



Maximum levels for Vitamins and Minerals to be registered as food Supplements:

Vitamins

vitamins	Unit	Maximum levels
Biotin	µg/day	10000
Beta carotene	µg/day	• 6000 as individual • as combination with vitamin A not exceed 3000 µg/day of vitamin A /day
Folic acid	µg/day	1000
Niacin/ Nicotinamide	mg/day	900
Niacin/ Nicotinic acid	mg/day	10
Pantothenic acid	mg/day	500
Vitamin A	µg RE/day	3000
Vitamin B1	mg/day	100
Vitamin B12	µg/day	1000
Vitamin B2	mg/day	100
Vitamin B6	mg/day	25
Vitamin C	mg/day	1000
Vitamin D	µg/day	100
Vitamin E	mg/day	300
Vitamin K	µg/day	120



Minerals

minerals	Unit	Maximum levels
Boron	mg/day	10
Calcium	mg/day	2500
Chloride	mg/day	2300
Chromium	µg/day	500 as individual element
		120 when present in combination
Copper	mg/day	5
Iodine	µg/day	600
Iron	mg/day	45
Magnesium	mg/day	250
Manganese	mg/day	9
Molybdenum	mg/day	0.6
Phosphorus	mg/day	2000
Potassium	mg/day	200
Selenium	µg/day	300
Silicon	mg/day	Elemental silicon 84
		Silicon dioxide 350
		Silicon acid (silica gel) 100
		Organic silicon 10
		Choline stabilizer 10
Sodium	mg/day	2000
Tin	µg/day	10
Vanadium	µg/day	182
Zinc	mg/day	25
Fluoride	mg/day	7
Nickel		Trace element (heavy metals)