

ATODLEN 1

Rheoliadau 5(1) a (3) a 6(3)(b)

FITAMINAU A MWYNAU Y CANIATEIR EU DEFNYDDIO
WRTH GYNHYRCHU YCHWANEGION BWYD

Colofn 1	Colofn 2
Fitaminau a mwynau	Uned
1. Fitaminau	
Fitamin A	µg RE
Fitamin D	µg
Fitamin E	mg α-TE
Fitamin K	µg
Fitamin B1	mg
Fitamin B2	mg
Niasin	mg NE
Asid Pantothenig	mg
Fitamin B6	mg
Asid ffolig	µg
Fitamin B12	µg
Biotin	µg
Fitamin C	mg
2. Mwynau	
Calsiwm	mg
Magnesiwm	mg
Haearn	mg
Copr	µg
Iodin	µg
Zinc	mg
Manganîs	mg
Sodiwm	mg
Potasiwm	mg
Seleniwm	µg
Cromiwm	µg
Molybdenwm	µg
Fflworid	mg
Clorid	mg
Ffosfforws	mg

ATODLEN 2

Rheoliad 5(1) a (3)

FFURF AR SYLWEDDAU FITAMIN A MWYN Y CANIATEIR EU
DEFNYDDIO WRTH GYNHYRCHU YCHWANEGION BWYD

A. Fitaminau

- 1. FITAMIN A**
 - (a) retinol
 - (b) retinyl asetat
 - (c) retinyl palmitad
 - (ch) beta-caroten
- 2. FITAMIN D**
 - (a) colecalciferol
 - (b) ergocalciferol
- 3. FITAMIN E**
 - (a) D-alfa-tocopherol
 - (b) DL-alfa-tocopherol
 - (c) D-alfa-tocopheryl asetat
 - (ch) DL-alfa-tocopheryl asetat
 - (d) D-alfa-syccinad asid tocopheryl
- 4. FITAMIN K**
 - (a) fyllocwinon (fytomenadion)
- 5. FITAMIN B1**
 - (a) thiamin hydroclorid
 - (b) thiamin mononitrad
- 6. FITAMIN B2**
 - (a) ribofflavin
 - (b) ribofflavin 5'-ffosffad, sodiwm
- 7. NIASIN**
 - (a) asid nicotinig
 - (b) nicotinamid
- 8. ASID PANTOTHENIG**
 - (a) D-pantothenad, calsiwm
 - (b) D-pantothenad, sodiwm
 - (c) decspanthenol
- 9. FITAMIN B6**
 - (a) pyridocsin hydroclorid
 - (b) pyridocsin 5'-ffosffad
- 10. ASID FFOLIG**

(a) asid teroylmonoglwttamig

11. FITAMIN B12

- (a) cyanocobalamin
- (b) hydroscobalamin

12. BIOTIN

- (a) D-biotin

13. FITAMIN C

- (a) L-asid asgorbig
- (b) sodiwm-L-asgorbad
- (c) calsiwm-L-asgorbad
- (ch) potasiwm-L-asgorbad
- (d) L-asgorbyl 6-palmitad

B. Mwynau

- Calsiwm carbonad
- Calsiwm clorid
- Halwynau calsiwm asid citrig
- Calsiwm glwconad
- Calsiwm glyseroffosffad
- Calsiwm lactad
- Halwynau calsiwm asid orthoffosfforig
- Calsiwm hydrocsid
- Calsiwm ocsid
- Magnesiwm asetad
- Magnesiwm carbonad
- Magnesiwm clorid
- Halwynau magnesiwm asid citrig
- Magnesiwm glwconad
- Magnesiwm glyseroffosffad
- Halwynau magnesiwm asid orthoffosfforig
- Magnesiwm lactad
- Magnesiwm hydrocsid
- Magnesiwm ocsid
- Magnesiwm sylffad
- Carbonad fferrus
- Citrad fferrus
- amoniwm citrad ferrig
- Glwconad fferrus
- Ffwmarad ferrus

Statws This is the original version (as it was originally made).

Sodiwm deuffosffad fferrig
Lactad ferrus
Sylffad fferrus
Deuffosffad fferrig (pyroffosffad fferrig)
Sacarad fferrig
Haearn elfennaidd (carbonyl+electrolytig+wedi'i rydwytho â hydrogen)
Carbonad cwprig
Citrad cwprig
Glwconad cwprig
Sylffad cwprig
Cymhlygyn lysîn copr
Sodiwm iodid
Sodiwm iodad
Potasiwm iodid
Potasiwm iodad
Zinc asetad
Zinc clorid
Zinc citrad
Zinc glwconad
Zinc lactad
Zinc ocsid
Zinc carbonad
Zinc sylffad
Manganîs carbonad
Manganîs clorid
Manganîs citrad
Manganîs glwconad
Manganîs glyseroffosffad
Manganîs sylffad
Sodiwm bicarbonad
Sodiwm carbonad
Sodiwm clorid
Sodiwm citrad
Sodiwm glwconad
Sodiwm lactad
Sodiwm hydrocsid
Halwynau sodiwm asid orthoffosfforig
Potasiwm bicarbonad
Potasiwm carbonad
Potasiwm clorid

Potasiwm citrad
Potasiwm glwconad
Potasiwm glyseroffosffad
Potasiwm lactad
Potasiwm hydrocsid
Halwynau potasiwm asid orthoffosfforig
Sodiwm selenad
Sodiwm hydrogen selenit
Sodiwm selenit
Cromiwm (III) clorid
Cromiwm (III) sylffad
Amoniwm molybdad (molybdenwm (VI))
Sodiwm molybdad (molybdenwm (VI))
Potasiwm fflworid
Sodiwm fflworid