

Maximum levels for substances to be registered as food Supplements:

Substance	Unit	Maximum levels
Glucosamine Sulfate	mg/day	1500 mg /day
Chondroitin Sulphate	mg/day	1200 mg/day
Methylsulfonylmethane (MSM)	mg/day	<ul style="list-style-type: none"> • Single component: 6000 mg/day not exceeding 2000 mg in single dose • In combination: 1500 mg/day
Sodium Hyaluronate	mg/day	150 mg/day
Chitosan	gm/day	6 gm/day
Hydrolyzed Collagen	gm/day	10 gm/day
Thioctic acid (Alpha-lipoic acid)	mg/day	600 mg/day
Royal Jelly	gm/day	6 gm/day
Lactoferrin	mg/day	400 mg/day
Acetyl cysteine	mg/day	<ul style="list-style-type: none"> • Single component: registered as a medicinal product. • In combination with other active ingredients registered in NFSA as antioxidant: 300 mg/day
L-Glutathione	mg/day	600 mg/day
Melatonin	mg/day	2mg/day
Omega 3	gm/day	<ul style="list-style-type: none"> • EPA + DHA: 5 gm/day • EPA alone: 1.8 gm/day • DHA alone: 1 gm/day • Alpha-linolenic acid: 2 gm/day
Omega 6	mg/day	<ul style="list-style-type: none"> • Alone: 5000 mg/day • In combination with Omega 3 not exceeding 4:1 ratio. Omega 6: Omega 3 (4:1)
Omega 9	mg/day	1500 mg/day

Maximum levels for prebiotics and minimum levels for probiotics to be registered in NFSA only:

Substance	Unit	Maximum levels
Prebiotics (Registered in NFSA only)		
Inulin	gm/day	15 gm/day
Fructooligosaccharides (FOS)	gm/day	15 gm/day
Galactooligosaccharides (GOS)	gm/day	15 gm/day
Oligofructose	gm/day	15 gm/day
Polydextrose	gm/day	15 gm/day
Trans-galactooligosaccharide	gm/day	15 gm/day
Xylooligosaccharides (xOS)	gm/day	15 gm/day

Substance	Unit	Minimum levels
Probiotics (Registered in NFSA only)		
Probiotics	CFU	<ul style="list-style-type: none"> Minimum: 1.0×10^7 CFU total Colony Forming Units. And No Maximum limit
<ul style="list-style-type: none"> A. Bacteria B. Fungi C. Live microorganisms 	total Colony Forming Units	
A. Bacteria		
1. <i>Bifidobacterium adolescentis</i>	18. <i>Lactobacillus crispatus</i>	37. <i>Lactobacillus reuteri</i>
2. <i>Bifidobacterium animalis subsp. animalis</i>	19. <i>Lactobacillus curvatus</i>	38. <i>Lactobacillus rhamnosus</i>
3. <i>Bifidobacterium animalis subsp. Lactis</i>	20. <i>Lactobacillus delbrueckii subsp. bulgaricus</i>	39. <i>Lactobacillus salivarius</i>
4. <i>Bifidobacterium bifidum</i>	21. <i>Lactobacillus delbrueckii subsp. delbrueckii</i>	40. <i>Lactobacillus sanfranciscensis</i>
5. <i>Bifidobacterium breve</i>	22. <i>Lactobacillus farciminis</i>	41. <i>Lactococcus lactis</i>
6. <i>Bifidobacterium lactis</i>	23. <i>Lactobacillus fermentum</i>	42. <i>Leuconostoc citreum</i>
7. <i>Bifidobacterium longum subsp. infantis</i>	24. <i>Lactobacillus gasseri</i>	43. <i>Leuconostoc lactis</i>
8. <i>Bifidobacterium longum subsp. longum</i>	25. <i>Lactobacillus gallinarum</i> ³	44. <i>Leuconostoc mesenteroides</i>
9. <i>Bifidobacterium longum subsp. Suis</i>	26. <i>Lactobacillus helveticus</i>	45. <i>Leuconostoc pseudomesenteroides</i>
10. <i>Lactobacillus acidophilus</i>	27. <i>Lactobacillus hilgardii</i>	46. <i>Oenococcus oeni</i>
11. <i>Lactobacillus amylolyticus</i>	28. <i>Lactobacillus kefiri</i>	47. <i>Pediococcus acidilactici</i>
12. <i>Lactobacillus amylovorus</i>	29. <i>Lactobacillus kefiranofaciens</i>	48. <i>Pediococcus pentosaceus</i>
13. <i>Lactobacillus brevis</i>	30. <i>Lactobacillus mucosae</i>	49. <i>Propionibacterium acidipropionici</i>
14. <i>Lactobacillus buchneri</i>	31. <i>Lactobacillus johnsonii</i>	50. <i>Propionibacterium freudenreichii</i>
15. <i>Lactobacillus caucasicus</i>	32. <i>Lactobacillus paracasei</i>	51. <i>Propionibacterium freudenreichii subsp. Shermanii</i>
16. <i>Lactobacillus casei</i>	33. <i>Lactobacillus paraplantarum</i>	
17. <i>Lactobacillus coryniformis</i>	34. <i>Lactobacillus panis</i>	
	35. <i>Lactobacillus plantarum</i>	
	36. <i>Lactobacillus pontis</i>	
B. Fungi		
C. Live microorganisms		
1. <i>Debaryomyces hansenii</i>	1. <i>Bacillus clausii</i>	
2. <i>Kluyveromyces lactis</i>	2. <i>Bacillus coagulans</i>	
3. <i>Kluyveromyces marxianus (Candida pseudotropicalis)</i>	3. <i>Bacillus indicus</i>	
4. <i>Pseudotropicalis</i>	4. <i>Bacillus subtilis</i>	
5. <i>Saccharomyces bayanus</i>	5. <i>Bacillus subtilis subsp. Inaquosorum</i>	
6. <i>Saccharomyces boulardii</i>	6. <i>Clostridium butyricum</i>	
7. <i>Saccharomyces cerevisiae (Baker's Yeast, Brewer's Yeast, Brewers yeast, fungus)</i>	7. <i>Streptococcus salivarius</i>	
8. <i>Saccharomyces pastorianus</i>	8. <i>Streptococcus salivarius subsp. Thermophiles</i>	
9. <i>Schizosaccharomyces pombe</i>	9. <i>Streptococcus salivarius K12</i>	
10. <i>Schizosaccharomyces pombe</i>		