

## SCHEDULE 1

Regulations 5(1) and (3) and 6(3)(b)

VITAMINS AND MINERALS WHICH MAY BE USED  
IN THE MANUFACTURE OF FOOD SUPPLEMENTS

<i>Column 1</i>	<i>Column 2</i>
<i>Vitamins and minerals</i>	<i>Unit</i>
1. Vitamins	
Vitamin A	µg RE
Vitamin D	µg
Vitamin E	mg α-TE
Vitamin K	µg
Vitamin B1	mg
Vitamin B2	mg
Niacin	mg NE
Pantothenic acid	mg
Vitamin B6	mg
Folic acid	µg
Vitamin B12	µg
Biotin	µg
Vitamin C	mg
2. Minerals	
Calcium	mg
Magnesium	mg
Iron	mg
Copper	µg
Iodine	µg
Zinc	mg
Manganese	mg
Sodium	mg
Potassium	mg
Selenium	µg
Chromium	µg
Molybdenum	µg
Fluoride	mg
Chloride	mg
Phosphorus	mg

SCHEDULE 2

Regulation 5(1) and (3)

FORM OF VITAMIN AND MINERAL SUBSTANCES WHICH MAY  
BE USED IN THE MANUFACTURE OF FOOD SUPPLEMENTS

**A. Vitamins**

1. VITAMIN A
  - (a) retinol
  - (b) retinyl acetate
  - (c) retinyl palmitate
  - (d) beta-carotene
2. VITAMIN D
  - (a) cholecalciferol
  - (b) ergocalciferol
3. VITAMIN E
  - (a) D-alpha-tocopherol
  - (b) DL-alpha-tocopherol
  - (c) D-alpha-tocopheryl acetate
  - (d) DL-alpha-tocopheryl acetate
  - (e) D-alpha-tocopheryl acid succinate
4. VITAMIN K
  - (a) phylloquinone (phytomenadione)
5. VITAMIN B1
  - (a) thiamin hydrochloride
  - (b) thiamin mononitrate
6. VITAMIN B2
  - (a) riboflavin
  - (b) riboflavin 5'-phosphate, sodium
7. NIACIN
  - (a) nicotinic acid
  - (b) nicotinamide
8. PANTOTHENIC ACID
  - (a) D-pantothenate, calcium
  - (b) D-pantothenate, sodium
  - (c) dexpanthenol
9. VITAMIN B6
  - (a) pyridoxine hydrochloride
  - (b) pyridoxine 5'-phosphate
10. FOLIC ACID

(a) pteroylmonoglutamic acid

**11. VITAMIN B12**

(a) cyanocobalamin

(b) hydroxocobalamin

**12. BIOTIN**

(a) D-biotin

**13. VITAMIN C**

(a) L-ascorbic acid

(b) sodium-L-ascorbate

(c) calcium-L-ascorbate

(d) potassium-L-ascorbate

(e) L-ascorbyl 6-palmitate

**B. Minerals**

Calcium carbonate

Calcium chloride

Calcium salts of citric acid

Calcium gluconate

Calcium glycerophosphate

Calcium lactate

Calcium salts of orthophosphoric acid

Calcium hydroxide

Calcium oxide

Magnesium acetate

Magnesium carbonate

Magnesium chloride

Magnesium salts of citric acid

Magnesium gluconate

Magnesium glycerophosphate

Magnesium salts of orthophosphoric acid

Magnesium lactate

Magnesium hydroxide

Magnesium oxide

Magnesium sulphate

Ferrous carbonate

Ferrous citrate

Ferric ammonium citrate

Ferrous gluconate

Ferrous fumarate

**Status:** This is the original version (as it was originally made).

Ferric sodium diphosphate  
Ferrous lactate  
Ferrous sulphate  
Ferric diphosphate (ferric pyrophosphate)  
Ferric saccharate  
Elemental iron (carbonyl+electrolytic+hydrogen reduced)  
Cupric carbonate  
Cupric citrate  
Cupric gluconate  
Cupric sulphate  
Copper lysine complex  
Sodium iodide  
Sodium iodate  
Potassium iodide  
Potassium iodate  
Zinc acetate  
Zinc chloride  
Zinc citrate  
Zinc gluconate  
Zinc lactate  
Zinc oxide  
Zinc carbonate  
Zinc sulphate  
Manganese carbonate  
Manganese chloride  
Manganese citrate  
Manganese gluconate  
Manganese glycerophosphate  
Manganese sulphate  
Sodium bicarbonate  
Sodium carbonate  
Sodium chloride  
Sodium citrate  
Sodium gluconate  
Sodium lactate  
Sodium hydroxide  
Sodium salts of orthophosphoric acid  
Potassium bicarbonate  
Potassium carbonate  
Potassium chloride

Potassium citrate  
Potassium gluconate  
Potassium glycerophosphate  
Potassium lactate  
Potassium hydroxide  
Potassium salts of orthophosphoric acid  
Sodium selenate  
Sodium hydrogen selenite  
Sodium selenite  
Chromium (III) chloride  
Chromium (III) sulphate  
Ammonium molybdate (molybdenum (VI))  
Sodium molybdate (molybdenum (VI))  
Potassium fluoride  
Sodium fluoride