

## **FSSAI notifies norms specifying stds for food supplements for sportspersons**

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The FSSAI has notified regulations specifying standards for food supplements for sportspersons. The regulations also define the term sportsperson as an individual who is involved in various types of sports activities as approved by Sports Authority of India under Ministry of Youth Affairs and Sports, Government of India.

Further, these regulations prescribe a logo for such products for sportspersons.

The regulation prescribes that a statement "FOR SPORTSPERSON ONLY" in close proximity to the name of the articles of food, "Recommended to be used under medical advice by a physician or certified dietician or nutritionist only" and the logo as specified for the article of food specially prepared for sportsperson should be carried in the labelling.

It makes a provision, that the prohibited substances declared by the World Anti-Doping Agency (WADA) cannot be added in any of the articles of food specified for sportspersons.

"Food business operators must ensure to check the list of prohibited substances which is published annually by the World Anti-Doping Agency and is effective from January 1 every year," the proviso reads.

Called the Food Safety and Standards (Health Supplements, Nutraceuticals, Food for Special Dietary Use, Food for Special Medical Purpose, Functional Food and Novel Food) first Amendment Regulations, 2021, the Food Business Operator needs to comply with all the provisions of these regulations with effect from April 1, 2022.

The regulation also says that wherever applicable, tablets, capsules and syrups can be used as formats for presentation of the products and the combination of vitamins and minerals, including use of single vitamin and mineral, in dosage formats such as tablets, capsules, syrups, at levels equal to a maximum of one Recommended Dietary Allowance or below shall be covered under these regulations.

Meanwhile, the FSSAI has issued a draft of the regulations to regulate products for specific purposes like weight reduction.

Called Food Safety and Standards (Health Supplements, Nutraceuticals, Food for Special Dietary Use, Food for Special Medical Purpose, Functional Foods and Novel Foods)

Amendment Regulations, 2021, it says that Food for special medical purpose shall include food specially prepared for weight reduction and intended as total replacement of normal diet.

Food for special medical purposes may also include Foods intended for Special Diagnostic Purpose with the prior approval of the Authority.

"Food Business Operators seeking such approval shall take approval of the Authority in accordance with Food Safety and Standards (Approval of non-specified food and food ingredients) Regulations, 2017," the draft reads.