

# codex alimentarius commission



FOOD AND AGRICULTURE  
ORGANIZATION  
OF THE UNITED NATIONS

WORLD  
HEALTH  
ORGANIZATION



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**ALINORM 03/26A**

## **JOINT FAO/WHO FOOD STANDARDS PROGRAMME**

### **CODEX ALIMENTARIUS COMMISSION**

**Twenty-sixth Session**

**Rome, Italy, 30 June– 5 July 2003**

### **REPORT OF THE 24<sup>th</sup> SESSION OF THE CODEX COMMITTEE ON NUTRITION AND FOODS FOR SPECIAL DIETARY USES**

**Berlin, Germany**

**4 – 8 November 2002**

**Note:** This document incorporates Circular Letter CL 2002/51-NFSDU

## PROPOSED DRAFT GUIDELINES FOR VITAMIN AND MINERAL SUPPLEMENTS

### (Agenda Item 6)<sup>15</sup>

87) The Chairman recalled that the Proposed Draft Guidelines had been discussed for several sessions and stressed the importance of a risk-based approach, and especially the work of FAO and WHO on the establishment of safe upper limits for vitamins and minerals. In this perspective and in order to achieve consensus, it would be preferable to concentrate on principles rather than to discuss specific figures for vitamin and mineral contents. The Committee agreed to concentrate on the questions that had not been addressed at the last session.

#### **Title**

88) The Committee agreed with the proposal of the Observer from the EC that the Title should refer to “food supplements” as it would clarify that the products considered were foods.

#### **Preamble**

89) The Delegation of South Africa, supported by the Observer from NHF, expressed the view that the need for vitamins and mineral supplements in the general population was clearly demonstrated by scientific evidence. The Delegation therefore proposed to include a new Preamble as follows: “People should be encouraged to select a balanced diet. However, vitamins and mineral supplements are useful in cases where the dietary intake of vitamins and minerals is inadequate to correct nutrient deficiencies or to supply prevention such as to reduce risk of disease.”

90) Several delegations objected to this proposal as it was not the purpose of the Guidelines or the mandate of the Committee to consider the prevention, treatment or cure of diseases. In addition this proposal had not been included in the written comments of South Africa and such a major change could not be discussed at short notice.

91) The Delegation of Brazil proposed to retain the current Preamble and to delete the end of the last sentence referring to the case where “consumers consider their diet requires supplementation...”. The Delegation of Indonesia, supported by Japan, proposed to specify that supplements should be taken based on the advice of a nutritionist, a dietician or a medical doctor in order to avoid excessive intake. After some discussion, the Committee retained the current text of the Preamble.

#### **Scope**

92) In section 1.1, the Committee agreed to delete “if and when necessary” in relation to the supplementation of the daily diet as this was not relevant in the Scope. The Observer from the EC proposed to delete the first sentence from the Scope and to include it in the Definition.

93) The Committee agreed to delete the second sentence of section 1.1 as the applicability of the Guidelines was addressed in section 1.2. The Committee noted some proposals to delete or reword section 1.2 but retained the current text as it addressed the situation of countries that regulated supplements as drugs.

94) The Delegation of the Russian Federation proposed to include natural antioxidants, such as beta-carotenes and flavonoids, in the Guidelines. The Committee however recalled that it had been decided earlier that the Scope would be limited to vitamins and minerals. However, when the Guidelines were completed, their extension to other substances could be considered.

### **Section 3.2 Contents of Vitamins and Minerals**

95) The Committee discussed the options presented in section 3.2.2 for the establishment of maximum levels of vitamins and minerals.

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<sup>15</sup> ALINORM 03/26, Appendix II, CX/NFSDU 02/6 (comments of Australia, Brazil, Cuba, Germany, Hungary, Malaysia, New Zealand, South Africa, IADSA), CRD 2 (Norway, United States, EC); CRD 8 (Philippines); CRD 9 (India); CRD 14 (Indonesia)

