

(English version)

Question for written answer E-002582/25
to the Commission
Laurent Castillo (PPE)
(26 June 2025)

Subject: EU harmonisation of vitamin and mineral content

The Member States and the Commission are currently discussing harmonising the maximum permitted levels of vitamins and minerals in food supplements and enriched foodstuffs, in accordance with Directive 2002/46/EC and Regulation (EC) No 1925/2006.

If these levels are lowered, many food supplements could be reformulated.

1. Has an impact assessment been carried out or is one ongoing?
2. Have there been any official scientific reports of adverse reactions? If so, what reactions have been reported, concerning European citizens, and what are the Commission's sources?
3. Does the Commission intend to lower the maximum levels of vitamins and minerals? If so, how does it intend to limit the impact of this harmonisation on companies in the sector, and how does it intend to regulate the import of food supplements produced outside the EU, which are often bought online and which do not always comply with European standards?

Submitted: 26.6.2025

Answer given by Mr Várhelyi on behalf of the European Commission
(27 August 2025)

Directive 2002/46/EC on food supplements ⁽¹⁾ requires the Commission to set maximum amounts for vitamins and minerals to ensure food safety and the free movement of goods.

The Commission has engaged with Member States in preparatory technical work. Reports of adverse reactions to food are not systematically compiled throughout the EU.

The ongoing work is based on scientific advice on upper safe levels of intake, in line with the methodology prescribed in the related legal acts ⁽²⁾, and the Commission mandated the European Food Safety Authority to update some of the existing levels on which the calculations for maximum amounts are based.

In preparation of the proposal, the Commission will engage with stakeholders in a Call for evidence and in targeted consultations. A staff working document will assess the impacts, including any trade-offs. These will be taken into account to consider mitigating measures, where needed, such as for example suitable transition periods.

Harmonisation of existing national approaches may lead to higher or lower permitted levels as compared to previously established national ones.

Imported food supplements and their maximum amounts, have to comply with EU food legislation, also in case they are placed on the EU market by digital tools. Member States are responsible to enforce EU food law, including on food supplements.

⁽¹⁾ Directive 2002/46/EC on food supplements on the approximation of the laws of the Member States relating to food supplements.

⁽²⁾ Directive 2002/46/EC on food supplements on the approximation of the laws of the Member States relating to food supplements & Regulation (EC) No 1925/2006 on the addition of vitamins, minerals and of certain other substances to food.