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SCHEDULE 1

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

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

Column 1 <i>Vitamins and minerals</i>	Column 2 <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

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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

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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