

File No. Standards/SP (Fortified & Enriched Foods)-02/FSSAI-2017 (Part File-1)
Food Safety and Standards Authority of India
(A statutory Authority established under the Food Safety and Standards Act, 2006)
(Standards Division)
FDA Bhawan, Kotla Road, New Delhi - 110002

The 22nd December, 2017

Subject: Directions under section 16 (5) of Food Safety and Standards Act, 2006 regarding 'Health Claims' permitted under Food Safety and Standards (Fortification of Foods) Regulations, 2016 - reg

The Food Safety and Standards (Fortification of Foods) Regulations, 2016 have been made operational with effect from 16.10.2016. These regulations include the Standards for Wheat flour, Rice, Edible oil, Milk and Salt that may be fortified with Micronutrients like Vitamin A, Vitamin D, Iron, Folic Acid, Vitamin B12, Zinc, Thiamine, Riboflavin, Niacin and Pyridoxine.

2. In order to have uniformity in claims, the following scientifically substantiated health claims are suggested, which may be used in broader form for the above fortified foods against respective micronutrients fortified in accordance with the above said regulations:

Nutrients	Claims
Vitamin A	Helps against night blindness;
Vitamin D	Supports strong bones;
Vitamin B12	Important for maintaining normal functioning of nervous system and blood formation;
Folate & Folic acid	Important for foetal development and blood formation;
Iron	Fights Anemia;
Iodine	Required for normal growth, thyroid and brain function;
Zinc	Supports a healthy immune system;
Thiamine	Required for normal nerve and heart function;
Riboflavin	Necessary to release energy from food;
Niacin	Necessary to release energy from food;
Pyridoxine	Necessary to release energy from food.

3. Further, the claims shall also comply with the provisions of Food Safety and Standards Act, 2006 and regulations made thereunder specifically packaging and labelling requirements as laid down under the Food Safety and Standards (Packaging and Labelling) Regulations, 2011.

4. This issues with the approval of the Competent Authority in exercise of the power vested under Section 18 (2) (d) and 16 (5) of Food Safety and Standards Act, 2006.

Garima

(Garima Singh)

Director

(Regulatory Compliance)

To

1. All Food Safety Commissioner's;
2. All Designated Officer's;
3. All Authorised Officer's;
4. CITO, FSSAI for uploading on website.

Copy for information to:

1. PPS to Chairperson, FSSAI;
2. PS to CEO, FSSAI;
3. All Directors, FSSAI.