



# Regulatory Insights

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State Administration for Market Regulation

允许营养素补充剂保健食品声称的保健功能目录

List of Health Food Functions that are Allowed to be Claimed

2019 Edition

### Health Functions

Health Functions	Remarks
Supplement Vitamins and Minerals	Include supplementing: calcium, magnesium, potassium, manganese, iron, zinc, selenium, copper, vitamin A, vitamin D, vitamin B1, vitamin B2, vitamin B6, vitamin B12, nicotinic acid , folic acid, biotin, choline, vitamins C, Vitamin K, Pantothenic Acid, Vitamin E, $\beta$ -Carotene Supplement

### Health Functions Paraphrases

Health Functions	Paraphrases
Supplement calcium	Calcium is the main component of human bones and teeth, and many physiological functions also require calcium.  Calcium is the main component of bones and teeth and maintains

	<p>bone density.</p> <p>Calcium helps the development of bones and teeth.</p> <p>Calcium helps strengthen bones and teeth.</p>
Supplement magnesium	<p>Magnesium is an important component of energy metabolism, tissue formation and bone development.</p>
Supplement iron	<p>Iron is an important component of red blood cell formation.</p> <p>Iron is an essential element for the formation of red blood cells.</p> <p>Iron is necessary for the production of hemoglobin.</p>
Supplement zinc	<p>Zinc is an essential element for children's growth and development.</p> <p>Zinc helps to improve appetite.</p> <p>Zinc helps skin health.</p>
Supplement Vitamin A	<p>Vitamin A helps maintain dark vision.</p> <p>Vitamin A helps maintain healthy skin and mucous membranes.</p>
Supplement Vitamin D	<p>Vitamin D promotes calcium absorption.</p> <p>Vitamin D helps the health of bones and teeth.</p> <p>Vitamin D helps bone formation.</p>
Supplement Vitamin B1	<p>Vitamin B1 is an indispensable component in energy metabolism.</p> <p>Vitamin B1 helps maintain normal physiological functions of the nervous system.</p>
Supplement Vitamin B2	<p>Vitamin B2 helps maintain healthy skin and mucous membranes.</p>

	Vitamin B2 is an indispensable component in energy metabolism.
Supplement Vitamin B6	Vitamin B6 helps in the metabolism and utilization of proteins.
Supplement Vitamin B12	Vitamin B12 helps red blood cell formation.
Supplement niacin	Niacin helps maintain healthy skin and mucous membranes. Niacin is an indispensable component in energy metabolism. Niacin helps maintain the health of the nervous system.
Supplement folic acid	Folic acid helps the normal development of the fetal brain and nervous system. Folic acid helps red blood cells formulation. Folic acid helps the fetus develop normally.
Supplement Vitamin C	Vitamin C helps maintain healthy skin and mucous membranes. Vitamin C helps maintain bone and gum health. Vitamin C can promote the absorption of iron. Vitamin C has antioxidant properties.
Supplement pantothenic acid	Pantothenic acid is an important component of energy metabolism and tissue formation.
Supplement Vitamin E	Vitamin E has antioxidant properties.

Attention: One or more corresponding nutrient ingredient functional claims in the paraphrases can be used in the labeling of health foods. The claims can not be deleted, modified, supplemented or merged.

**Original Chinese Document listed Below**

## 允许营养素补充剂保健食品声称的

### 保健功能目录

(2019 年版)

#### 保健功能

保健功能	备注
补充维生素、矿物质	包括补充：钙、镁、钾、锰、铁、锌、硒、铜、维生素 A、维生素 D、维生素 B <sub>1</sub> 、维生素 B <sub>2</sub> 、维生素 B <sub>6</sub> 、维生素 B <sub>12</sub> 、烟酸（尼克酸）、叶酸、生物素、胆碱、维生素 C、维生素 K、泛酸、维生素 E、补充β-胡萝卜素

#### 保健功能释义

保健功能	释义
补充钙	钙是人体骨骼和牙齿的主要组成成分，许多生理功能也需要钙的参与。 钙是骨骼和牙齿的主要成分，并维持骨密度。 钙有助于骨骼和牙齿的发育。 钙有助于骨骼和牙齿更坚固。
补充镁	镁是能量代谢、组织形成和骨骼发育的重要成分。
补充铁	铁是红细胞形成的重要成分。

	<p>铁是血红细胞形成的必需元素。</p> <p>铁对血红蛋白的产生是必需的。</p>
补充锌	<p>锌是儿童生长发育的必需元素。</p> <p>锌有助于改善食欲。</p> <p>锌有助于皮肤健康。</p>
补充维生素 A	<p>维生素 A 有助于维持暗视力。</p> <p>维生素 A 有助于维持皮肤和黏膜健康。</p>
补充维生素 D	<p>维生素 D 可促进钙的吸收。</p> <p>维生素 D 有助于骨骼和牙齿的健康。</p> <p>维生素 D 有助于骨骼形成。</p>
补充维生素 B1	<p>维生素 B1 是能量代谢中不可缺少的成分。</p> <p>维生素 B1 有助于维持神经系统的正常生理功能。</p>
补充维生素 B2	<p>维生素 B2 有助于维持皮肤和黏膜健康。</p> <p>维生素 B2 是能量代谢中不可缺少的成分。</p>
补充维生素 B6	<p>维生素 B6 有助于蛋白质的代谢和利用。</p>
补充维生素 B12	<p>维生素 B12 有助于红细胞形成。</p>
补充烟酸	<p>烟酸有助于维持皮肤和黏膜健康。</p> <p>烟酸是能量代谢中不可缺少的成分。</p> <p>烟酸有助于维持神经系统的健康。</p>
补充叶酸	<p>叶酸有助于胎儿大脑和神经系统的正常发育。</p> <p>叶酸有助于红细胞形成。</p>

	叶酸有助于胎儿正常发育。
补充维生素 C	<p>维生素 C 有助于维持皮肤和黏膜健康。</p> <p>维生素 C 有助于维持骨骼、牙龈的健康。</p> <p>维生素 C 可以促进铁的吸收。</p> <p>维生素 C 有抗氧化作用。</p>
补充泛酸	泛酸是能量代谢和组织形成的重要成分。
补充维生素 E	维生素 E 有抗氧化作用。

注：保健食品标签中可使用释义中相应的一条或多条营养成分功能声称标准用语。不得对功能声称用语进行任何形式的删改、添加或合并。