

(Unofficial)
Notification of the Ministry of Public Health
(No. 405) B.E. 2562
Issued by virtue of the Food Act B.E. 2522
Re: Food supplement (No.3)

It deems appropriate to amend the notification of the Ministry of Public Health, Re: Food supplement

By the virtue of provisions of Section 5 in the first phrase, and 6(3) (4) (5) (6) (7) and (10) of the Food Act B.E.2522 (1979), the Minister of Public Health hereby issues the notification as follows:

Clause 1. Clause 4 of the Notification of the Ministry of Public Health (No 293) B.E. 2548 Re: Food supplement dated 15th December B.E. 2548 (2005), shall be repealed and replaced with the following texts

“Clause 4 Food supplement are prescribed to be the food subject to have the qualities or standards.”

Clause 2 . Clause 9 and Clause 10 of the Notification of the Ministry of Public Health (No. 293) B.E. 2548 Re: Food supplement dated 15th December B.E. 2548 (2005) and amended the Notification of the Ministry of Public Health (No. 309) B.E. 2550 Re: Food supplement (No. 2) dated 7th November B.E. 2550 (2007) , shall be repealed and replaced with the following texts

“Clause 9 Labeling of food supplement shall follow the Notification of Ministry of Public Health, Re : Labeling of Prepackaged Foods and the following particulars shall be declared as the case maybe

(1) Names of food by having the text of “food supplements” as a part of the name, or accompanied with;

(2) Quantity of the packed food supplement shall be expressed as the case may be, as follows:

(2.1) Food supplement in form of tablets or capsules expressed as the number per pack.

(2.2) Food supplement in form of liquid expressed as net volume.

(2.3) Food supplement in form of solid or others expressed as net weight.

(3) Name and quantity of main ingredients of food supplement and constituents which claims for usefulness, in descending orders on the label of food supplement

Clause 10 Warning or other statements of food supplement as in the annex to this Notification”

Clause 3. This notification shall come into force as from day following the date of its publication in the Government Gazette

Notified on 25th April B.E. 2562 (2019)

(Signed) Pradit Sinthawanarong

(Mr.Pradit Sinthawanarong)

Minister of Public Health

(Published in the Government Gazette Vol. 136, Special Part 113 Ngor, dated 7th May 2019.)

Note: This English version of the notification is translated to meet the need of the non-Thai speaking people. In case of any discrepancy between the Thai original and the English translation, the former will take priority.

Annex to Notification of the Ministry of Public Health (No. 405) B.E. 2562

Issued by virtue of the Food Act B.E. 2522 Re: Food supplement (No.3)

Warning texts or others for food supplement

Food supplement	Warning texts or others
1. All food supplements	<ul style="list-style-type: none"> • “Should eat varieties of five categories food in appropriate proportion” with legible letter • “No effect for prevention or cure diseases” with bold letter which colour of the letters contrast with background frame. • "Children and pregnant women should not be consumed" by letters not less than 1.5 mm in a rectangular frame which have frame colour contrasted with label background.
2. Some food supplement shall be declared additional warning as follows:	
2.1 Shark cartilage	"Not suitable for heart disease patients and those who recover from surgery" with legible letter
2.2 Bee pollen	“Should not eat if allergy to bee pollen with height of red letter not less than 2 mm.”
2.3 Chitosan	<ul style="list-style-type: none"> - "Pregnant women and lactating women should not eat " - “If eating other supplements contained fat as main composition should take this product before or after at least 2 hrs.” - "Warning for seafood allergy and underweight.”
2.4 Fish oil	<ul style="list-style-type: none"> - "Do not use if allergy to marine fish or fish oil." - "Warning for people who have slow blood clotting or use anti-coagulation or aspirin" - "This product provides omega-3 fatty acids, including EPA and DHA, in a capsule contains fish oil (.....mg), contains polyunsaturated fatty acids, eicosapentaenoic acid (EPA) (.....mg) mg / Docosahexaenoic acid (DHA) (.....mg) saturated fat (.....mg)
2.5 Evening Primrose Oil	<ul style="list-style-type: none"> - "Do not use in people with epilepsy" - “Warning for people who receive epilepsy medicine" - "This product provides omega-6 fatty acids, including linoleic acid and gamma-linolenic acid, in one capsule contained Linoleic acidmg gamma-linoleic acid mg "

Food supplement	Warning texts or others
2.6 Fiber	"To prevent bowel obstruction that may be caused by the consumption of dried dietary fiber should eat with 1-2 glasses of water. " "In 1 (specify unit) contains total dietary fiber mg contains soluble dietary fiber" mg insoluble dietary fiber mg. "
2.7 Royal Jelly and Royal Jelly Products	"People with asthma or allergies should not eat due to severe allergic reaction."
2.8 Lecithin	"Lecithin is a phospholipid type of fat which Phosphatidylcholine is the main component in one capsule contain lecithin mg and contain Phosphatidylcholine ... mg. "
2.9 Ginger or Ginger extract	"People with gallstones should not eat "
2.10 Turmeric Extract (Curcuminoids)	"Do not use in patients with bile duct obstruction"
2.11 Food supplement with sweetener	
- Sugar alcohols	"Not weight control food"
- Acesulfame K	"Not weight control food"
- Aspartame	"Not weight control food"
2.12 Food supplement containing kernel of African mango (<i>Irvingia gabonensis</i>) extract *	"food allergen information: contain albumin (protein from kernel of African mango (<i>Irvingia gabonensis</i>) extract)"
2.13 Food supplement containing root of <i>Cistanche tubulosa</i> extract *	"Should not use in patient who take medicine to prevent blood clots"
2.14 Food supplement containing Red yeast rice	<p>"Don't use over dose"</p> <p>"Don't use in lactating women"</p> <p>"Don't use together with following drugs: Pravastatin, Cyclosporine, Nefazodone, Danazol, Vitamin B Complex, Antimicrobial drugs (such as Azitromycin, Clarithromycin, Erythromycin, Itraconazole, Ketoconazole), and Efavirenz"</p> <p>"Don't use in patient with liver disease and kidney disease"</p> <p>"Don't continuously consume more than 4 month (16 weeks)"</p> <p>"patient should consult physician prior to consume"</p> <p>"stop eat immediately when have myalgia or flu-like syndrome"</p>

Food supplement	Warning texts or others
2.15 Food supplement containing vitamin K 2 in form Menaquinone-7	"Should not use in patient who take medicine to prevent blood clots"
2.16 Food supplement containing Chia seed	<p>"daily intake is no more than 15 g"</p> <p>"In 1 (specify unit) contains total dietary fiber mg consisting of soluble dietary fiber..... mg and insoluble dietary fiber mg. "</p> <p>"To prevent intestinal obstruction that may be caused by the consumption of dried dietary fiber, 1-2 glass of water should be together eaten."</p>
2.17 Food supplement containing added Phytosterols and phytosterol esters or Phytostanol and phyto stanol esters*	<p>1. Shall declare a following text "fortified with plant stanol/sterol consisting of..... gram per.....(serving size)" near Thai language food name on the label</p> <p>2. shall declare a following warning statement on label to be prominently declared in red alphabets and rectangular frame</p> <p>"daily intake of plant stanol/sterol is no more than 2 gram"</p> <p>"Should consume fruit and vegetable for maintain normal level of carotenoid in body"</p> <p>"Consume continuously may decrease level of vitamin E "</p> <p>"patient should consult physician prior to consume"</p> <p>"Children and pregnant women should not be consumed"</p>
2.18 Food supplement containing Burdock /Gobo root powder *	"diabetic and hypertension patient should not consume"
2.19 Food supplement containing dried Chiangda (<i>Gymnema inodorum</i> (Lour.) Decne.) leaf*	<p>"Children and pregnant women, person has hypoglycemia should not be consumed"</p> <p>"diabetic patient should consult physician prior to consume"</p> <p>"Should not be continuously consumed more than 1 month"</p>
2.20 Food supplement containing <i>Angelica gigas</i> Nakai roots , <i>Cnidium officinale</i> MAKINO roots, and <i>Paeonia japonica</i> Miyabe roots*	<p>"Should not be continuously consumed more than 4 month"</p> <p>"Lactating women and menstruation disorders should not be consumed. People who prepared surgery stop eat and should consult physician prior to surgery.</p> <p>"This Product consists of <i>Cnidium officinale</i> and <i>Paeonia japonica</i> which may cause severed hypersensitivity."</p>

Remark * shall have quality or standard as well as its specification and condition of use in accordance with the Notification of the Ministry of Public Health (No.376) B.E 2559 (2016) Re: Novel food and a particular notification and relevant Notifications.

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