$ )	1-3 years old	50	300	Supplement of Vitamin A	
					4-6 years old	60	400		
	Retinyl Palmitate	GB29943	All Population		7-10 years old	80	500		
	$\beta$ -Carotene	GB8821	All Population		11-13 years old	100	700		
					14-17 years old	130	800		
					Adult	160	800		
					Pregnant Woman	120	800		
							Breast Feeding Woman		200
Vitamin D	Vitamin D <sub>2</sub>	GB14755	All Population	Vitamin D <sub>2</sub> ( $\mu\text{g}$ )	1-3 years old	2.0	10.0	Supplement of Vitamin D	
					4-6 years old	2.0	15.0		
					Vitamin D <sub>3</sub> ( $\mu\text{g}$ )	7-10 years old	2.0		15.0
						11-13 years old	2.0		15.0

	Vitamin D <sub>3</sub>	Chinese Pharmacopoeia	All Population		14-17 years old	2.0	15.0	
					Adult	2.0	15.0	
					Pregnant Woman	2.0	15.0	
					Breast Feeding Woman	2.0	15.0	
Vitamin B <sub>1</sub>	Thiamine Hydrochloride	GB14751	All Population	Vitamin B <sub>1</sub> (mg)	1-3 years old	0.1	0.6	Supplement of Vitamin B <sub>1</sub>
					4-6 years old	0.2	1.5	
					7-10 years old	0.2	1.5	
					11-13 years old	0.3	2.0	
	Thiamin mononitrate	Chinese Pharmacopoeia	All Population		14-17 years old	0.3	2.0	
					Adult	0.5	20.0	
					Pregnant Woman	0.3	2.5	
					Breast Feeding Woman	0.3	2.5	
Vitamin B <sub>2</sub>	Riboflavin	GB14752	All Population	Vitamin B <sub>2</sub> (mg)	1-3 years old	0.1	0.6	Supplement of Vitamin B <sub>2</sub>
					4-6 years old	0.2	1.5	
					7-10 years old	0.2	1.5	
					11-13 years old	0.3	2.0	

	Riboflavin-5'-sodium phosphate	GB28301	All Population		14-17 years old	0.3	2.0	
					Adult	0.5	20.0	
					Pregnant Woman	0.3	2.5	
					Breast Feeding Woman	0.3	2.5	
Vitamin B <sub>6</sub>	Pyridoxine hydrochloride	GB14753	All Population	Vitamin B <sub>6</sub> (mg)	1-3 years old	0.1	0.6	Supplement of Vitamin B <sub>6</sub>
					4-6 years old	0.2	1.5	
					7-10 years old	0.2	1.5	
					11-13 years old	0.3	2.0	
					14-17 years old	0.3	2.0	
					Adult	0.5	10.0	
					Pregnant Woman	0.3	2.5	
					Breast Feeding Woman	0.3	2.5	
Vitamin B <sub>12</sub>	Cyanocobalamin	Chinese Pharmacopoeia	All Population	Vitamin B <sub>12</sub> (µg)	1-3 years old	0.2	1.0	Supplement of Vitamin B <sub>12</sub>
					4-6 years old	0.2	1.5	
					7-10 years old	0.3	2.0	
					11-13 years old	0.4	2.5	



					14-17 years old	0.5	3.0	
					Adult	0.5	10	
					Pregnant Woman	0.6	5.0	
					Breast Feeding Woman	0.6	5.0	
Niacin	Niacin	GB14757	All Population	Niacin (mg)	1-3 years old	1.0	5.0	Supplement of Niacin
					4-6 years old	1.5	7.5	
					7-10 years old	2.0	10.0	
					11-13 years old	2.5	12.0	
					14-17 years old	3.0	15.0	
					Adult	3.0	15.0	
					Pregnant Woman	2.5	15.0	
					Breast Feeding Woman	3.0	15.0	
	Nicotinamide	Chinese Pharmacopoeia	All Population	Nicotinamide (mg)	1-3 years old	1.0	7.0	
					4-6 years old	1.5	9.0	
					7-10 years old	2.0	13.0	
					11-13 years old	2.5	15.0	

					14-17 years old	3.0	18.0	
					Adult	3.0	50.0	
					Pregnant Woman	2.5	15.0	
					Breast Feeding Woman	3.0	18.0	
Folic Acid	Folic Acid	GB15570	All Population	Folic Acid (µg)	1-3 years old	30	150	Supplement Folic Acid
					4-6 years old	40	200	
					7-10 years old	50	250	
					11-13 years old	70	350	
					14-17 years old	80	400	
					Adult	80	500	
					Pregnant Woman	110	500	
					Breast Feeding Woman	110	500	
Biotin	D-Biotin	National Drug Standard WS-10001-(HD-1052)-2002	All Population	Biotin (µg)	1-3 years old	3	15	Supplement of Biotin
					4-6 years old	4	25	
					7-10 years old	5	30	
					11-13 years old	7	45	

					14-17 years old	8	50	
					Adult	10	100	
					Pregnant Woman	8	50	
					Breast Feeding Woman	10	60	

Choline	Choline Bitartrate	National Drug Standard WS-10001-(HD-1050)-2002	All Population	Choline (mg)	1-3 years old	40	240	Supplement of Choline
					4-6 years old	50	300	
					7-10 years old	60	400	
					11-13 years old	80	500	
					14-17 years old	90	600	
					Adult	100	1000	
					Pregnant Woman	80	500	
					Breast Feeding Woman	100	700	
Vitamin C	L-ascorbic acid	GB14754	All Population	Vitamin C (mg)	1-3 years old	6	60	Supplement of Vitamin C
	L-Sodium Ascorbate	GB1886.44	All Population		4-6 years old	10	100	
					7-10 years old	10	100	

					11-13 years old	15	150	
	Calcium Ascorbate	GB1886.43	All Population		14-17 years old	20	200	
	Ascorbyl Palmitate	GB1886.230	Older than 4		Adult	30	500	
					Pregnant Woman	25	250	
					Breast Feeding Woman	30	300	
Vitamin K	Vitamin K <sub>1</sub>	Chinese Pharmacopoeia	All Population	Vitamin K (µg)	1-3 years old	/	/	Supplement of Vitamin K
					4-6 years old	10	60	
					7-10 years old	10	70	
					11-13 years old	15	90	
					14-17 years old	15	100	
					Adult	15	100	
					Pregnant Woman	15	100	
	Breast Feeding Woman	15	100					
	Vitamin K <sub>2</sub>	NHFPC Announcement 2016 No.8	All Population					
Pantothenate	D-Calcium Pantothenate	Chinese Pharmacopoeia	All Population	Pantothenate (mg)	1-3 years old	0.4	2.0	Supplement of Pantothenate
					4-6 years old	0.5	5.0	
					7-10 years old	0.7	7.0	
					11-13 years old	0.9	9.0	

					14-17 years old	1.0	10.0	
					Adult	1.0	20.0	
					Pregnant Woman	1.0	10.0	
					Breast Feeding Woman	1.0	10.0	
Vitamin E	D- $\alpha$ -tocopherol	GB1886.233	All Population	Vitamin E (mg)	1-3 years old	/	/	Supplement of Vitamin E
	D- $\alpha$ -tocopherol acetate)		All Population		4-6 years old	1.5	9.0	
	D- $\alpha$ -tocopherol succinate		All Population		7-10 years old	2.0	14.0	
	dl - $\alpha$ -tocopherol acetate	GB14756	All Population		11-13 years old	3.0	25.0	
	dl - $\alpha$ -tocopherol	GB29942	All Population		14-17 years old	3.0	25.0	
	Vitamin E calcium succinate	GB1903.6	Older than 4		Adult	5.0	150	
						Pregnant Woman	3.0	
					Breast Feeding Woman	4.0	30.0	