



Food supplements

Food supplements are concentrated sources of nutrients or other substances with a nutritional or physiological effect such as vitamins, minerals, amino acids, fibre, enzymes, various plants and herbal extracts.

Dietary supplements are marketed in forms such as tablets, capsules, pills, powders, and liquids in measured doses).^{1, 2}

Food supplements are intended to correct nutritional deficiencies, maintain an adequate intake of certain nutrients or to support specific physiological functions.¹

Unlike drugs, supplements are not permitted to be marketed for the purpose of treating, diagnosing, preventing, or curing diseases.²

In the EU, food supplements are regulated as foods.

In view of the above Neutron aims to support clients with its expertise to put safe products in the market in order to guarantee the food safety and human health and well-being.

Neutron offers analyses of vitamins and minerals which may be declared in food supplements according to Annex I to Dir. (EC) No 46/2002 (see **Figure 1**):

Vitamin A	Calcium
Vitamin D	Magnesium
Vitamin E	Iron
Vitamin K	Copper
Vitamin B1	Iodine
Vitamin B2	Zinc
Niacin	Manganese
Pantothenic acid	Sodium
Vitamin B6	Potassium
Folic acid	Selenium
Vitamin B12	Chromium
Biotin	Molybdenum
Vitamin C	Fluoride
Boron	Chloride
Silicon	Phosphorus

Figure 1: List of vitamins and minerals (Dir. (EC) 46/2002).³

Furthermore, Neutron provides analyses of contaminants in food supplements like: pyrrolizidine alkaloids, heavy metals, polycyclic aromatic hydrocarbon (PAH), hydroxyanthracene derivatives and various further analyses.

For more information contact us: www.neutron.it

References:

1. European Commission, Food safety, *Food supplements*.
2. U.S. Food and Drug Administration (FDA), *Dietary Supplements*, May 2017.
3. Directive (EC) 46/2002 of 10 June 2002 on the approximation of the laws of the Member States relating to food supplements.