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Answer given by Mr Várhelyi
on behalf of the European Commission
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Based on scientific advice, preparatory and technical work has been undertaken with a view to setting harmonised maximum levels for vitamins and minerals in food supplements and foods to which vitamins and minerals are added. In this context, the European Food Safety Authority (EFSA) has updated the safe consumption levels for more than ten vitamins and minerals, Member States' technical experts have contributed technical expertise, and all Member States have engaged in preparatory discussions, which are still on-going. These exchanges also make it possible to take account of national experience in setting maximum levels, including existing national rules and guidance where applicable. A Call for Evidence to collect initial public and stakeholder feedback is intended to be launched in the second half of 2026.

The general approach chosen to derive maximum levels will be based on the specific detailed legal requirements for setting maximum amounts in the relevant EU legal acts, namely Article 6 of Regulation (EC) No 1925/2006 on fortified foods[1] and Article 5 of Directive 2002/46/EC on food supplements[2], while also taking into account relevant case law by the Court of Justice of the European Union. Both legal acts stipulate that maximum levels shall be set considering, among others, upper safe levels of vitamins and minerals established by scientific risk assessment based on generally accepted scientific data, taking into account, as appropriate, the varying degrees of sensitivity of different consumer groups.

Currently, all vitamins and minerals authorised for use in fortified foods and in food supplements are examined for the purpose of setting maximum levels.

[1] Regulation (EC) No 1925/2006 on the addition of vitamins and minerals and of certain other substances to foods, OJ L 404, 30.12.2006, pp. 26–38.
[2] Directive 2002/46/EC on the approximation of the laws of the Member States relating to food supplements , OJ L 183, 12/07/2002 P. 51-57.