

**Voluntary Report** – Voluntary - Public Distribution

**Date:** October 19,2020

**Report Number:** RS2020-0053

**Report Name:** Draft TBT Measure on Food Additives Notified to WTO

**Country:** Russian Federation

**Post:** Moscow

**Report Category:** WTO Notifications, Sanitary/Phytosanitary/Food Safety, FAIRS Subject Report

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**Report Highlights:**

Russia notified the World Trade Organization (WTO) of draft amendments to the Eurasian Economic Union (EAEU) Technical Regulations on food safety and specialized food products regarding EAEU requirements to biologically active food additives via G/TBT/N/RUS/105. According to the notification, the public comment period for the draft will close on November 2, 2020. Armenia, Kazakhstan and Kyrgyzstan have not yet notified the measure to the WTO. Interested U.S. parties are encouraged to share their comments and/or concerns with USDA's enquiry point ([us.spsenquiry@fas.usda.gov](mailto:us.spsenquiry@fas.usda.gov)).

## General Information

The Eurasian Economic Commission (EEC), which is the regulatory body of the Armenia-Belarus-Kazakhstan-Kyrgyzstan-Russia Eurasian Economic Union<sup>1</sup> (EAEU), published the following draft document on its website:

- [Amendments No. 4 to the Technical Regulations of the Customs Union “On Food Safety” \(TR TS 021/2011\) and No. 1 to the Technical Regulation of the Customs Union “On Safety of Certain Types of Specialized Food Products Including Therapeutic and Preventive Dietary Food” \(TR TS 027/2012\) in terms of Establishing Special Requirements for Biologically Active Food Additives, their Production, Sale and Labeling](#)

The Russian Federation notified the World Trade Organization (WTO) of the above draft via [G/TBT/N/RUS/105](#) on August 24, 2020. Per Russia’s notification, the public comment period for the draft will close on November 2, 2020. Interested U.S. parties are encouraged to share their comments and/or concerns with USDA’s enquiry point ([us.spsenquiry@fas.usda.gov](mailto:us.spsenquiry@fas.usda.gov)).

According to the EEC explanatory note, the draft measure will move the special requirements for biologically active food additives (food BAAs) from the EAEU Technical Regulation on food safety (TR TS 021/2011) to the EAEU Technical Regulation on specialized foods (TR TS 027/2012) while simultaneously bringing such requirements in conformity with the current Unified EAEU Sanitary Requirements. Additionally, the draft contains amendments in terms of food BAAs labeling that would ban the use of names for BAAs that are confusingly similar to the names of medicines. The amendments also clarify the terms used for specialized products for sports nutrition and some other types of specialized food products.

An unofficial English translation of the proposed amendments can be found below. The current version of the EAEU Technical Regulation on food safety (TR TS 021/2011) is available as follows:

- in Russian:

[EAEU Technical Regulation on Food Safety](#),

- translated into English via automated translation (select “refresh” on your browser if the page does not translate to the end):

[EAEU Technical Regulation on Food Safety](#).

For the current English version of the EAEU Technical Regulation on specialized foods (TR TS 027/2012) please see GAIN report [RS1340 Customs Union Technical Regulation on Specialized Foods](#).

The other EAEU and WTO members, Armenia, Kazakhstan and Kyrgyzstan, which also apply the EAEU technical regulations, have not yet notified the measure to the WTO.

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<sup>1</sup> For details, please see 2016 GAIN report [RS1611 Eurasian Economic Union One Year On](#).

BEGIN UNOFFICIAL TRANSLATION:

DRAFT

**EURASIAN ECONOMIC COMMISSION  
COUNCIL**

**DECISION**

\_\_\_\_\_ 20\_\_\_\_ No. \_\_\_\_\_ city

**On Amending Technical Regulations of the Customs Union “On Food Safety” (TR TS 021/2011) (Amendments to Exclude Special Requirements for Biologically Active Food Additives), “On Safety of Certain Types of Specialized Food Products Including Therapeutic and Preventive Dietary Food” (TR TS 027/2012) (Amendments to Establish Special Requirements for Biologically Active Food Additives, their Production, Sale and Labeling)**

In accordance with article 52 of the Treaty on the Eurasian Economic Union of May 29, 2014, and paragraph 29 of Annex No. 1 to the Rules of Procedure of the Eurasian Economic Commission approved by Decision of the Supreme Eurasian Economic Council No. 98 of December 23, 2014, the Council of the Eurasian Economic Commission **has resolved:**

1. To amend the Technical Regulations of the Customs Union “On Food Safety” (TR TS 021/2011) adopted by Decision of the Customs Union Commission No. 880 of December 9, 2011 (amendments No. 4 to exclude special requirements for biologically active Food Additives), “On Safety of Certain Types of Specialized Food Products Including Therapeutic and Preventive Dietary Food” (TR TS 027/2012) adopted by Decision of the Customs Union Commission No. 34 of June 15, 2012, (amendments No. 1 to establish special requirements for biologically active food additives, their production, sale and labeling) in accordance with the attachment.

2. The present Decision shall come into effect after 180 calendar days from its official publication.

**Members of the Council of the Eurasian Economic Commission:**

**From the Republic of Armenia      From the Republic of Belarus      From the Republic of Kazakhstan      From the Kyrgyz Republic      From the Russian Federation**

ATTACHMENT  
to Decision of the Council  
of the Eurasian Economic Commission  
No. \_\_\_\_\_ dated \_\_\_\_\_ 201\_\_

AMENDMENTS

to the Technical Regulation of the Customs Union “On Food Safety” (TR TS 021/2011)

1. In Article 4 the definitions of “biologically active food additives” and “food products for sports nutrition” shall read as follows:

**biologically active food additives (BAA)** – specialized food products that are an additional source of natural or identical to natural food and biologically active substances (proteins, carbohydrates, fats, dietary fiber and their components, vitamins and their active metabolites; macro- and microelements, phytonutrients and other minor biologically active substances), isolated from sources that have a tradition of food use, or obtained by other methods, as well as probiotic microorganisms, intended for consumption with food to correct and optimize nutrition, sold to the consumer in dosage forms (tablets, capsules, powders, lozenges, liquid and other forms);

**food products for sports nutrition** – specialized food products of predetermined chemical composition with altered nutritional value and (or) directed efficiency consisting of a complex of products or represented by their certain types that is targeted specifically at raising adaptive capabilities of humans to physical and psycho-emotional stresses;

2. Article 4 shall be supplemented with the following terms:

**biologically active substance (BAS)** - a substance isolated from raw materials of plant, animal, mineral or microbial origin, as well as obtained using physical, chemical or biotechnological methods that affects metabolism;

**phytonutrient** - a minor biologically active substance isolated from plant raw materials.

3. Article 7 shall be supplemented with part 13 as follows:

“13. Synthetic medicinal substances (products), psychotropic, narcotic, poisonous, potent substances, as well as plants and their processing products that pose a danger to human life and health are not allowed for use in the production (manufacture) of food products.

Plants and their processed products as established in Annex 7 to this Technical Regulation are also not allowed for use in the production (manufacture) of plant-based teas and mixtures and herbal teas.”

4. Part 5 of Article 8 shall read as follows:

“5. Food products for baby food should not contain:  
more than 0.2 percent of ethanol;  
natural coffee;  
apricot pit nuts;

vinegar;

sweeteners, except for the following:

- as part of specialized food products for dietary therapeutic and dietary prophylactic nutrition,
- sugar alcohols as part of biologically active food additives for children over 3 years old.”

5. Part 10 of Article 8 shall read as follows:

“10. During production (manufacturing) of baby herbal beverage (herbal teas) for young children (up to 3 years old) it is only allowed to use plant raw materials specified in Annex 8 to the present Technical Regulation.”

6. Part 12 of Article 8 shall read as follows:

“12. During production (manufacturing) of food products for baby food for children of all ages in order to add specific aroma and taste it is only allowed to use natural food flavorings (flavoring substances) and for children older than 4 months – also vanillin, except as established by the TR TS 027/2012.”

7. Parts 13 and 14 of Article 8 shall be deleted.

8. Item 2 in part 1 of Article 8 shall read as follows:

“2) food products of dietary therapeutic and dietary prophylactic nutrition, including the vitamin (mineral, vitamin-mineral) complex for dietary therapeutic and dietary prophylactic nutrition;”

9. In item 3 of Annex 3 “Hygienic safety requirements for food products” to the Technical Regulation, the indicator “Acid value” shall read as follows:

Indicators	Allowable levels, mg/kg, not above	Notes
Acid value, mg KOH/g	4.0	Fish oil
	4.0	BAA on the basis of fish oil with a concentration of phospholipids of less than 30 %
	45.0	BAA on the basis of fish oil with a high concentration of phospholipids of 30 % and more, including krill oil

10. Annex 7 shall read as follows:

“List of Plants and Products of their Processing Prohibited for Use as Part of Plant-Based Teas and Mixtures, Herbal Teas

No.	Russian Plant Name	Latin Plant Name	Parts of Plants
*	Abyssinian tea	See Kat	-
1.	Rosary pea	Abrus precatorius L.	Seeds
2.	Hedge hyssop	Gratiola officinalis L.	Aboveground part
*	Blackeye Root	See Black bryony	-

3.	Adenantha	Adenantha L.	All species, all parts
*	Squaw-weed	See Groundsel	-
4.	Mountain fringe	Adlumia fugosa Greene	All parts
*	Adonis	See Pheasant's eye	-
5.	Azadirachta indica	Azadirachta indica A. Juss.	All parts
6.	Heterotropic asiasarum	Asiasarum heterotropoides F. Maek.	Roots
7.	Tree of heaven	Ailanthus altissima	Aboveground part
8.	Acacia	Acacia L.	All species, aboveground part
9.	Aconite	Aconitum L.	All species, all parts
10.	Poison Devil Tree	Alstonia venenata R.Br.	Bark
11.	Toothpick ammi	Ammi visnaga (L.) Lam. (= <i>Visnaga daucoides</i> Gaertn.)	All parts
12.	Titan Arum Riviera	Amorphophallus rivieri Durieu	All parts
13.	Anabasis	Anabasis L.	All species, shoots
14.	Cocculus	Anamirta cocculus (L.) Wight et Arn.	All parts
15.	Levin's Anchalonium	Anhalonium lewinii Jennings	All parts
16.	Rayless goldenrod	Aplopappus heterophyllus	All parts
*	Arabian tea	See Kat	-
17.	Prickly poppy (Argemone)	Argemone L.	All species, all parts
18.	Pinang	Areca catechu L.	All parts
*	Areca palm	See Pinang	-
19.	Arisarum	Arisarum. L.	All species, all parts
20.	Dutchman's pipe	Aristolochia L.	All species, all parts
21.	Arnica	Arnica L.	All species, flowers
22.	Arum	Arum L.	All species, all parts
23.	Grey-blue arthrocnemum	Arthrocnemum glaucum Delile	the aboveground part
24.	Giant Reed	Arundo donax L.	Flowers
25.	Black Sassafras	Atherosperma moschatum Labill.	All parts
26.	Large-flowered Aphanamixis	Aphanamixis grandiflora Blume	Seeds
27.	Labrador tea	Ledum L.	All species, aboveground part, shoots
28.	Anise tree	Illicium anisatum	Fruit
29.	Pockwood	Guaiacum officinale L.	All parts
30.	Plume poppy	Bacconia L.	All species, all parts
31.	Coastal plain honeycombhead	Balduina angustifolia	Aboveground part

32.	Mountain Baliospermum	Baliospermum Montana Muell. Arg	Root, rootstock
33.	Banisteriopsis	Banisteriopsis	All species, all parts
34.	Foxfeet	Huperzia selago L.	All parts
35.	Barberry	Berberis L.	All species, roots, bark
36.	Periwinkle	Vinca L.	All species, all parts
37.	Velvet bean	Mucuna pruriens DC	Seeds
38.	Ladies' slipper	Cypripedium sp.	All species, all parts
39.	Colchicum	Colchicum sp.	All species, all parts
40.	Multiradiate Baileya	Baileya multiradiata Harv. et Gray	Aboveground part
41.	Beilschmiedia Nees	Beilschmiedia Nees	All parts
42.	Henbane	Hyoscyamus sp.	All species, all parts
*	Belladonna	See Great morel	-
43.	Marsh grass of Parnassus	Parnassia palustris L.	All parts
*	Northern Grass of Parnassus	See Marsh grass of Parnassus	-
44.	Summer snowflake	Leucojum aestivum L.	All parts
45.	European spindletree (Wahoo)	Euonymus europaea L.	Seeds
*	Betel palm	See Pinang	-
46.	Eastern biota	Biota orientalis L.	All parts
47.	Common privet	Ligustrum vulgare L.	Leaves, fruit
48.	Edible blepharis	Blepharis edulis Pers.	All parts
49.	Fleawort	Pulicaria uliginosa Stev. ex DC.	All parts
50.	Bean tree	Laburnum anagyroides (= Cytisus laburnum L.)	All parts
51.	Hemlock	Conium L.	All species, all parts
*	Monkshood	See Aconite	-
52.	Cutleaf boronia	Boronia Sm.	Essential oils made of leaves and shoots of all species
*	Spindle	See European spindletree	-
53.	Java brucea	Brucea javanica Merr.	All parts
54.	Dwarf elder	Sambucus edulus L.	-"-
55.	Ligularia dentata	Ligularia dentata Hara	All parts
56.	Malagasy burasaia	Burasaia madagascariensis DS	All parts
57.	Meadow rue	Thalictrum L.	All species, aboveground part
58.	Thick-fruited vexibia	Vexibia pachycarpa Jakovl	All parts
59.	Camelthorn	Alhagi pseudalhagi Fisch.	Shoots
60.	Anemone	Anemone L.	All species, all parts
61.	Water hemlock	Cicuta L.	All species, all parts

62.	Virola	Virola	All species, aboveground part
*	Visnaga vera	See Toothpick ammi	-
63.	Somniferous withania	Withania somnifera (L.) Dunal	All parts
64.	African Voacanga	Voacanga africana	All parts
65.	Columbine	Aquilegia L.	All species, roots
66.	Common bugloss	Anchusa officinalis L.	All parts
67.	Daphne mezereum	Daphne sp.	All species, all parts
68.	Baneberry	Actaea L.	All species, all parts
69.	Paris herb	Paris L.	All species, all parts
70.	Bindweed	Convolvulus L.	All species, all parts
71.	Crown vetch	Coronilla L.	All species, roots, seeds
72.	Beautiful Gaillardia	Gaillardia pulchella Foug.	Leaves, flowers
73.	Harmala	Peganum L.	All species, aboveground part
*	Guaiacum	See Pockwood	-
74.	Yellow jessamine	Gelsemium L.	All species, all parts
75.	Hydnocarpus (all species)	Hydnocarpus Gaertn.	seeds, seed oil
76.	Hydrastis	Hydrastis L.	All species, all parts
*	Gypsophila	See Chalk plant	-
77.	Hemlock parsley	Conioselinum jeholense M.Pimem	All parts
78.	Horned poppy	Glaucium L.	All species, aboveground part
79.	Black locust	Gleditsia triacanthos L.	All parts
*	Three-thorned acacia	See Black locust	-
80.	Gomphocarpus	Gomphocarpus L.	All species, all parts
81.	Pheasant's eye	Adinis L.	All species, aboveground part
*	Oregon graperoot	See Mahonia	-
82.	Common vetch	Vicia Angustifolia, V. sativa	All parts of the plant
*	Narrow-leaved vetch	See Common vetch	-
83.	Field mustard	Sinapis arvensis L.	All parts of the plant during fructification
84.	Fanpetals	Cida L.	All species, all parts
*	Crassula	See Stonecrop	-
*	Aleppo grass	See Sorgho	-
85.	Huperzia selago	Huperzia selago Bernh. ex Schrank et Mart. (Lycopodium selago L.)	All parts
86.	British Inula	Inula Britannica L.	Flowers, aboveground part



87.	Inula oculus-christi	Inula oculus-christi L.	Flowers, aboveground part
88.	Water willow	Decodon verticillatus Ell.	Aboveground part
89.	Ice Plant	Delosperma	All species, aboveground part
90.	Delphinium	Delphinium L.	All species, all parts
91.	Desmodium racemosum	Desmodium racemosum DC	Aboveground part
92.	Desmodium pulchellum	Desmodium pulchellum Benth.	Aboveground part
93.	Squarrose dehaasia	Dehaasia squarrosa Hassk.	All parts
94.	Doubtful twin-leaf	Jeffersonia dubia Benth. et Hook. F. ex Baker et Moore	All parts
*	Johnson grass	See Sorgho	-
95.	Jute	Corchorus L.	All species, seeds
96.	Yam (Moncot)	Dioscorea hispida Dennst.	All parts
97.	Dicentra	Dicentra	All species, all parts
98.	Plaster clover	Melilotus officinalis.	All parts
99.	Canary sassafras	Doryphora sassafras Endl.	Essential oils made of all parts
100.	Dyer's-weed (common woodwaxen)	Genista tinctoria L.	All parts
*	Groundbread	See Cyclamen	-
*	Dwarf lily-turf	See Mistletoe	-
101.	Duboisia	Duboisia	All species, aboveground part
102.	Datura	Datura L.	All species, all parts
103.	Burdock	Xanthium L.	All species, all parts
104.	Fumitory	Fumaria L.	All species, all parts
105.	Duboisia L.	Duboisia L.	All species, all parts
106.	Eubotryoides graya	Eubotryoides grayana Hara	Leaves
*	Orangeroot	See Hydrastis	-
107.	Yellow cress	Erysimum L.	All species, all parts
*	Larkspur	See Delphinium	-
108.	Chamisso's honeysuckle	Lonicera. chamissoi	All parts
109.	Honeysuckle	Lonicera xylosteum	Fruit
110.	Tartarian honeysuckle	Lonicera. tatarica	Fruit
111.	Buckthorn	See Cascara buckthorn	-
112.	Siberian deathcamas	Zigadenus sibiricus (L.) A.Gray	All parts
*	Beggar's button	See Burdock	-
*	Gold thread	See Coptis	-
*	Goldenseal	See Hydrastis	-
*	Golden shower	See Bean tree	-
113.	Bitter candytuft	Iberis amara L.	All parts
114.	Bitter ignatia	Ignatia amara L.	All parts

*	Ylang-ylang	See <i>Cananga odorata</i>	-
115.	Illiciaceae	Illiciaceae	All species, seeds, leaves
*	Indian liquorice	See Rosary pea	-
116.	Ipecacuanha (all species)	<i>Cephaelis</i> L.	All species, all parts
117.	Morning glory	<i>Ipomea violacea</i>	Seeds
118.	<i>Cabi paraensis</i>	<i>Cabi paraensis</i> Ducke	All parts
*	Kava-kava	See Kava pepper	-
119.	Peyote cactus	<i>Lophophora williamsii</i>	Aboveground part
120.	San Pedro cactus	<i>Echinopsis pachanoi</i>	Aboveground part
121.	Caladium	<i>Caladium</i> L.	All species, all parts, except for <i>Caladium esculentum</i> (rootstock)
122.	<i>Calea zacatechichi</i>	<i>Calea zacatechichi</i>	Aboveground part
123.	Marsh marigold	<i>Caltha</i> sp.	All species, aboveground part
124.	<i>Cananga odorata</i>	<i>Cananga odorata</i> Hook. f. et Thoms.	All parts
125.	Bulbous canarygrass	<i>Phalaris tuberosa</i> L.	Aboveground part
126.	Hoary pepperwort	<i>Cardaria draba</i> (L.) Desv.	All parts
127.	Edible kat (Kata, Katkh)	<i>Catha edulis</i> Forsk.	Aboveground part
*	<i>Catharanthus</i>	See Periwinkle	-
128.	Chalk plant	<i>Gypsophila</i> L.	All species, all parts
129.	Soapbark tree	<i>Quillaja saponaria</i> Molina	All parts
130.	Dogbane (all species)	<i>Apocynum</i> L.	All species, all parts
131.	Shamrock	<i>Oxalis acetosella</i> L.	-"
*	Clematis	See Virgin's bower	-
132.	Silver-leaf maple	<i>Acer saccharium</i>	Leaves
133.	Castor bean	<i>Ricinus communis</i> L.	All parts
134.	Roadside peppergrass	<i>Lepidium ruderales</i> L.	All parts
135.	Perfoliate peppergrass	<i>Lepidium perfoliatum</i> L.	All parts
136.	Siberian clematis	<i>Atragene sibirica</i> L.	All parts
*	Coca	See Coca bush	-
137.	Coca bush	<i>Erythroxylum coca</i> Lam.	All species, all parts
*	Indian cocculus	See Cocculus	-
138.	Cicely	<i>Aethusa Cynapium</i> L.	All parts
139.	Anise citronella	<i>Collinsonia anisata</i> Sims.	Aboveground part
140.	Dasheen	<i>Colocasia</i> L.	All species, all parts
141.	Hemp	<i>Cannabis</i> sp.	All species, all parts
142.	<i>Consolida regalis</i>	<i>Consolida regalis</i> S.F. Gray	Fruit, seeds
143.	Coptis	<i>Coptis</i> L.	All species, all parts

144.	Hazelwort	Asarum L.	All species, all parts, essential oil, oil made of roots and rootstock
145.	Wineberry	Coriaria	All species, aboveground part
146.	Karaka	Corynocarpus Laevigata Forst.	Nucleus, fruit
147.	White-flowered cornulaca	Cornulaca leucantha Charif et Allen	Aboveground part
148.	Venivel	Coscinium fenestratum Colebr.	All parts
*	Kotschy	See Crossopteryx	-
149.	Roman nettle	Urtica pilulifera L.	Aboveground part
150.	Great morel	Atropa belladonna L.	All parts
151.	Groundsel	Senecio L.	All species, aboveground part
*	Krovnik	See Hedge hyssop	-
152.	Crossopteryx kotschyana	Crossopteryx kotschyana Fenzl.	Bark
153.	Rattle-box	Crotalaria L.	All species, all parts
154.	Purging croton	Croton tiglium L.	All parts
155.	Fir-Leaved Celery	Cyclospermum leptophyllum Sprague	Fruit
156.	Cascara buckthorn	Rhamnus purshiana	Underripe fruit, fresh bark
157.	Glossy buckthorn (Persian berry)	Frangula alnus Mill	Underripe fruit, fresh bark
158.	Common buckthorn	Rhamnus catharticus	Underripe fruit, fresh bark
159.	Xanthorhiza simplicissima	Xanthorhiza simplicissima Marsh. (Zanthorhiza)	All parts
160.	Spatterdock	Nuphar L.	All species, all parts
161.	Corn cockle	Agrostemma githago L.	All parts
*	Indian snailseed	See Cocculus	-
162.	Kupena	Polygonatum L.	All species, all parts
163.	Bracteal chervil	Anthriscus caucalis Bieb.	All parts
164.	Sassafras	Sassafras officinale albiom	All parts
165.	Pokeweed	Phytolacca L.	All species, all parts
166.	Lily-of-the-Valley	Convallaria L.	All species, all parts
167.	Milk vine	Vincetoxicum sp.	All species, all parts
168.	Venomous latua	Latua venenosa Phil.	All parts
169.	Lespedeza bicolor	Lespedeza bicolor Turcz	Leaves, bark, rootstock
170.	Caucasian lily	Lilium monadelphum Bieb.	All parts
171.	Lindera oldhamii	Lindera oldhamii Hemsl.	Stalks, leaves

*	Toryweed	See Common hound's-tongue	-
*	Sedum	See Stonecrop	-
172.	Lobelia	Lobelia L.	All species, all parts
173.	Virgin's bower	Clematis sp.	All species, all parts
174.	Blue lotus	Nymphaea Caerulea	Leaves, petals
175.	Lophophore	Lophophora L.	All species, all parts
176.	Oleaster	Elaeagnus	All species, aboveground part
177.	Dahurian moonseed	Menispermum dauricum L.	All parts
178.	Climbing sailor (Devil's-flax, Butterand-eggs)	Linaria vulgaris Mill.	All parts
179.	Buttercup	Ranunculus L.	All species, aboveground part
180.	Magnolia	Magnolia L.	All species, all parts
181.	Mahonia	Mahonia Nutt.	All species, all parts
182.	Poppy (Armenian poppy, Bracteal poppy, Long-head poppy, Iceland poppy, White poppy)	Papaver L.(P. Armeniacum, P. Bracteatum, P. Dubium, P. Nudicaule, P. somniferum)	All parts, except seeds
183.	Plumepoppy	Macleaya	All species, aboveground part
184.	Coiled macrozamia	Macrozamia spiralis Miq.	All parts
185.	Mammillaria	Mammillaria	All species, aboveground part
186.	Medicinal mandrake	Mandragora officinarum L.	All parts
*	Neem tree	See Azadirachta indica	-
187.	Pigweed	Chenopodium L.	All species, all parts, essential oil made of all parts, seed oil
188.	Cowwheat	Melampyrum sp.	All species, all parts
*	Claviceps	See Ergot	-
*	Redweed	See Horned poppy	-
189.	Margosa (China tree)	Melia azedarach L.	All parts
190.	Russian Broom	Chamaecytisus ruthenicus, Ch. borysthenicus	All parts
191.	German tamarisk	Myricaria L.	All species, all parts
*	Leatherleaf	See Chamaedaphne calyculata	-
192.	Mitragyna	Mitragyna L.	All species, all parts
*	Coronilla	See Crown vetch	-
*	Peganum	See Harmala	-
193.	Savin juniper	Janiperus sabina L.	All parts
*	Prayer Beads	See Rosary pea	

194.	Spurge	Euphorbia sp.	All species, all parts
195.	Globe thistle	Echinops L.	All species, fruit
196.	Hellebore	Helleborus L.	All species, all parts
197.	Mostuea stimulans	Mostuea stimulans A. Cheval	Aboveground part
198.	Male fern	Dryopteris filix mas Schott.	Rootstock
199.	Nutmeg	Myristica fragrans Hjuft	Fruit (nut)
*	Gilliflower soap	See Bouncing Bet	-
*	Soaproot	See Bouncing Bet	-
200.	Bouncing Bet	Saponaria officinalis L.	All parts
201.	Lousewort	Pedicularis sp.	All species, all parts
*	False lupine*	See Thermopsis	-
202.	Nandina domestica	Nandina domestica Thunb.	Bark, root cortex
203.	Foxglove	Digitalis sp.	All species, all parts
204.	Beak-leaved nauclea	Nauclea rhynchophylla Miq.	All parts
205.	Nectandra puchury-major	Nectandra puchury-major Nees et Mart.	Fruit
206.	Nemuaron humboldtii	Nemuaron humboldtii Bail.	essential oil
*	Neem	See Azadirachta indica	-
207.	Scrofula plant	Scrophularia sp.	All species, all parts
208.	Silk vine	Periploca L.	All species, bark
209.	Creeping odostemon	Odostemon aquifolium Rydb.	Roots
210.	Comfrey	Symphytum L.	All species, roots
211.	Oleander	Nerium L.	All species, all parts
*	Ololiuki	See Turbina corymbosa	-
*	Ololyuki	See Turbina corymbosa	-
212.	Water dropwort	Oenanthe sp.	All species, all parts
213.	Mistletoe	Viscum L.	All species, all parts
214.	Japanese oryx	Orixa japonica Thunb.	All parts
215.	Sedge	Carex L.	All species, all parts
216.	Locoweed	Oxytropis L.	All species, all parts
217.	Tulasi	Ocimum sanctum L.	All parts
218.	Stonecrop	Sedum L.	All species, all parts
219.	Scarlet pimpernel	Anagallis arvensis L.	All parts
*	Betel nut palm	See Pinang	-
220.	Bean caper	Zygophyllum L.	All species, all parts
221.	Bane	Solatum sp.	All species, all parts
*	Peyotl	See Peyote cactus	-
222.	Pelargonium (Crane's bill)	Pelargonium Willd.	All species, all parts of the plant
*	Brides veil	See Mist	-
*	Bog-star	See Marsh grass of Parnassus	-

223.	Bryony	Bryonia L.	All species, roots
224.	Piper betel	Piper betle L.	All parts
*	Intoxicating pepper	See Kava pepper	-
225.	Kava pepper	Piper methysticum (kava-kava)	All parts
226.	Canescent beachgrass	Prammogeton canescens Vatke	Fruit
227.	Petalostylis labicheoides	Petalostylis labicheoides R. Br.	Aboveground part
228.	Monandrous petrosimonia	Petrosimonia monandra Bunge	Aboveground part
229.	Peumus boldus	Peumus boldus Molina	Essential oil of the leaves
230.	Liverleaf	Anemone sp.	All species, all parts
231.	Hemp nettle	Galeopsis sp.	All species, all parts
232.	Ternate pinellia	Pinellia ternata Britenbach	Stalks
233.	Chinese Peony	Paeonia anomalae L.	All parts
234.	Piptadenia	Piptadenia	All species, all parts
235.	Cohoba	Piptadenia peregrina Benth.	Bark
236.	Vermeil red piscidia	Piscidia erythrina L.	All parts
*	Pituri	See Duboisia	-
*	Fir club moss	See Foxfeet	-
237.	Darnel ryegrass	Lolium temulentum L.	Fruit
238.	Dodder	Cuscuta L.	All species, all parts
239.	Rattlepot	Rhinanthus L.	All species, all parts
240.	May apple	Podophyllum L.	All species, rootstock with roots
241.	Caucasian snowdrop	Galanthus woronowii Lozinsk.	All parts
242.	Sage	Artemisia L.	All species, all parts
243.	Mercury	Mercurialis L.	All species, all parts
244.	Pasque flower	Pulsatilla sp.	All species, all parts
245.	Psilocaulon absimile	Psilocaulon absimile N.E.Br.	Aboveground part
*	Bird lime	See Mistletoe	-
246.	Physochlaina	Physochlaina L.	All species, all parts
247.	Corn smut	Ustilago maydis DC.	All parts
248.	Floating bladderwort	Utricularia physalis	Aboveground part
*	Bush pea	See Thermopsis	-
*	Hag-weed	See Russian Broom	-
249.	Black sage	Ramona stachyoides Briq.	All parts
250.	Heterophyllous snakewood	Rauwolfia heterophylla Roem. et Schult.	All parts
*	Poison nut	See Glume grass	-
251.	Spotted Asian poppy	Roemeria refracta DC.	All parts
*	Clotbur	See Burdock	-

252.	Curveseed butterwort	Ceratocephala L.	All species, all parts
253.	Rosebay	Rhododendron sp.	All species, all parts
254.	Hawaiian baby woodrose	Argyrea nervosa; Hawaiian Baby Woodrose	All parts
*	Wild rosemary	See Labrador tea	-
255.	Cutleaf goosefoot	Roubieva multifida Moq.	Essential oil of aboveground parts
256.	Rue	Ruta L.	All species, all parts
257.	Fishberry	See Cocculus	-
258.	Fritillaria ussuriensis	Fritillaria ussuriensis Maxim.	All parts
259.	False sago palm	Cycas circinalis L.	Seeds
260.	Fern palm	Cycas revoluta Thunb.	Seeds
261.	Saxaul	Haloxylon L.	All species, leaves, stalks
262.	Common box tree	Buxus sempervirens L.	Stalk, leaves
263.	Canadian sanguinaria	Sanguinaria canadensis L.	Roots
264.	Sarcolobus	Sarcolobus R. Br.	All species, all parts
265.	Sarcocephalus	Sarcocephalus Afzel.	All species, all parts
266.	Knotted sarzasan	Haloxylon articulatum Bunge	Leaves, stalks
267.	Whitish sassafras	Sassafras albidum (Nutt.) Nees.	All parts, essential oils made of roots and wood
268.	Physocarpous sea blight	Suaeda physophora L.	All parts
269.	Common plumbago	Plumbago europaea L.	All parts
270.	Rosemary seidlitzia	Seidlitzia rosmarinus Bunge	Leaves, stalks
271.	Securinega	Securinega L.	All species, shoots
272.	Eastern Siegesbeckia	Siegesbeckia orientalis L.	All parts
*	Sida	See Fanpetals (Cida L.)	-
273.	Californian simmondsia	Simmondsia californica Nutt.	Seeds
274.	Common viper's bugloss	Echium vulgare L.	All parts
275.	Twisted sceletium	Sceletium tortuosum	All parts
276.	Scopolia	Scopolia L.	All species, all parts
277.	Argute smodingium	Smodingium argutum E. Mey	All parts
*	Dog's herb	See Harmala	-
*	Hedge parsley	See Cicely	-
278.	Fruticous glasswort	Salicornia fruticosa L.	Leaves, stalks
*	Solomon's seal	See Kupena	-
279.	Saltwort	Salsola L.	All species, all parts of the plant
280.	Sorgho	Sorghum L.	All species, all parts
*	Thick-fruited pagoda tree	See Thick-fruited vexibia	-

281.	Ergot	Claviceps sp.	All species, all parts
282.	Dwarf stellera	Stellera chamaejasme L.	All parts
283.	Stephania	Stephania L.	All species, tuber with roots
284.	Strictocardia tiliaefolia	Strictocardia tiliaefolia Hall.	Seeds
285.	Strophanthus	Strophanthus DC	All species, all parts
286.	Sphaerophysa salsula	Sphaerophysa salsula (Pall.) DC.	All parts
287.	Schoenocaulon officinal	Schoenocaulon officinal A.Gray	Seeds
288.	Tobacco	Nicotiana L.	All species, all parts
289.	Tabernanthe iboga	Tabernanthe iboga Baill	All parts
290.	Black bryony	Tamus communis L.	All parts
291.	Tauschia	Tauschia Schltld.	All species, all parts
292.	Thermopsis	Thermopsis L.	All species, all parts
293.	Cardiophyllous tinospora	Tinospora cordifolia Miers	All parts
294.	Yew	Taxus L.	All species, all parts
295.	Asian toddalia	Toddalia asiatica Lam.	All parts
296.	Poison ivy	Toxicodendron L. (= Rhus toxicodendron var. hispida Engl.)	All species, all parts
297.	Trichocereus	Trichocereus	All species, aboveground part
298.	Common reed	Phragmites Australia Trin. ex Steud.	Rootstock
299.	Turbina corymbosa	Turbina corymbosa	Seeds
300.	Turbina corymbosa	Turbina corymbosa Raf.	Seeds
301.	Cow soapwort	Viccaria sp.	All species, all parts
302.	Ungernia victoris	Ungernia victoris Vved. ex Artjushenko	All parts
303.	Ungernia sewertzowii	Ungernia. Sewertzowii (Regel) B.Fedtsch.	All parts
304.	Unona odoratissima	Unona odoratissima Blanco	Flowers
305.	Ferula gummosa	Ferula gummosa Boiss	Seeds
306.	Dyer's fibraurea	Fibraurea tinctoria Lour.	All parts
307.	Alaic physochlaina	Physochlaina alica Korotk.	Roots
308.	Eastern physochlaina	Physochlaina orientalis G. Don f.	Roots
*	American nightshade	See Pokeweed	-
309.	Chamaedaphne calyculata	Chamaedaphne calyculata Moench	Aboveground part
*	Milkweed	See Gomphocarpus	-
*	Mongolian Ephedra	See Ephedra	-
310.	Willow-leaved heimia	Heimia salicifolia	Aboveground part



*	Khekviriti	See Rosary pea	-
311.	Bark tree	Cinchona succirubra Pavon.	Bark
312.	Corydalis	Corydalis sp.	All species, all parts
*	Jojoba	See Californian simmondsia	-
313.	Drumstick Tree	Moringa oleifera Lam.	All parts
314.	Hunnemannia fumariaefolia	Hunnemannia fumariaefolia Sweet	All parts
315.	Haplophyllum	Haplophyllum	All species, all parts
316.	Honeyballs	Cephalanthus occidentalis L.	Aboveground part
317.	Cyclamen	Cyclamen L.	All species, all parts
*	Cicuta	See Water hemlock	-
318.	Citronella Grass	Cymbopogon winterianus Jowitt.	Essential oils made of all parts
319.	Zieria smithii	Zieria smithii Andr.	Aboveground part, essential oils made of all parts
*	Chaulmoogra	See Hydnocarpus	-
*	Hectic grass	See Crown vetch	-
320.	Hellebore	Veratrum sp.	All species, all parts
321.	Common hound's-tongue	Cynoglossum officinalis L.	All parts
322.	Glume grass	Strychnos L.	All species, seeds
323.	Vetchling (all species)	Lathyrus sp.	All species, all parts
324.	Clown's woundwort	Stachys palustris L.	All parts
325.	Rough hedge woundwort	Stachys aspera Michx.	Aboveground part
326.	Celandine	Chelidonium L.	All species, aboveground part
*	Pilewort	See Figroot buttercup	-
327.	Figroot buttercup	Ficaria calthifolia Reichenb., F. verna Huds.	All parts
328.	Diviner's sage	Salvia divinorum	Leaves
329.	Schanginia baccata	Schanginia baccata Moq.	Leaves, shoots
330.	Evodia meliefolia	Evodia meliefolia Benth.	All parts
331.	Common evodia	Evodia simplex Cordem.	All parts
332.	Encephalartos barkeri	Encephalartos barkeri Carruth. et Miq.	All parts
333.	Erythrophleum	Eriophyllum	All species, bark
334.	Ephedra	Ephedra sp.	All species, all parts
335.	Echinopsis	Echinopsis L.	All species, aboveground part
336.	Burnut	Tribulus L.	All species, all parts
337.	Jalap	Ipomoea purga (Wend.) Hayne	All parts
338.	White dittany	Dictamnus albus L.	Leaves, fruit

339.	Bitter Columba Root	<i>Jateorhiza palmata</i> (Lam.) Miers. (= <i>Jatrorrhiza columba</i> (Roxb.) Miers.)	All parts
340.	Dwarf Sweet Flag	<i>Acorus gramineus</i> Soland. (= <i>A. pusillus</i> Sieb.)	Rootstock, essential oil, leaves
341.	<i>Bienertia cycloptera</i>	<i>Bienertia cycloptera</i> Bunge	Aboveground part
342.	<i>Bassia cycloptera</i>	<i>Bassia cycloptera</i> Bunge	Aboveground part
343.	Black caraway	<i>Bunium persicum</i> B. Fedtsch	All parts of the plant
344.	<i>Bunium cylindricum</i>	<i>Bunium cylindricum</i> Drude	Aboveground part and essential oil from it
345.	Chin Cactus	<i>Gymnocalycium</i>	Aboveground part
346.	<i>Phalaris tuberosa</i>	<i>Phalaris tuberosa</i> L.	Aboveground part
347.	<i>Anabasis articulata</i>	<i>Anabasis articulata</i>	Aboveground part
348.	<i>Echinophora sibthorpiana</i>	<i>Echinophora sibthorpiana</i> Huss	Aboveground part
349.	Bitter Apple	<i>Citrullus colocynthis</i> Schrad.	Fruit (powder, extract)
350.	Nipple Beehive Cactus	<i>Coryphantha micromeris</i> Lem.	Whole plant
351.	Bluegreen Saltbush	<i>Atriplex nummularia</i> Lindl.	Aboveground part
352.	Korean Mint	<i>Agastache rugosa</i> O.Kuntze	Essential oil
353.	Miniature Beefsteakplant	<i>Mosla dianthera</i> L.	Essential oil
354.	Carrot Burr Parsley	<i>Orlaya daucoides</i>	Fruit (essential oil)
355.	<i>Orthodon asaroniferum</i>	<i>Orthodon asaroniferum</i>	Aboveground part
356.**	Japanese angelica tree, Manchu aralia, devil's tree, thorn tree	<i>Arali elata</i> (Miq.) Seem. = <i>Arali mandshurica</i> Rupr. et Maxim.	All parts
357.**	African plum	<i>Pygeum africanum</i>	Bark
358.**	All-heal	<i>Valeriana</i> L.	All species, root and rootstock
359.**	Maidenhair tree	<i>Ginkgo biloba</i> L.	Aboveground part
360.**	<i>Gymnema sylvestre</i>	<i>Gymnema sylvestre</i>	All parts
361.**	Wild yam, colicroot	<i>Dioscorea villosa</i>	Rootstock
362.**	Redberry	Ginseng	All species, all parts
363.**	Devil's-club, Planch,	<i>Oplopanax elatus</i> Nakai = <i>Echinopanax elatus</i> Nakai	All parts
364.**	Tutsan	<i>Hypericum</i> L.	All species, all parts
365.**	Butcher's broom	<i>Ruscus aculeatus</i> (Butcher's Broom)	All parts
366.**	Yohimbe ( <i>Pausinystalia yohimbe</i> )	<i>Pausinystalia yohimbe</i> (K.	All parts

		Schum.) Pierre ex Beile	
367.**	Chinese magnolia vine	Schisandra chinensis (Turcz.) Baill.	All parts
368.**	Muirapuama	Muira puama (Liriosma jvata)	All parts
369.**	Ant tree, Pau d'Arko, trumpet tree	Tabebuia heptaphylla	Bark
370.**	Snowdon rose, Roseroot	Rhodiola rosea L.	All parts
371.**	Excitatory turnera, Damiana	Turnera Diffusa	All parts
372.**	Spiny eleuterococcus, spiny eleuterococcus, devil's bush	Eleutherococcus senticosus (Rupr. et Maxim.) Maxim = Aconthopanax senticosus (Rupr. et Maxim.) Harms	All parts
373.**	Adam's-needle yucca	Yucca filamentosa	Leaves

\* - synonyms of Russian names of medicinal plants

\*\* - except for biologically active food additives”

11. Name of Annex 8 shall read as follows:

“Species of Plant Raw Materials for Manufacturing of Baby Herbal Teas (Herbal Drinks) for Young Children.”

12. Annex 9 shall read as follows:

Vitamins, Vitamin-Like Substances, and Mineral Salts Used in Manufacturing of Food Products for Baby Food for Young Children, except for Food Products of dietary therapeutic and dietary prophylactic nutrition and biologically active food additives for young children

Name	Forms	
	<b>Powder and liquid formula for children from 0 to 12 months, dairy drinks (including powder) for young children</b>	<b>Supplemental feeding products for children up to 12 months, food products for children from 1 to 3 years old (except for formula and dairy drinks)</b>
Vitamin A	Retinol; retinol acetate; retinol palmitate; beta-carotene	Retinol; retinol acetate; retinol palmitate; beta-carotene
Vitamin D	D3 cholecalciferol; D2 ergocalciferol	D3 cholecalciferol; D2 ergocalciferol
Vitamin E	D- Alpha tocopherol; DL- Alpha tocopherol; D- Alpha tocopherol acetate; DL- Alpha tocopherol acetate	D- Alpha tocopherol; DL- Alpha tocopherol; D- Alpha tocopherol acetate; DL- Alpha tocopherol acetate
Vitamin K	Phylloquinone (phytomenadione)	Phylloquinone (phytomenadione)

Vitamin C	L- ascorbic acid; L- sodium ascorbate; L- calcium ascorbate; 6-palmityl-L- ascorbic acid (ascorbyl palmitate); L- potassium ascorbate	L- ascorbic acid; L- sodium ascorbate; L- calcium ascorbate; 6-palmityl-L- ascorbic acid (ascorbyl palmitate); L- potassium ascorbate
Vitamin B1	Thiamine hydrochloride; thiamine mononitrate; thiamine chloride	Thiamine hydrochloride; thiamine mononitrate; thiamine chloride
Vitamin B2	Riboflavin; riboflavin-5-sodium phosphate	Riboflavin; riboflavin-5-sodium phosphate
Vitamin PP (niacin)	Nicotinamide; nicotinic acid	Nicotinamide; nicotinic acid
Vitamin B6	Pyridoxin hydrochloride; pyridoxin-5-phosphate	Pyridoxin hydrochloride; pyridoxin-5-phosphate; pyridoxin dipalmitate
Folic acid	Folic (N-pteroyl-L-glutamic) acid	Folic (N-pteroyl-L-glutamic) acid
Vitamin B12	Cyancobalamin; hydroxocobalamin	Cyancobalamin; hydroxocobalamin
Biothinum	D-Biothinum	D-Biothinum
Panthenic acid	calcium D- pantothenate; sodium D- pantothenate; dexpanthenol	calcium D- pantothenate; sodium D- pantothenate; dexpanthenol
Potassium	Potassium citrates; potassium lactate; potassium orthophosphates; potassium carbonate; potassium bicarbonate; potassium chloride; potassium gluconate; potassium hydroxide	Potassium citrate; potassium lactate; potassium chloride; potassium gluconate; potassium glycerophosphate
Calcium	Calcium carbonate; calcium salts of citric acid; calcium gluconate; calcium glycerophosphate; calcium lactate; calcium orthophosphates; calcium chloride; calcium hydroxide	Calcium carbonate; calcium salts of citric acid; calcium gluconate; calcium glycerophosphate; calcium lactate; calcium orthophosphates; calcium chloride; calcium hydroxide; calcium oxide
Magnesium	Magnesium carbonate; magnesium chloride; magnesium salts of citric acid; magnesium gluconate; magnesium orthophosphates; magnesium sulphate; magnesium oxide; magnesium hydroxide;	Magnesium carbonate; magnesium chloride; magnesium salts of citric acid; magnesium gluconate; magnesium orthophosphates; magnesium sulphate; magnesium lactate; magnesium oxide; magnesium hydroxide; magnesium glycerophosphate

Iron	Ferrum (II) gluconate; ferrum (II) lactate; ferrum (II) fumarate; ferrum (III) diphosphate (pyrophosphate); ferrum (II) citrate; ferrum (II) sulphate; ammonium-citric ferrum (III); ferrum (II) bisglycinate	Ferrum (II) gluconate; ferrum (II) lactate; ferrum (II) fumarate; ferrum (III) diphosphate (pyrophosphate); ferrum (II) citrate; ferrum (II) sulphate; ammonium-citric ferrum (III); ferrum carbonate; iron saccharate; iron (III) sodium pyrophosphate; elemental iron (carbonyl+electrolytic+hydrogen-reduced)
Zinc	Zinc acetate; Zinc sulphate; Zinc chloride; Zinc lactate; Zinc citrate; Zinc gluconate; Zinc oxide	Zinc acetate; Zinc sulphate; Zinc chloride; Zinc lactate; Zinc citrate; Zinc gluconate; Zinc oxide
Copper	Copper carbonate; copper citrate; copper gluconate; copper sulphate; copper-and-lysine complex	Copper carbonate; copper citrate; copper gluconate; copper sulphate; copper-and-lysine complex
Manganese	Manganese carbonate; manganese chloride; manganese citrate; manganese gluconate; manganese sulphate	Manganese carbonate; manganese chloride; manganese citrate; manganese gluconate; manganese sulphate; manganese glycerophosphate
Selenium	Sodium selenite; sodium selenate	Not allowed
Iodine	potassium iodide; sodium iodide; potassium iodate; iodine caseine	potassium iodide; sodium iodide; potassium iodate; sodium iodate; iodine caseine <sup>1</sup>
Sodium	Sodium citrate, sodium chloride; sodium gluconate; sodium bicarbonate; sodium carbonate; sodium lactate; sodium orthophosphates; sodium hydroxide	Not allowed
Choline	Choline; choline chloride; choline citrate; choline bitartrate;	Choline; choline chloride; choline citrate; choline bitartrate;
Inositol	Inositol	Inositol
Lutein	Lutein and its esters	Lutein and its esters
Taurine	Taurine	
Carnitine	L- carnitine; L- carnitine hydrochloride; L- carnitine L- tartrate	L- carnitine; L- carnitine hydrochloride;

<sup>1</sup> for enrichment of milk for nutrition of children over 2 years old

ATTACHMENT  
to Decision of the Council  
of the Eurasian Economic Commission  
No. \_\_\_\_\_ dated \_\_\_\_\_ 201\_\_

AMENDMENTS

to the Technical Regulation of the Customs Union “On Safety of Certain Types of Specialized Food Products Including Therapeutic and Preventive Dietary Food” (TR TS 027/2012)

1. The name of the technical regulation throughout the text of the technical regulation shall read as follows:

“On the Safety of Certain Types of Specialized Food Products.”

2. Throughout the text of the technical regulation the words “in the unified customs territory of the Customs Union” shall be replaced with the following words: “in the unified customs territory of the Eurasian Economic Union.”

3. Throughout the text of the technical regulation the words “certain types of specialized food products, including therapeutic and preventive dietary food” shall be replaced with the following words “certain types of specialized food products.”

4. Throughout the text of the technical regulation the words “technical regulations of the Customs Union” shall be replaced with the following words: “technical regulations of the Customs Union (Eurasian Economic Union).”

5. Throughout the text of the technical regulation the words “Member States of the Customs Union” shall be replaced with the following words: “Member States of the Eurasian Economic Union.”

6. Item 1 of Article 2 shall read as follows:

1. The following type of specialized food products, released into circulation and being in circulation in the unified customs territory of the Eurasian Economic Union Member States, shall be the subjects of technical regulation of the present Technical Regulation:

food products for sports nutrition;

food products for pregnant and breast-feeding women;

food products of therapeutic and preventive dietary food, including for the children's nourishment;

biologically active food additives.

7. The following shall be excluded from item 2 of Article 2:

“Biologically active food additives.”

8. In article 4 the term “food products for sports nutrition” shall read as follows:

“3) food products for sports nutrition - specialized food products of predetermined chemical composition with altered nutritional value and (or) directed efficiency consisting of a complex of products or represented by their certain types that is targeted specifically at raising adaptive capabilities of humans to physical and psycho-emotional stresses;”

**9.** In article 4 the term “food products for diabetics” shall read as follows:

“6) food products for diabetics - food products of therapeutic dietary food that do not contain or have a reduced content of easily digestible carbohydrates (monosaccharides - glucose, fructose, galactose, and of disaccharides - sucrose, lactose) in relation to their content in similar food products, with a proven effect, which has a specific effect on the bodily functions that were impaired or lost due to the disease;”

**10.** In article 4 the term “anti-reflux formula” shall read as follows:

“7) anti-reflux formula - the formula that contain the thickener (thickeners) and are intended for correction of possetting of food by the children of tender age;”

**11.** Article 4 shall be supplemented with the following terms and definitions:

“11) adequate level of consumption - the level of daily consumption of food and biologically active substances, established on the basis of calculated or experimentally determined quantities, or estimates of the consumption of food and biologically active substances by a group / groups of practically healthy people;

12) upper permissible level of consumption - the highest level of daily consumption of food and biologically active substances, which does not pose a risk of adverse effects on health in almost all persons over 18 years of age from the general population;

13) biologically active food additives (BAA) - specialized food products that are an additional source of natural or identical to natural food and biologically active substances (proteins, carbohydrates, fats, dietary fiber and their components, vitamins and their active metabolites; macro- and microelements, phytonutrients and other minor biologically active substances), isolated from sources that have a tradition of food use, or obtained by other methods, as well as probiotic microorganisms, intended for consumption with food to correct and optimize nutrition, sold to the consumer in dosage forms (tablets, capsules, powders, lozenges, liquid and other forms);

14) high-protein food products for sports nutrition - food products for sports nutrition, consisting mainly of protein components of animal and / or plant origin, with a protein content of at least 20% of the energy value of food products, intended for sports nutrition in order to control body muscle and fat mass, and an increase in speed-strength indicators;

15) protein-carbohydrate food products for sports nutrition - food products for sports nutrition, containing protein and carbohydrate components, with a predominance of protein, the use of which helps to increase the absolute and relative indicators of the athlete's muscle mass and restore the body's energy resources;

16) carbohydrate-protein food products for sports nutrition - food products for sports nutrition, containing carbohydrate and protein components, with a predominance of carbohydrate, the use of which contributes to the rapid restoration of the body's energy resources and an increase in absolute and relative indicators of the body muscle mass;

17) high-carbohydrate food products for sports nutrition - food products for sports nutrition, containing in its composition a mixture of carbohydrates (up to 95%) with a high and / or low glycemic index, having an easy digestibility, low osmolality, used by athletes to replenish the body's energy resources;

18) carbohydrate-mineral drinks for sports nutrition - drinks and dry mixtures for their production, containing carbohydrate components and mineral substances - electrolytes (water-soluble salts of organic and inorganic acids: calcium chloride, calcium phosphate, sodium citrate, potassium chloride, magnesium phosphate), contributing to the maintenance of the fluid and electrolyte balance of the body;

19) isotonic drinks for sports nutrition - drinks (aqueous solutions) with an osmolality of 270-330 mOsm/kg, containing mineral substances (electrolytes) and / or carbohydrate components, allowing for the presence of biologically active substances, the use of which is aimed at maintaining the balance of fluid and minerals in the body;

20) hypotonic drinks for sports nutrition - drinks (aqueous solutions) with an osmolality of less than 270 mOsm/kg, containing mineral substances (electrolytes) and / or carbohydrate components, allowing for the presence of biologically active substances, the use of which is aimed at rapid replacement of lost fluid and minerals in the body;

21) formula based on soy protein isolate for young children - food products of dietary preventive and dietetic therapeutic nutrition, produced on the basis of soy protein isolate and designed to meet the physiological needs of young children;

22) vitamin (mineral, vitamin-mineral) complex for dietary therapeutic and preventive dietary nutrition - specialized food products, which is a mixture based on vitamins and (or) mineral substances with or without added food ingredients, intended for introduction into ready-to-eat meals as part of diets for dietary therapeutic and preventive dietary nutrition, to replenish food deficiencies, optimize human nutrition;

23) information on the effectiveness of specialized food products - information provided in the labeling of specialized food products on the expected beneficial effect on the state of the human body of the food ingredient(s) included in the specialized food product(s) with the systematic use of such food products as part of food rations;

24) composite protein powder (SBKS) - specialized food products of dietary preventive or dietary therapeutic nutrition, which is a mixture consisting of protein or compositions of proteins of animal or vegetable origin, with a high biological value with or without added vitamins and minerals, minor biologically active substances, pre- and probiotics, intended for introduction into ready-to-eat meals as part of diets of dietary therapeutic and preventive dietary nutrition in order to replenish food deficiencies, and optimize human nutrition.”

**12. Item 1 of Article 6 shall read as follows:**

“1. Food raw materials, including food additives, flavors and technological aids, used for the production of specialized food products, must meet the safety requirements established by the technical regulations of the Customs Union “On Food Safety” and other applicable technical regulations of the Customs Union.”

**13. Paragraph 3 of item 3 of Article 6 shall read as follows:**



“2) commodity raw food material, which contains GMO and (or) components obtained from GMO for the production of food for pregnant and breast-feeding women, therapeutic and preventive dietary food products for children's nourishment, biologically active food additives for children, and biologically active food additives for pregnant and breast-feeding women.”

**14.** Item 8 of Article 6 shall read as follows:

“8. Food products for sports nutrition and biologically active food additives for athletes must not contain any substances included in the list of WADA (World Anti-Dope Agency).”

**15.** Item 9 of Article 6 shall read as follows:

“9. Certain types of specialized gluten free food products (no more than 20 mg/kg of gluten in the ready-to-eat products) must not consist of or be manufactured from wheat, rye, barley, oats or their cross bred (obtained via their crossing) versions or must consist of or be manufactured from one or more components, containing wheat, rye, barley, oats or their cross bred (obtained via their crossing) versions, from which gluten has been removed in a special way.”

**16.** Item 10 of Article 6 shall read as follows:

“10. Certain types of specialized food products with a low content of gluten (over 20 mg/kg but not more than 100 mg/kg in the ready-to-eat products) should consist of one or more ingredients obtained from wheat, rye, barley, oats or their cross bred versions, which were treated in a special way to reduce the level of gluten.”

**17.** Article 6 shall be supplemented with items 11-19, as follows:

“11. The nutritional value of anti-reflux formula must meet the requirements of the technical regulations of the Customs Union for adapted milk formula or for dietary prophylactic or dietary therapeutic formula for young children.

12. It is allowed to use other flavorings (that do not belong to natural ones) as part of specialized food products of dietary medical nutrition for children with orphan diseases.

13. It is not allowed to use plants and products of their processing, objects of animal origin, microorganisms, fungi and biologically active substances that pose a danger to human life and health, which are listed in Annex 4 to this Technical Regulation, in the production (manufacture) of biologically active food additives.

14. Adequate and upper permissible quantities of daily consumption of basic food and biologically active substances in the composition of biologically active food supplements for persons over 18 years old are established in Annex 5 to this Technical Regulation.

The content of biologically active substances in the daily dose of biologically active food additives specified in the recommendations for use must be at least 15% of the adequate level of consumption and not exceed the upper permissible level of their consumption in accordance with Appendix 5 to this Technical Regulation.

The content in the daily dose of biologically active additives (BAA) of biologically active substances obtained from plants and (or) their extracts should be in the range from 10 to 50 percent of the quantity of their single therapeutic dose determined when using these substances as medicines.

15. The use of wild and medicinal plants is not allowed in the production of biologically active food supplements for young children (up to 3 years old), with the exception of dill, fennel and chamomile.

It is allowed to use the plant materials listed in Annex 6 to this Technical Regulation in the production of biologically active food supplements for children from 3 to 14 years old.

16. The daily dose of vitamins and minerals in the composition of biologically active food supplements for children from 1.5 to 3 years should not exceed the daily physiological need for these substances.

The daily dose of vitamins and minerals in the composition of biologically active food supplements for children from 3 to 18 years old should not exceed (in% of the daily physiological need for these substances established for children from 3 to 18 years old): for vitamin A, D, minerals (selenium, copper, zinc, iodine, iron) - 100%, for water-soluble vitamins, other fat-soluble vitamins and other minerals - 200%.

17. It is allowed to use the forms of vitamins and minerals listed in Annex 7 to these Technical Regulation in the production of biologically active food supplements for adults and children over 3 years old.

It is allowed to use the forms of vitamins and minerals listed in Annex 8 to this Technical Regulation in the production of biologically active food supplements for children from 1.5 to 3 years old.

It is allowed to use the forms of vitamins and minerals listed in Annex 9 to these Technical Regulation in the production of food products for sports nutrition and food products of dietary medical and dietary preventive nutrition, with the exception of products for young children (up to 3 years old).

18. When developing biologically active food additives and changing their composition, and when developing (changing) technological processes, the manufacturer provides a justification for their compliance with the declared properties, shelf life, quality and safety indicators of products, requirements for their observance at the stages of circulation.

19. The content of probiotic microorganisms in certain types of specialized food products should ensure the level of their consumption in a daily portion of such products that meets the requirements contained in Annex 5 to this Technical Regulation and be at least  $10^6$  colony-forming units (microbial cells) in 1 g or 1 ml of such products.”

**18.** Article 7 shall be supplemented with items 10-11 as follows:

“10. Labeling of biologically active food additives packaged in consumer packaging should include the following additional information:

- intended use or purpose;
- recommendations for use, contraindications for use and, if necessary, duration of use;
- information on the quantitative content of biologically active substance(s) (BAS) (in mg,  $\mu$ g, g)

and probiotic microorganisms (in CFU/g (ml)) in the recommended daily dose of a biologically active additive, the source of which is a biologically active additive, its (their) percentage with the recommended level of daily consumption in accordance with Annex 2 of the Technical Regulation of the Customs Union “On Food Products Labeling,”

- if the recommended level of daily consumption is not established - an indication of the amount of biologically active substance(s) in the recommended daily dose of a biologically active additive and its (their) percentage with an adequate level of consumption in accordance with Annex 5 to this Technical Regulation,

- in the labeling of biologically active food additives for children, pregnant and nursing women - an indication of the amount of biologically active substance(s) in the recommended daily dose of a biologically active additive and its (their) percentage ratio with the daily physiological need for these substances;

- if the content of a biologically active substance in the composition of a biologically active additive exceeds the recommended level of daily consumption and / or an adequate level of consumption, the phrase “does not exceed the upper permissible level of consumption” is included;

- the number of probiotic microorganisms (CFU/g (ml)), the source of which is the biologically active food additive;

- an inscription-message stating that the biologically active food additive is not a pharmaceutical (medicine);

- a warning sign: “keep out of the reach of children.”

Biologically active food additives should be labeled with the inscription: “Not a medicine.” The inscription is indicated in a font with a height of at least 2 mm (lowercase letters) next to the name of the food product.

It is not allowed to use a registered trademark in the invented name of a biologically active food supplement if it is used as a trade name for a pharmaceutical.

It is not allowed to use the name of the same name or similar to the degree of confusion with the trade name of the registered pharmaceutical in the invented name of the biologically active food additive. The criterion of similarity is a semantic (sense), phonetic (sound) or transliteration (associated with the use of another alphabet to convey the name) feature that determines the similarity of the invented names.

11. In specialized food products, the quantity of vitamins is indicated taking into account their content in the product at the end of its shelf life. Due to the natural decrease in the quantity of vitamins in specialized food products during their shelf life, in the production of such products, an increase in the content of vitamins is allowed, but not more than 50% for fat-soluble vitamins and not more than 100% for water-soluble vitamins in relation to declared indicators.

The limits of permissible deviations of the nutritional value indicators of specialized food products indicated in the marking on its packaging or label from the actual indicators of the nutritional value of such products should not exceed the allowable limits established in Annex 10 to this Technical Regulation.”

**19.** Article 8 shall be supplemented with clauses 4, 5:

“4. When storing raw materials, the temperature and humidity conditions and the shelf life of the raw materials established by the manufacturer of the raw materials must be observed.

5. The sale of certain types of specialized food products must be carried out in consumer packaging in the manner prescribed by legislation of the Eurasian Economic Union Member State, in which the products are in circulation.”

**20.** Item 3 of Article 12 shall read as follows:

“3. Failure to comply with the requirements of the present Technical Regulation may be the ground for the application of this article.”

**21.** In Annex No. 1 to the Technical Regulation “Microbiological safety standards (conditionally pathogenic)” the first paragraph shall read as follows:

“In some types of specialized food products, whose therapeutic and (or) prophylactic qualities are predicated on the presence of probiotic and (or) technological microorganisms in the ready-to-consume product, the content and species composition of lactic and probiotic microorganisms is regulated - table 1.”

22. In Annex No. 1 to the Technical Regulation “Microbiological safety standards (conditionally pathogenic)” Table 1 “Requirements for the content of biotechnological and probiotic microorganisms in certain types of specialized food products” shall read as follows:

Index	Content	Product Groups
Bifidobacteria, CFU/g, not less than (when manufactured with their use)	10 <sup>6</sup>	Products based on milk and the isolate of soybean protein: liquid products based on sour-milk and soured soybean basis for pregnant and breastfeeding women.
Probiotic microorganisms of genera Lactobacillus, Propionibacterium, CFU/g, not less than (when manufactured with their use)	10 <sup>7</sup>	

23. To exclude item 2.3 “Products for the nutrition of pregnant and nursing women” from Table 2 “Requirements for the conditionally pathogenic and sanitary exponential microorganisms in food products” in Annex No. 1 to the Technical Regulation “Microbiological safety standards (conditionally pathogenic).”

24. Change the numbering of item 2.4. “Specialized products for therapeutic nourishment of children, for the premature and (or) low birth-weight children” in table 2 “Requirements for the conditionally pathogenic and sanitary exponential microorganisms in food products” in Annex No. 1 to the Technical Regulation “Microbiological safety standards (conditionally pathogenic)”: “2.3.” instead of “2.4.”

25. Annex No. 3 to the Technical Regulation shall read as follows:

Annex 3  
to the Technical Regulation  
of the Customs Union  
“On Safety of Certain Types  
of Specialized Food Products”

Requirements for the nutrition value of certain types of specialized food products for young children, pregnant and nursing women

Description of products	Indices of nutrition value in food products, ready for consumption**	Units of measurement	Tolerance levels	Notes
Low-lactose	Low-lactose and lactose-free production for the children of the first year of			

Description of products	Indices of nutrition value in food products, ready for consumption**	Units of measurement	Tolerance levels	Notes
(lactose-free) food products	<b>life</b>			
	Protein	g/l	12-21	
	Taurin	mg/l, not exceeding	85	
	L-carnitine	The same	20 (upon inclusion)	
	Fat	g/l	30-40	
	Linoleic acid	mg/l	4000-8000	
	Carbohydrates	g/l	60-100	
	Lactose	g/l, not exceeding	10	In low-lactose products
		the same	0.1	In lactose-free products
	<b>Mineral substances</b>			
	calcium	mg/l	330-1000	
	phosphorus	The same	150-630	
	potassium	The same	400-1000	
	sodium	The same	130-400	
	magnesium	The same	30-100	
	copper	The same	0.2-1	
	manganese	µg/l	6.5-650	
	iron	mg/l	5-14	
	zinc	The same	3-10	
	chlorides	The same	300-1000	
	iodine	µg/l	50-350	
	selenium	The same	10-40	
	<b>Vitamins</b>			
	retinol (A)	µg - equiv/l	400-1200	
	tocopherol (E)	mg/l	4-14	
	calciferol (D)	µg/l	7-20	
	vitamin K	The same	25-170	
	thiamine (B1)	The same	300-2100	
	riboflavin (B2)	The same	400-3000	
	pyridoxine (B6)	The same	200-2000	
	Pantothenic acid	The same	2000-13000	
	folic acid (Bc)	The same	50-350	
	cyanocobalamin (B12)	µg/l	0.6-3.5	
niacin (PP)	mg/l	2-10		
Ascorbic acid (C)	The same	50-200		
biotin	µg/l	10-50		

Description of products	Indices of nutrition value in food products, ready for consumption**	Units of measurement	Tolerance levels	Notes	
	inositol	mg/l	20-280		
	choline	The same	45-350		
	nucleotides	mg/l, not exceeding	35	Upon inclusion	
	lutein	mg/l, not exceeding	250	Upon inclusion	
	Energy value	kcal/l	600-700		
	<b>Low-lactose products of milk processing for young children</b>				
	Protein	g/l	40-47		
	Casein/serum proteins	-	80:20		
	L-carnitine	mg/l, not exceeding	20	Upon inclusion	
	Fat	g/l	20-38		
	Linoleic acid	mg/l	4000-8000		
	Carbohydrates	g/l	60-65		
	Glucose	The same	25-28		
	Galactose	The same	6-7		
	Lactose	g/l, not exceeding	16		
	Formula on the basis of the isolate of soybean protein for young children	Energy value	kcal/l	600-680	
Protein		g/l	15-20		
Methionine		g/l	0.15-0.35		
Fat		g/l	30-38		
Linoleic acid		mg/l, not less	4000		
Carbohydrates (dextrinmaltose)		g/l	65-80		
Energy value		kcal/l	650-720		
Mineral substances					
calcium		mg/l	450-750		
phosphorus		The same	250-500		
potassium		The same	500-800		
sodium		The same	150-320		
magnesium		The same	40-80		
manganese		µg/l	6-700		
copper		mg/l	0.4-1.0		
iron	The same	6-14			
zinc	The same	4-10			
chlorides	The same	300-1000			
iodine	µg/l	50-350			

Description of products	Indices of nutrition value in food products, ready for consumption**	Units of measurement	Tolerance levels	Notes
	selenium	µg/l	10-40	
	Vitamins			
	retinol (A)	µg - equiv/l	500-800	
	tocopherol (E)	mg/l	5-15	
	calciferol (D)	µg/l	7-20	
	vitamin K	The same	25-100	
	thiamine (B1)	The same	300-600	
	riboflavin (B2)	The same	600-1100	
	pyridoxine (B6)	The same	300-700	
	Pantothenic acid	mg/l	2.0-14	
	folic acid (Bc)	µg/l	50-350	
	cyanocobalamin (B12)	The same	1.5-3.5	
	niacin (PP)	mg/l	4-8	
	Ascorbic acid (C)	The same	60-150	
	Taurin	mg/l	45-55	
	biotin	µg/l	10-50	
	inositol	mg/l	20-280	
	choline	The same	45-350	
	nucleotides	mg/l, not exceeding	35	Upon inclusion
	lutein	mg/l, not exceeding	250	Upon inclusion
L- carnitine	The same	20	Upon inclusion	
Formula on the basis of the full protein hydrolyzates for young children	Protein	g/l	12-22	
	Taurin	mg/l, not exceeding	85	Upon inclusion
	L- carnitine	mg/l	10-25	Upon inclusion
	Fat	g/l	25-40	
	Linoleic acid, not less	mg/l	4000	
	Carbohydrates	g/l	65-100	
	Energy value	kcal/l	650-720	
	Mineral substances			
	calcium	mg/l	330-980	
	phosphorus	The same	150-600	
	potassium	The same	400-1000	
	sodium	The same	130-400	
	magnesium	The same	30-100	
	manganese	µg/l	6-700	

Description of products	Indices of nutrition value in food products, ready for consumption**	Units of measurement	Tolerance levels	Notes	
	copper	mg/l	0.2-1		
	iron	The same	5-14		
	zinc	The same	3-10		
	chlorides	The same	300-1000		
	iodine	µg/l	50-350		
	selenium	The same	10-40		
	Vitamins				
	retinol (A)	µg - equiv/l	400-1200		
	tocopherol (E)	mg/l	4-14		
	calciferol (D)	µg/l	7-20		
	vitamin K	µg/l	25-170		
	thiamine (B1)	The same	300-2100		
	riboflavin (B2)	The same	400-3000		
	pyridoxine (B6)	The same	200-2000		
	Pantothenic acid	mg/l	2.0-14		
	folic acid (Bc)	µg/l	50-350		
	cyanocobalamin (B12)	The same	0.6-3.5		
	niacin (PP)	mg/l	2-20		
	Ascorbic acid (C)	The same	50-200		
	biotin	µg/l	10-130		
	inositol	mg/l	20-280		
	choline	The same	45-350		
	nucleotides	mg/l, not exceeding	35	Upon inclusion	
lutein	mg/l, not exceeding	250	Upon inclusion		
Formula without phenylalanine (low phenylalanine content) for children in the first year of life*	Protein	g/l	16-22		
	Phenylalanine	mg/l, not exceeding	500	In products based on amino acid mixture - absence	
	Taurin	mg/l, not exceeding	85		
	L- carnitine	mg/l, not less	8.0		
	Fat	g/l	30-40		
	Linoleic acid	mg/l, not less	4000		
	Carbohydrates	g/l	65-100		
	Energy value	kcal/l	570-720		
	Mineral substances				
	calcium	mg/l	300-1600		



Description of products	Indices of nutrition value in food products, ready for consumption**	Units of measurement	Tolerance levels	Notes	
	phosphorus	The same	150-600		
	potassium	The same	400-1000		
	sodium	The same	130-400		
	magnesium	The same	30-100		
	manganese	µg/l	6.5-650		
	copper	mg/l	0.3-1		
	iron	The same	5-15		
	zinc	The same	3-16		
	iodine	µg/l	50-350		
	chlorides	mg/l	300-1000		
	selenium	µg/l	10-40		
	Vitamins				
	retinol (A)	µg - equiv/l	400-1200		
	tocopherol (E)	mg/l	4-20		
	calciferol (D)	µg/l	7-20		
	thiamine (B1)	The same	300-2100		
	riboflavin (B2)	The same	400-3000		
	pyridoxine (B6)	The same	200-2000		
Pantothenic acid	mg/l	2.0-13			
folic acid (Bc)	µg/l	50-350			
	cyanocobalamin (B12)	The same	0.6-3.5		
	niacin (PP)	mg/l	3-20		
	Ascorbic acid (C)	The same	50-200		
	biotin	µg/l	10-130		
	inositol	mg/l	20-280		
	choline	The same	45-350		
	nucleotides	mg/l, not exceeding	35	Upon inclusion	
	lutein	mg/l, not exceeding	250	Upon inclusion	
Formula for premature and (or) low birth-weight children	Protein	g/l	17-33		
	Taurin	mg/l, not exceeding	90	Upon inclusion	
	L- carnitine	mg/l, not exceeding	45	Upon inclusion	
	Fat	g/l	33-45		
	Linoleic acid	g/l	2.6-10.5		
	Alpha-linolenic acid	mg/l, not less	375		

Description of products	Indices of nutrition value in food products, ready for consumption**	Units of measurement	Tolerance levels	Notes
	Docosaheanoic acid	mg/l	60-205	
	Arachidonic acid	mg/l	120-300	
	Eicosatrienoic acid	%	Not more than 30 of the level of Docosaheanoic acid	
	Carbohydrates	g/l	72-94	
	Energy value	kcal/l	660-890	
Mineral substances				
	calcium	mg/l	750-1500	
	phosphorus	The same	300-900	
	potassium	The same	450-1300	
	sodium	The same	250-800	
	magnesium	The same	50-130	
	copper	The same	0.6-2.0	
	manganese	µg/l	43-300	
	iron	mg/l	12-20	
	zinc	The same	7-13	
	chlorides	The same	400-1200	
	iodine	µg/l	75-325	
	selenium	The same	13-70	
Vitamins				
	retinol (A)	µg - equiv/l	1000-4000	
	tocopherol (E)	mg/l	15-80	
	calcipherol (D)	µg/l	12-60	
	vitamin K	The same	30-200	
	thiamine (B1)	The same	750-2000	
	riboflavin (B2)	The same	600-5000	
	pantothenic acid	mg/l	2.3-16	
	pyridoxine (B6)	The same	200-2000	
	folic acid (Bc)	The same	180-700	
	cyancobalamin (B12)	µg/l	0.6-5.6	
	niacin (PP)	mg/l	2.5-42	
	ascorbic acid (C)	The same	60-300	
	inositol	The same	30-400	
	biotin	µg/l	10-300	
	choline	mg/l	50-350	
	nucleotides	mg/l, not	80	Upon inclusion

Description of products	Indices of nutrition value in food products, ready for consumption**	Units of measurement	Tolerance levels	Notes
		exceeding		
	<b>Products on the dairy basis and the basis of the isolate of soybean protein</b>			
	Protein	g/l	30-100	
	Fat	g/l	8-35	
	Carbohydrates	g/l	100-140	
	Energy value	kcal/l	610-1300	
	Mineral substances			
	calcium	mg/l	1200-2000	
	phosphorus	mg/l	900-1400	
	calcium/ phosphorus	-	1.1-2.0	
	potassium	mg/l	1400-2500	
	sodium	mg/l	450-750	
	potassium/sodium	-	2-3	
	magnesium	mg/l	150-250	
	copper	µg/l	600-1000	
	manganese	µg/l	200-250	
	iron	mg/l	30-50	
	zinc	mg/l	10-40	
	chlorides	mg/l	1000-1600	
	iodine	µg/l	100-250	
	Vitamins			
	retinol (A)	µg - equiv/l	500-1500	
	tocopherol (E)	mg/l	10-40	
	calcipherol (D)	µg/l	10-15	
	vitamin K	µg/l	50-120	
	thiamine (B1)	mg/l	0.8-1.5	
	riboflavin (B2)	mg/l	0.8-1.5	
	pantothenic acid	mg/l	8-12	
	pyridoxine (B6)	mg/l	1.5-3.0	
	niacin (PP)	mg/l	10-25	
	folic acid (Bc)	mg/l	0.8-2.0	
	cyanocobalamin (B12)	µg/l	3.0-8.0	
	ascorbic acid (C)	mg/l	100-300	
	inositol	mg/l	80-120	
	choline	mg/l	80-120	
	biotin	µg/l	80-200	
	<b>Porridges on a milk and grain basis (instantly cooked)</b>			
	Moisture	g	4-6	

Food products for pregnant and nursing women

Description of products	Indices of nutrition value in food products, ready for consumption**	Units of measurement	Tolerance levels	Notes
	Protein	g	10-14	
	Fat	g	2-10	
	Carbohydrates	g	70-80	
	Energy value	kcal	340-460	
	Ash	g	0.5-3.5	
	Mineral substances:			
	sodium	mg, not exceeding	250	
	calcium (for enriched products)	mg	200-500	
	iron (for enriched products)	mg	20-50	
	Vitamins (for fortified products):			
	retinol (A)	µg – equiv	300-400	
	vitamin E	mg	5-12	
	vitamin D	µg	5-10	
	ascorbic acid (C)	mg	30-120	
	thiamine (B1)	mg	0.2-0.7	
	riboflavin (B2)	mg	0.3-0.8	
	niacin (PP)	mg	5-12	
	folic acid (Bc)	µg	600-1200	
	<b>Products on a fruit and vegetable basis (fruit, vegetable juices, nectars and drinks, fruit drinks)</b>			
	Mass fraction of soluble solids	g	4-16	For juice products from fruit and such products with the addition of vegetables
			4-10	For juice products from vegetables and such products with the addition of fruit, except for pumpkin and carrots
			4-11	For juice products from pumpkin and carrots and such products with the addition of fruit

Description of products	Indices of nutrition value in food products, ready for consumption**	Units of measurement	Tolerance levels	Notes
	Carbohydrates	g	4-20	
	Added sugar	g	Not allowed	For fruit juices, as well as directly expressed vegetable juices
			10	For nectars and juice-containing drinks
			12	For fruit drinks
	Mineral substances:			
	iron (for enriched products)	mg	2-4	
	Vitamins (for fortified products):			
	ascorbic acid (C)	mg, not exceeding	75	
	beta-carotene	mg	1-2	
	folic acid (Bc)	µg	100-400	
	retinol (A)	µg – equiv	100-300	

\* - products without phenylalanine or with low phenylalanine content for children in the first year of life, shall contain no less than 20 g/l of protein (equiv.), and for safety indices shall meet the requirements to products without phenylalanine or with low phenylalanine content for children in the first year of life. The content of fat and carbohydrates in such products is not regulated, while the content of vitamins, mineral substances and microelements shall correspond to the age-specific physiological needs.

\*\* - Indices of nutrition value may go beyond the minimum and maximum limits provided that scientific justification for such a need is provided

**26.** To supplement the Technical Regulation with Annexes No. 4, 5, 6, 7, 8, 9, 10, as follows:

Annex 4  
to the Technical Regulation  
of the Customs Union  
“On Safety of Certain Types  
of Specialized Food Products”

List of Plants and Products of their Processing, Species of Animal Origin, Microorganisms, Mushrooms, and Biologically Active Substances, Prohibited for Use as Part of Biologically Active Food Additives

1.1 Plants and products of their processing, containing psychotropic, narcotic, potent, or toxic substances

No.	Russian Plant Name	Latin Plant Name	Parts of Plants
*	Abyssinian tea	See Kat	-
1.	Rosary pea	<i>Abrus precatorius</i> L.	Seeds
2.	Hedge hyssop	<i>Gratiola officinalis</i> L.	Aboveground part
*	Blackeye Root	See Black bryony	-
3.	Adenantha	<i>Adenantha</i> L.	All species, all parts
*	Squaw-weed	See Groundsel	-
4.	Mountain fringe	<i>Adlumia fugosa</i> Greene	All parts
*	Adonis	See Pheasant's eye	-
5.	<i>Azadirachta indica</i>	<i>Azadirachta indica</i> A Juss.	All parts
6.	Heterotropic asiasarum	<i>Asiasarum heterotropoides</i> F. Maek.	Roots
7.	Tree of heaven	<i>Ailanthus altissima</i>	Aboveground part
8.	Acacia	<i>Acacia</i> L.	All species, aboveground part
9.	Aconite	<i>Aconitum</i> L.	All species, all parts
10.	Poison Devil Tree	<i>Alstonia venenata</i> R.Br.	Bark
11.	Toothpick ammi	<i>Ammi visnaga</i> (L.) Lam. (= <i>Visnaga daucoides</i> Gaertn.)	All parts
12.	Titan Arum Riviera	<i>Amorphophallus rivieri</i> Durieu	All parts
13.	Anabasis	<i>Anabasis</i> L.	All species, shoots
14.	Cocculus	<i>Anamirta cocculus</i> (L.) Wight et Arn.	All parts
15.	Levin's Anchalonium	<i>Anhalonium lewinii</i> Jennings	All parts
16.	Rayless goldenrod	<i>Aplopappus heterophyllus</i>	All parts
*	Arabian tea	See Kat	-
17.	Prickly poppy (Argemone)	<i>Argemone</i> L.	All species, all parts
18.	Pinang	<i>Areca catechu</i> L.	All parts
*	Areca palm	See Pinang	-
19.	Arisarum	<i>Arisarum</i> .L.	All species, all parts
20.	Dutchman's pipe	<i>Aristolochia</i> L.	All species, all parts
21.	Arnica	<i>Arnica</i> L.	All species, flowers
22.	Arum	<i>Arum</i> L.	All species, all parts
23.	Grey-blue arthrocnemum	<i>Arthrocnemum glaucum</i> Delile	Aboveground part
24.	Giant Reed	<i>Arundo donax</i> L.	Flowers
25.	Musky athero	<i>Atherosperma moschatum</i> Labill.	All parts
26.	Large-flowered Aphanamixis	<i>Aphanamixis grandiflora</i> Blume	Seeds
27.	Labrador tea	<i>Ledum</i> L.	All species, aboveground part, shoots

28.	Anise tree	<i>Illicium anisatum</i>	Fruit
29.	Pockwood	<i>Guaiacum officinale</i> L.	All parts
30.	Plume poppy	<i>Bacconia</i> L.	All species, all parts
31.	Coastal plain honeycombhead	<i>Balduina angustifolia</i>	Aboveground part
32.	Mountain Baliospermum	<i>Baliospermum Montana</i> Muell. Arg	Root, rootstock
33.	Banisteriopsis	<i>Banisteriopsis</i>	All species, all parts
34.	Foxfeet	<i>Huperzia selago</i> L.	All parts
35.	Barberry	<i>Berberis</i> L.	All species, roots, bark
36.	Periwinkle	<i>Vinca</i> L.	All species, all parts
37.	Velvet bean	<i>Mucuna pruriens</i> DC	Seeds
38.	Ladies' slipper	<i>Cypripedium</i> sp.	All species, all parts
39.	Colchicum	<i>Colchicum</i> sp.	All species, all parts
40.	Multiradiate Baileya	<i>Baileya multiradiata</i> Harv. et Gray	Aboveground part
41.	Beilschmiedia Nees	<i>Beilschmiedia</i> Nees	All parts
42.	Henbane	<i>Hyoscyamus</i> sp.	All species, all parts
*	Belladonna	See Great morel	-
43.	Marsh grass of Parnassus	<i>Parnassia palustris</i> L.	All parts
*	Northern Grass of Parnassus	See Marsh grass of Parnassus	-
44.	Summer snowflake	<i>Leucojum aestivum</i> L.	All parts
45.	European spindletree (Wahoo)	<i>Euonymus europaea</i> L.	Seeds
*	Betel palm	See Pinang	-
46.	Eastern biota	<i>Biota orientalis</i> L.	All parts
47.	Common privet	<i>Ligustrum vulgare</i> L.	Leaves, fruit
48.	Edible blepharis	<i>Blepharis edulis</i> Pers.	All parts
49.	Fleawort	<i>Pulicaria uliginosa</i> Stev. ex DC.	All parts
50.	Bean tree	<i>Laburnum anagyroides</i> (= <i>Cytisus laburnum</i> L.)	All parts
51.	Hemlock	<i>Conium</i> L.	All species, all parts
*	Monkshood	See Aconite	-
52.	Cutleaf boronia	<i>Boronia</i> Sm.	Essential oils made of leaves and shoots of all species
*	Spindle	See European spindletree	-
53.	Java brucea	<i>Brucea javanica</i> Merr.	All parts
54.	Dwarf elder	<i>Sambucus edulis</i> L.	-“-
55.	Ligularia dentata	<i>Ligularia dentata</i> Hara	All parts
56.	Malagasy burasaia	<i>Burasaia madagascariensis</i> DS	All parts
57.	Meadow rue	<i>Thalictrum</i> L.	All species, aboveground part
58.	Thick-fruited vexibia	<i>Vexibia pachycarpa</i> Jakovl	All parts

59.	Camelthorn	Alhagi pseudalhagi Fisch.	Shoots
60.	Anemone	Anemone L.	All species, all parts
61.	Water hemlock	Cicuta L.	All species, all parts
62.	Virola	Virola	All species, aboveground part
*	Visnaga vera	See Toothpick ammi	-
63.	Somniferous withania	Withania somnifera (L.) Dunal	All parts
64.	African Voacanga	Voacanga africana	All parts
65.	Columbine	Aquilegia L.	All species, roots
66.	Common bugloss	Anchusa officinalis L.	All parts
67.	Daphne mezereum	Daphne sp.	All species, all parts
68.	Baneberry	Actaea L.	All species, all parts
69.	Paris herb	Paris L.	All species, all parts
70.	Bindweed	Convolvulus L.	All species, all parts
71.	Crown vetch	Coronilla L.	All species, roots, seeds
72.	Beautiful Gaillardia	Gaillardia pulchella Foug.	Leaves, flowers
73.	Harmala	Peganum L.	All species, aboveground part
*	Guaiacum	See Pockwood	-
74.	Yellow jessamine	Gelsemium L.	All species, all parts
75.	Hydnocarpus (all species)	Hydnocarpus Gaertn.	All species, seeds
76.	Hydrastis	Hydrastis L.	All species, all parts
*	Gypsophila	See Chalk plant	-
77.	Hemlock parsley	Conioselinum jeholense M.Pimem	All parts
78.	Horned poppy	Glaucium L.	All species, aboveground part
79.	Black locust	Gleditsia triacanthos L.	All parts
*	Three-thorned acacia	See Black locust	-
80.	Gomphocarpus	Gomphocarpus L.	All species, all parts
81.	Pheasant's eye	Adinis L.	All species, aboveground part
*	Oregon graperoot	See Mahonia	-
82.	Common vetch	Vicia Angustifolia, V. sativa	All parts of the plant
*	Narrow-leaved vetch	See Common vetch	-
83.	Field mustard	Sinapis arvensis L.	All parts of the plant during fructification
84.	Fanpetals	Cida L.	All species, all parts
*	Crassula	See Stonecrop	-
*	Aleppo grass	See Sorgho	-
85.	Huperzia selago	Huperzia selago Bernh. ex Schrank et Mart. (Lycopodium selago L.)	All parts



86.	British Inula	Inula Britannica L.	Flowers, aboveground part
87.	Inula oculus-christi	Inula oculus-christi L.	Aboveground part
88.	Water willow	Decodon verticillatus Ell.	Aboveground part
89.	Delo	Delosperma	All species, aboveground part
90.	Delphinium	Delphinium L.	All species, all parts
91.	Desmodium racemosum	Desmodium racemosum DC	Aboveground part
92.	Desmodium pulchellum	Desmodium pulchellum Benth.	Aboveground part
93.	Squarrose dehaasia	Dehaasia squarrosa Hassk.	All parts
94.	Doubtful twin-leaf	Jeffersonia dubia Benth. et Hook. F. ex Baker et Moore	All parts
*	Johnson grass	See Sorgho	-
95.	Jute	Corchorus L.	All species, seeds
96.	Yam (Moncot)	Dioscorea hispida Dennst.	All parts
97.	Dicentra	Dicentra	All species, all parts
98.	Plaster clover	Melilotus officinalis.	All parts
99.	Canary sassafras	Doryphora sassafras Endl.	Essential oils made of all parts
100.	Dyer's-weed (common woodwaxen)	Genista tinctoria L.	All parts
*	Groundbread	See Cyclamen	-
*	Dwarf lily-turf	See Mistletoe	-
101.	Duboisia	Duboisia	All species, aboveground part
102.	Datura	Datura L.	All species, all parts
103.	Burdock	Xanthium L.	All species, all parts
104.	Fumitory	Fumaria L.	All species, all parts
105.	Duboisia L.	Duboisia L.	All species, all parts
106.	Eubotryoides graya	Eubotryoides grayana Hara	Leaves
*	Orangeroot	See Hydrastis	-
107.	Yellow cress	Erysimum L.	All species, all parts
*	Larkspur	See Delphinium	-
108.	Chamisso`s honeysuckle	Lonicera. chamissoi	All parts
109.	Honeysuckle	Lonicera xylosteum	Fruit
110.	Tartarian honeysuckle	Lonicera. tatarica	Fruit
111.	Buckthorn	See Cascara buckthorn	-
112.	Siberian deathcamas	Zigadenus sibiricus (L.) A.Gray	All parts
*	Beggar`s button	See Burdock	-
*	Gold thread	See Coptis	-
*	Goldenseal	See Hydrastis	-
*	Golden shower	See Bean tree	-

113.	Bitter candytuft	<i>Iberis amara</i> L.	All parts
114.	Bitter ignatia	<i>Ignatia amara</i> L.	All parts
*	Ylang-ylang	See <i>Cananga odorata</i>	-
115.	Illiciaceae	Illiciaceae	All species, seeds, leaves
*	Indian liquorice	See Rosary pea	-
116.	Ipecacuanha (all species)	<i>Cephaelis</i> L.	All species, all parts
117.	Morning glory	<i>Ipomea violacea</i>	Seeds
118.	Cabi paraensis	<i>Cabi paraensis</i> Ducke	All parts
*	Kava-kava	See Kava pepper	-
119.	Peyote cactus	<i>Lophophora williamsii</i>	Aboveground part
120.	San Pedro cactus	<i>Echinopsis pachanoi</i>	Aboveground part
121.	Caladium	<i>Caladium</i> L.	All species, all parts, except for <i>Caladium esculentum</i> (rootstock)
122.	<i>Calea zacatechichi</i>	<i>Calea zacatechichi</i>	Aboveground part
123.	Marsh marigold	<i>Caltha</i> sp.	All species, aboveground part
124.	<i>Cananga odorata</i>	<i>Cananga odorata</i> Hook. f. et Thoms.	All parts
125.	Bulbous canarygrass	<i>Phalaris tuberosa</i> L.	Aboveground part
126.	Hoary pepperwort	<i>Cardaria draba</i> (L.) Desv.	All parts
127.	Edible kat (Kata, Katkh)	<i>Catha edulis</i> Forsk.	Aboveground part
*	Catharanthus	See Periwinkle	-
128.	Chalk plant	<i>Gypsophila</i> L.	All species, all parts
129.	Soapbark tree	<i>Quillaja saponaria</i> Molina	All parts
130.	Dogbane (all species)	<i>Apocynum</i> L.	All species, all parts
131.	Shamrock	<i>Oxalis acetosella</i> L.	-“-
*	Clematis	See Virgin’s bower	-
132.	Silver-leaf maple	<i>Acer saccharium</i>	Leaves
133.	Castor bean	<i>Ricinus communis</i> L.	All parts
134.	Roadside peppergrass	<i>Lepidium ruderae</i> L.	All parts
135.	Perfoliate peppergrass	<i>Lepidium perfoliatum</i> L.	All parts
136.	Siberian clematis	<i>Atragene sibirica</i> L.	All parts
*	Coca	See Coca bush	-
137.	Coca bush	<i>Erythroxylum coca</i> Lam.	All species, all parts
*	Indian cocculus	See Cocculus	-
138.	Cicely	<i>Aethusa Cynapium</i> L.	All parts
139.	Anise citronella	<i>Collinsonia anisata</i> Sims.	Aboveground part
140.	Dasheen	<i>Colocasia</i> L.	All species, all parts
141.	Hemp	<i>Cannabis</i> sp.	All species, all parts except for oil (provided that absence of cannabinoids is confirmed)

142.	Consolida regalis	Consolida regalis S.F. Gray	Fruit, seeds
143.	Coptis	Coptis L.	All species, all parts
144.	Hazelwort	Asarum L.	All species, all parts, essential oil, oil made of roots and rootstock
145.	Wineberry	Coriaria	All species, aboveground part
146.	Karaka	Corynocarpus Laevigata Forst.	Nucleus, fruit
147.	White-flowered cornulaca	Cornulaca leucantha Charif et Allen	Aboveground part
148.	Venivel	Cosciniun fenestratum Colebr.	All parts
*	Kotschy	See Crossopteryx	-
149.	Roman nettle	Urtica pilulifera L.	Aboveground part
150.	Great morel	Atropa belladonna L.	All parts
151.	Groundsel	Senecio L.	All species, aboveground part
*	Krovnik	See Hedge hyssop	-
152.	Crossopteryx kotschyana	Crossopteryx kotschyana Fenzl.	Bark
153.	Rattle-box	Crotalaria L.	All species, all parts
154.	Purgig croton	Croton tiglium L.	All parts
155.	Fir-Leaved Celery	Cyclosperrnum leptophyllum Sprague	Fruit
156.	Cascara buckthorn	Rhamnus purshiana	Underripe fruit, fresh bark
157.	Glossy buckthorn (Persian berry)	Frangula alnus Mill	Underripe fruit, fresh bark
158.	Common buckthorn	Rhamnus catharticus	Underripe fruit, fresh bark
159.	Xanthorhiza simplicissima	Xanthorhiza simplicissima Marsh. (Zanthorhiza)	All parts
160.	Spatterdock	Nuphar L.	All species, all parts
161.	Corn cockle	Agrostemma githago L.	All parts
*	Indian snailseed	See Cocculus	-
162.	Kupena	Polygonatum L.	All species, all parts
163.	Bracteal chervil	Anthriscus caucalis Bieb.	All parts
164.	Sassafras	Sassafras officinale albiun	All parts
165.	Pokeweed	Phytolacca L.	All species, all parts
166.	Lily-of-the-Valley	Convallaria L.	All species, all parts
167.	Milk vine	Vincetoxicum sp.	All species, all parts
168.	Venomous latua	Latua venenosa Phil.	All parts
169.	Lespedeza bicolor	Lespedeza bicolor Turcz	Leaves, bark, rootstock
170.	Caucasian lily	Lilium monadelphum Bieb.	All parts
171.	Lindera oldhamii	Lindera oldhamii Hemsl.	Stalks, leaves
*	Toryweed	See Common hound's-tongue	-

*	Sedum	See Stonecrop	-
172.	Lobelia	Lobelia L.	All species, all parts
173.	Virgin's bower	Clematis sp.	All species, all parts
174.	Blue lotus	Nymphaea Caerulea	Leaves, petals
175.	Lophophore	Lophophora L.	All species, all parts
176.	Oleaster	Elaeagnus	All species, aboveground part
177.	Dahurian moonseed	Menispermum dauricum L.	All parts
178.	Climbing sailor (Devil's-flax, Butterand-eggs)	Linaria vulgaris Mill.	All parts
179.	Buttercup	Ranunculus L.	All species, aboveground part
180.	Magnolia	Magnolia L.	All species, all parts
181.	Mahonia	Mahonia Nutt.	All species, all parts
182.	Poppy (Armenian poppy, Bracteal poppy, Long-head poppy, Iceland poppy, White poppy)	Papaver L. (P. Armenacum, P. Bracteatum, P. Dubium, P. Nudicaule, P. somniferum)	All parts, except seeds
183.	Plumepoppy	Macleaya	All species, aboveground part
184.	Coiled macrozamia	Macrozamia spiralis Miq.	All parts
185.	Mammillaria	Mammillaria	All species, aboveground part
186.	Medicinal mandrake	Mandragora officinarum L.	All parts
*	Neem tree	See Azadirachta indica	-
187.	Pigweed	Chenopodium L.	All species, all parts, essential oil made of all parts, seed oil
188.	Cowwheat	Melampyrum sp.	All species, all parts
*	Claviceps	See Ergot	-
*	Redweed	See Horned poppy	-
189.	Margosa (China tree)	Melia azedarach L.	All parts
190.	Russian Broom	Chamaecytisus ruthenicus, Ch. borysthenicus	All parts
191.	German tamarisk	Myricaria L.	All species, all parts
*	Leatherleaf	See Chamaedaphne calyculata	-
192.	Mitragyna	Mitragyna L.	All species, all parts
*	Coronilla	See Crown vetch	-
*	Peganum	See Harmala	-
193.	Savin juniper	Janiperus sabina L.	All parts
*	Prayer Beads	See Rosary pea	
194.	Spurge	Euphorbia sp.	All species, all parts
195.	Globe thistle	Echinops L.	All species, fruit
196.	Hellebore	Helleborus L.	All species, all parts

197.	Mostuea stimulans	Mostuea stimulans A. Cheval	Aboveground part
198.	Male fern	Dryopteris filix mas Schott.	Rootstock
199.	Nutmeg	Myristica fragrans Hjuft	Fruit (nut)
*	Gilliflower soap	See Bouncing Bet	-
*	Soaproot	See Bouncing Bet	-
200.	Bouncing Bet	Saponaria officinalis L.	All parts
201.	Lousewort	Pedicularis sp.	All species, all parts
*	False lupine*	See Thermopsis	-
202.	Nandina domestica	Nandina domestica Thunb.	Bark, root cortex
203.	Foxglove	Digitalis sp.	All species, all parts
204.	Beak-leaved nauclea	Nauclea rynchophylla Miq.	All parts
205.	Nectandra puchury-major	Nectandra puchury-major Nees et Mart.	Fruit
206.	Nemuaron humboldtii	Nemuaron humboldtii Bail.	Essential oil
*	Neem	See Azadirachta indica	-
207.	Scrofula plant	Scrophularia sp.	All species, all parts
208.	Silk vine	Periploca L.	All species, bark
209.	Creeping odostemon	Odostemon aquifolium Rydb.	Roots
210.	Comfrey	Symphytum L.	All species, roots
211.	Oleander	Nerium L.	All species, all parts
*	Ololiuki	See Turbina corymbosa	-
*	Ololyuki	See Turbina corymbosa	-
212.	Water dropwort	Oenanthe sp.	All species, all parts
213.	Mistletoe	Viscum L.	All species, all parts
214.	Japanese oryx	Orixa japonica Thunb.	All parts
215.	Sedge	Carex L.	All species, all parts
216.	Locoweed	Oxytropis L.	All species, all parts
217.	Tulasi	Ocimum sanctum L.	All parts, except leaves
218.	Stonecrop	Sedum L.	All species, all parts
219.	Scarlet pimpernel	Anagallis arvensis L.	All parts
*	Betel nut palm	See Pinang	-
220.	Bean caper	Zygophyllum L.	All species, all parts
221.	Bane	Solatium sp.	All species, all parts
*	Peyotl	See Peyote cactus	-
222.	Pelargonium (Crane's bill)	Pelargonium Willd.	All species, all parts of the plant
*	Brides veil	See Mist	-
*	Bog-star	See Marsh grass of Parnassus	-
223.	Bryony	Bryonia L.	All species, roots
224.	Piper betel	Piper betle L.	All parts
*	Intoxicating pepper	See Kava pepper	-
225.	Kava pepper	Piper methysticum (kava-	All parts

		kava)	
226.	Canescent beachgrass	Prammogeton canescens Vatke	Fruit
227.	Petalostylis labicheoides	Petalostylis labicheoides R. Br.	Aboveground part
228.	Monandrous petrosimonia	Petrosimonia monandra Bunge	Aboveground part
229.	Peumus boldus	Peumus boldus Molina	Essential oil of the leaves
230.	Liverleaf	Anemone sp.	All species, all parts
231.	Hemp nettle	Galeopsis sp.	All species, all parts
232.	Ternate pinellia	Pinellia ternata Britenbach	Stalks
233.	Chinese Peony	Paeonia anomalae L.	All parts
234.	Piptadenia	Piptadenia	All species, all parts
235.	Cohoba	Piptadenia peregrina Benth.	Bark
236.	Vermeil red piscidia	Piscidia erythrina L.	All parts
*	Pituri	See Duboisia	-
*	Fir club moss	See Foxfeet	-
237.	Darnel ryegrass	Lolium temulentum L.	Fruit
238.	Dodder	Cuscuta L.	All species, all parts
239.	Rattlepot	Rhinanthus L.	All species, all parts
240.	May apple	Podophyllum L.	All species, rootstock with roots
241.	Caucasian snowdrop	Galanthus woronowii Lozinsk.	All parts
242.	Sage	Artemisia L.	All species, all parts
243.	Mercury	Mercurialis L.	All species, all parts
244.	Pasque flower	Pulsatilla sp.	All species, all parts
245.	Psilocaulon absimile	Psilocaulon absimile N.E.Br.	Aboveground part
*	Bird lime	See Mistletoe	-
246.	Physochlaina	Physochlaina L.	All species, all parts
247.	Corn smut	Ustilago maydis DC.	All parts
248.	Floating bladderwort	Utricularia physalis	Aboveground part
*	Bush pea	See Thermopsis	-
*	Hag-weed	See Russian Broom	-
249.	Black sage	Ramona stachyoides Briq.	All parts
250.	Heterophyllous snakewood	Rauvolfia heterophylla Roem. et Schult.	All parts
*	Poison nut	See Glume grass	-
251.	Spotted Asian poppy	Roemeria refracta DC.	All parts
*	Clotbur	See Burdock	-
252.	Curveseed butterwort	Ceratocephala L.	All species, all parts
253.	Rosebay	Rhododendron sp.	All species, all parts
254.	Hawaiian baby woodrose	Argyrea nervosa; Hawaiian Baby Woodrose	All parts

*	Wild rosemary	See Labrador tea	-
255.	Cutleaf goosefoot	Roubieva multifida Moq.	Essential oil of aboveground parts
256.	Rue	Ruta L.	All species, all parts
257.	Fishberry	See Cocculus	-
258.	Fritillaria ussuriensis	Fritillaria ussuriensis Maxim.	All parts
259.	False sago palm	Cycas circinalis L.	Seeds
260.	Fern palm	Cycas revoluta Thunb.	Seeds
261.	Saxaul	Haloxylon L.	All species, leaves, stalks
262.	Common box tree	Buxus sempervirens L.	Stalk, leaves
263.	Canadian sanguinaria	Sanguinaria canadensis L.	Roots
264.	Sarcolobus	Sarcolobus R. Br.	All species, all parts
265.	Sarcocephalus	Sarcocephalus Afzel.	All species, all parts
266.	Knotted sarzasan	Haloxylon articulatum Bunge	Leaves, stalks
267.	Whitish sassafras	Sassafras albidum (Nutt.) Nees.	All parts, essential oils made of roots and wood
268.	Physocarpous sea blight	Suaeda physophora L.	All parts
269.	Common plumbago	Plumbago europaea L.	All parts
270.	Rosemary seidlitzia	Seidlitzia rosmarinus Bunge	Leaves, stalks
271.	Securinega	Securinega L.	All species, shoots
272.	Eastern Siegesbeckia	Siegesbeckia orientalis L.	All parts
*	Sida	See Fanpetals (Cida L.)	-
273.	Californian simmondsia	Simmondsia californica Nutt.	Seeds
274.	Common viper's bugloss	Echium vulgare L.	All parts
275.	Twisted sceletium	Sceletium tortuosum	All parts
276.	Scopolia	Scopolia L.	All species, all parts
277.	Argute smodingium	Smodingium argutum E. Mey	All parts
*	Dog's herb	See Harmala	-
*	Hedge parsley	See Cicely	-
278.	Fruticous glasswort	Salicornia fruticosa L.	Leaves, stalks
*	Solomon's seal	See Kupena	-
279.	Saltwort	Salsola australis R. Br. (=S. ruthenica Iljin)	All parts of the plant
280.	Sorgho	Sorghum L.	All species, all parts
*	Thick-fruited pagoda tree	See Thick-fruited vexibia	-
281.	Ergot	Claviceps sp.	All species, all parts
282.	Dwarf stelleria	Stellera chamaejasme L.	All parts
283.	Stephania	Stephania L.	All species, tuber with roots
284.	Strictocardia tiliaefolia	Strictocardia tiliaefolia Hall.	Seeds

285.	Strophanthus	Strophanthus DC	All species, all parts
286.	Sphaerophysa salsula	Sphaerophysa salsula (Pall.) DC.	All parts
287.	Schoenocaulon officinal	Schoenocaulon officinal A.Gray	Seeds
288.	Tobacco	Nicotiana L.	All species, all parts
289.	Tabernanthe iboga	Tabernanthe iboga Baill	All parts
290.	Black bryony	Tamus communis L.	All parts
291.	Tauschia	Tauschia Schldl.	All species, all parts
292.	Thermopsis	Thermopsis L.	All species, all parts
293.	Cardiophyllous tinospora	Tinospora cordifolia Miers	All parts
294.	Yew	Taxus L.	All species, all parts
295.	Asian toddalia	Toddalia asiatica Lam.	All parts
296.	Poison ivy	Toxicodendron L. (= Rhus toxicodendron var. hispida Engl.)	All species, all parts
297.	Trichocereus	Trichocereus	All species, aboveground part
298.	Common reed	Phragmites Australia Trin. ex Steud.	Rootstock
299.	Turbina corymbosa	Turbina corymbosa	Seeds
300.	Turbina corymbosa	Turbina corymbosa Raf.	Seeds
301.	Cow soapwort	Viccaria sp.	All species, all parts
302.	Ungernia victoris	Ungernia victoris Vved. ex Artjushenko	All parts
303.	Ungernia sewertzowii	Ungernia. Sewertzowii (Regel) B.Fedtsch.	All parts
304.	Unona odoratissima	Unona odoratissima Blanco	Flowers
305.	Ferula gummosa	Ferula gummosa Boiss	Seeds
306.	Dyer's fibraurea	Fibraurea tinctoria Lour.	All parts
307.	Alaic physochlaina	Physochlaina alica Korotk.	Roots
308.	Eastern physochlaina	Physochlaina orientalis G. Don f.	Roots
*	American nightshade	See Pokeweed	-
309.	Chamaedaphne calyculata	Chamaedaphne calyculata Moench	Aboveground part
*	Milkweed	See Gomphocarpus	-
*	Mongolian Ephedra	See Ephedra	-
310.	Willow-leaved heimia	Heimia salicifolia	Aboveground part
*	Khekviriti	See Rosary pea	-
311.	Bark tree	Cinchona succirubra Pavon.	Bark
312.	Corydalis	Corydalis sp.	All species, all parts



*	Jojoba	See Californian simmondsia	-
313.	Drumstick Tree	Moringa oleifera Lam.	All parts
314.	Hunnemannia fumariaefolia	Hunnemannia fumariaefolia Sweet	All parts
315.	Haplophyllum	Haplophyllum	All species, all parts
316.	Honeyballs	Cephalanthus occidentalis L.	Aboveground part
317.	Cyclamen	Cyclamen L.	All species, all parts
*	Cicuta	See Water hemlock	-
318.	Citronella Grass	Cymbopogon winterianus Jowitt.	Essential oils made of all parts
319.	Zieria smithii	Zieria smithii Andr.	Aboveground part, essential oils made of all parts
*	Chaulmoogra	See Hydnocarpus	-
*	Hectic grass	See Crown vetch	-
320.	Hellebore	Veratrum sp.	All species, all parts
321.	Common hound's-tongue	Cynoglossum officinalis L.	All parts
322.	Glume grass	Strychnos L.	All species, seeds
323.	Vetchling (all species)	Lathyrus sp.	All species, all parts
324.	Clown's woundwort	Stachys palustris L.	All parts
325.	Rough hedge woundwort	Stachys aspera Michx.	Aboveground part
326.	Celandine	Chelidonium L.	All species, aboveground part
*	Pilewort	See Figroot buttercup	-
327.	Figroot buttercup	Ficaria calthifolia Reichenb., F. verna Huds.	All parts
328.	Diviner's sage	Salvia divinorum	Leaves
*	Chaulmoogra	See Hydnocarpus	-
*	Hectic grass	See Crown vetch	-
320.	Hellebore	Veratrum sp.	All species, all parts
321.	Common hound's-tongue	Cynoglossum officinalis L.	All parts
322.	Glume grass	Strychnos L.	All species, seeds
323.	Vetchling (all species)	Lathyrus sp.	All species, all parts
324.	Clown's woundwort	Stachys palustris L.	All parts
325.	Rough hedge woundwort	Stachys aspera Michx.	Aboveground part
326.	Celandine	Chelidonium L.	All species, aboveground part
*	Pilewort	See Figroot buttercup	-
327.	Figroot buttercup	Ficaria calthifolia Reichenb., F. verna Huds.	All parts
328.	Diviner's sage	Salvia divinorum	Leaves
329.	Schanginia baccata	Schanginia baccata Moq.	Leaves, shoots
330.	Evodia meliefolia	Evodia meliefolia Benth.	All parts
331.	Common evodia	Evodia simplex Cordem.	All parts
332.	Encephalartos barkeri	Encephalartos barkeri	All parts

		Carruth. et Miq.	
333.	Erythrophleum	Eriophyllum	All species, bark
334.	Ephedra	Ephedra sp.	All species, all parts
335.	Echinopsis	Echinopsis L.	All species, aboveground part
336.	Burnut	Tribulus L.	All species, all parts
337.	Jalap	Ipomoea purga (Wend.) Hayne	All parts
338.	White dittany	Dictamnus albus L.	Leaves, fruit
339.	Bitter Columba Root	Jateorhiza palmata (Lam.) Miers. (= Jatrohiza columba (Roxb.) Miers.)	All parts
340.	Dwarf Sweet Flag	Acorus gramineus Soland. (= A. pusillus Sieb.)	Rootstock, essential oil, leaves
341.	Bienertia cycloptera	Bienertia cycloptera Bunge	Aboveground part
342.	Bassia cycloptera	Bassia cycloptera Bunge	Aboveground part
343.	Black caraway	Bunium persicum B. Fedtsch	All parts of the plant
344.	Bunium cylindricum	Bunium cylindricum Drude	Aboveground part and essential oil from it
345.	Chin Cactus	Gymnocalycium	Aboveground part
346.	Phalaris tuberosa	Phalaris tuberosa L.	Aboveground part
347.	Anabasis articulata	Anabasis articulata	Aboveground part
348.	Echinophora sibthorpiana	Echinophora sibthorpiana Huss	Aboveground part
349.	Bitter Apple	Citrullus colocynthis Schrad.	Fruit (powder, extract)
350.	Nipple Beehive Cactus	Coryphantha micromeris Lem.	Whole plant
351.	Bluegreen Saltbush	Atriplex nummularia Lindl.	Aboveground part
352.	Korean Mint	Agastache rugosa O.Kuntze	Essential oil
353.	Miniature Beefsteakplant	Mosla dianthera L.	Essential oil
354.	Carrot Burr Parsley	Orlaya daucoides	Fruit (essential oil)
355.	Orthodon asaroniferum	Orthodon asaroniferum	Aboveground part

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 “\*” - synonyms of Russian names of medicinal plants

1.2. Plants and products of their processing, which shall not be included in the single-component biologically active food additives

No.	Russian Plant Name	Latin Plant Name	Parts of Plants
1.	Japanese angelica tree, Manchu aralia, devil's tree, thorn tree	<i>Arali elata</i> (Miq.) Seem. = <i>Arali mandshurica</i> Rupr. et Maxim.	All parts
2.	African plum	<i>Pygeum africanum</i>	Bark
3.	All-heal	<i>Valeriana</i> L.	All species, root and rootstock
4.	Maidenhair tree	<i>Ginkgo biloba</i> L.	Aboveground part
5.	<i>Gymnema sylvestre</i>	<i>Gymnema sylvestre</i>	All parts
6.	Wild yam, colicroot	<i>Dioscorea villosa</i>	Rootstock
7.	Redberry	Ginseng	All species, all parts
8.	Devil's-club, Planch,	<i>Oplopanax elatus</i> Nakai = <i>Echinopanax elatus</i> Nakai	All parts
9.	Tutsan	<i>Hypericum</i> L.	All species, all parts
10.	Butcher's broom	<i>Ruscus aculeatus</i> (Butcher 's Broom)	All parts
11.	Yohimbe ( <i>Pausinystalia yohimbe</i> )	<i>Pausinystalia yohimbe</i> (K. Schum.) Pierre ex Beile	All parts
12.	Chinese magnolia vine	<i>Schisandra chinensis</i> (Turcz.) Baill.	All parts
13.	Muirapuama	<i>Muirea puama</i> ( <i>Liriosma jvata</i> )	All parts
14.	Ant tree, Pau d'Arko, trumpet tree	<i>Tabebuia heptaphylla</i>	Bark
15.	Snowdon rose, Roseroot	<i>Rhodiola rosea</i> L.	All parts
16.	Excitatory turnera, Damiana	<i>Turnera Diffusa</i>	All parts
17.	Spiny eleuterococcus, spiny eleuterococcus, devil's bush	<i>Eleutherococcus senticosus</i> (Rupr. et Maxim.) Maxim = <i>Aconthopanax senticosus</i> (Rupr. et Maxim.) Harms	All parts
18.	Adam's-needle yucca	<i>Yucca filamentosa</i>	Leaves

1.3. The organs and tissues of animals and products of their processing, which are specific risk materials for prion diseases (transmissible spongiform encephalopathy):

From cattle:

- skull, with the exception of mandible, including brain and eyes, and spinal cord of animals aged over 12 months;

- vertebral column, excluding tail, spinous and transverse processes of the occipital, thoracic and lumbar vertebrae, median sacral crest and sacral alae, but including the dorsal root ganglia of animals aged over 30 months;

- tonsils, intestines from the duodenum to the rectum and the mesentery of animals of all ages,

From sheep (rams) and goats:

- skull, including brain and eyes, tonsils and spinal cord of animals aged over 12 months or with permanent incisors that erupted through the gums;
- spleen and intestines of animals of all ages.

Products consisting of or containing in their structure materials of ruminant animals:

- mechanically separated meat;
- gelatin (except produced from the skins and bones of ruminants);
- rendered fat from ruminant animals and products of its processing.

Species of animal origin: the seven-spot ladybird (*Coccinella septempunctata* L.), whole body, scorpion (*Scorpiones* L.), whole body; Spanish fly (*Lytta* sp.), all species, whole body.

For the manufacture of food products as well as biologically active food additives manufactured with the use of raw materials of animal origin, the epizootic situation on transmissible spongiform encephalopathy (including bovine spongiform encephalopathy) in the country of the manufacturer of these components must be taken into consideration.

1.4. Biologically active synthetic substances that are not essential nutrients - analogs of biologically active components of medicinal plants.

1.5. Hormones of animal origin and hormone-active animal tissues (adrenals, pituitary, pancreas, thyroid and parathyroid glands, thymus, gonads, placenta), as well as wool, feathers, hair, hoof trimmings.

1.6. Human tissues and organs.

1.7. Representatives of bacterial genera and species in which stains are common that cause human diseases or are capable to be vectors antibiotic resistance genes, including:

- spore-forming aerobic and anaerobic microbes - representatives of the genera *Bacillus* (including *B. polymyxa*, *B. cereus*, *B. megatherium*, *B. thuringiensis*, *B. coagulans* (formerly known as – *Lactobacillus coagulans*), *B. subtilis*, *B. licheniformis* and other species) and *Clostridium*;
- microorganisms of genera *Escherichia*, *Enterococcus*, *Corynebacterium* spp.;
- microorganisms with hemolytic activity;
- sporeless microorganisms isolated from the organism of animals and birds, and not characteristic of the normal microflora of the human body, including representatives of the genus *Lactobacillus*.

1.8. Viable yeast and yeast-like fungi, including of the genus *Candida*; actinomycetes, streptomycetes, all the genera and species of microscopic mold fungi; higher fungi, related to toxic and inedible, in accordance with the national legislation.

1.9. Synthetic pharmaceutical substances that have no analogues in nature and are not nutrients (nutrient materials).

Annex 5  
to the Technical Regulation  
of the Customs Union  
“On Safety of Certain Types  
of Specialized Food Products”

Daily intake of food and biologically active substances for adults as part of specialized food products,  
including biologically active food additives

Food and biologically active components of food	Traditional food products and food raw materials of animal and vegetable origin	Alternative sources of food and biologically active substances identical to traditional sources	Adequate consumption level (Unit: µg, mg, g, CFU / day)	Upper acceptable consumption level (Unit: µg, mg, g, CFU / day)
<b>Amino acids</b>				
Amino acids	Proteins of animal and vegetable origin	Non-traditional raw materials of animal, vegetable, biotechnological origin, obtained via chemical synthesis		
<b>Irreplaceable</b>	-"	-"		
Valine	-"	-"	2.5 g	3.9 g
Isoleucine	-"	-"	2.0 g	3.1 g
Leucine	-"	-"	4.6 g	7.3 g
Lysine	-"	-"	4.1 g	6.4 g
Methionine + cystine	-"	-"	1.8 g	2.8 g
Threonine	-"	-"	2.4 g	3.7 g
Tryptophan	-"	-"	0.8 g	1.2 g
Phenylalanine + Tyrosine	-"	-"	4.4 g	6.9 g
<b>Replaceable</b>				
Alanine	-"	-"	6.6 g	10.6 g
Arginine	-"	-"	6.1 g	9.8 g
Aspartic acid	-"	-"	12.2 g	19.5 g
Histidine	-"	-"	2.1 g	3.4 g
Glycine	-"	-"	3.5 g	5.6 g
Glutamic acid	-"	-"	13.6 g	21.8 g
Glutamine	-"	-"	0.5 g	1.0 g (in SFP for sports nutrition – 5 g)

Serine	-"	-"	8.3 g	13.3 g
Taurine	-"	-"	400 mg	1.2 g
Ornithine	-"	-"	200 mg	800 mg
Proline	-"	-"	4.5 g	7.2 g
Fatty Acids				
Saturated medium chain (C8-C14) fatty acids	Cow milk fats, palm oil and other natural sources	-	15 g (in SFP for sports nutrition)	25 g
Monounsaturated fatty acids (myristoleic acid, palmitic acid, oleic acid, erucic acid)	Fats of fish and marine mammals Vegetable oils (olive, safflower, sesame, rapeseed, pumpkin-seed)	Badger fat, marmot oil	15 g	-
Polyunsaturated fatty acids, including	Vegetable oils, fish fats and from other natural sources	Pumpkin oil (Cucurbita), shark liver oil	12 g	20 g
Omega-3 family	Vegetable oils (flaxseed, soy, mustard, sesame, from the seeds of cruciferous vegetables and others), muscle fats of fish, fats of marine mammals (liver of shark, cod, and others) and other natural sources	-	2.0 g	5.0 g
Eicosapentaenoic acid (EPA)	-"	-	600 mg	-
Docosahexaenoic acid (DHA)	-"	-	700 mg	-
Alpha linoleic	-"	-	700 mg	-
Omega-6 family	Vegetable oils, including nuts oils and from other natural sources	Oil of currant (Ribes L.), primrose (Oenotherabiennis), borage (Borago officinalis), biotechnological origin	10 g	-
Linoleic	-"	-"	1 g	-
Gamma-linolenic	-"	-"	600 mg	-

Conjugated linoleic acid	Fats of animal origin	Isolated from safflower and sunflower oil	800 mg	1200 mg
Alkoxyglycerides (alkylglycerols)	Fish liver (burbot, catfish, etc.), shark liver, breast milk, beef and pork liver and other natural sources	-	1 g	2 g
Phytosterols				
Beta-sitosterol	Soybeans, carrots, figs, coriander and other food sources	Angelica officinalis, root, fruit (Angelica archangelica); ferula feruliform, root (Ferula ferulaeoides), shepherd's purse, plant (aboveground part) (Capsella bursa-pastoris); licorice naked, root, rootstock (Glycyrrhiza glabra)	100 mg	450 mg
Beta-sitosterol-D-glycoside	Carrot, orange	Schisandra chinensis, wood (Schisandra chinensis)	100 mg	600 mg
Stigmasterol	Soybeans, beans, tomato, rose hips	Milk thistle, seeds (Silybum marianum); cassia torosa, seeds (Cassia torosacav.)	100 mg	600 mg
Squalene	Vegetable oils (olive, rice, etc.)	Amaranth cruentus (Amaranthus cruentus) oil, shark and whale liver oil	0.4 g	1.5 g
Phospholipids (phosphatidylcholine (lecithin), phosphatidylethanolamine, phosphatidylinositol, phosphatidylserine, etc.)	Vegetable oils, bird eggs	-	7 g	15 g
Mono- and disaccharides				
Mono- and disaccharides	Fruits, vegetables, milk and products derived from them	Products of enzymatic hydrolysis of polysaccharides, obtained through chemical synthesis and biotechnology products	21 g (added mono- and di-sugars – 10% of the energy value of the daily intake)	65 g
Monosaccharides				

Glucose	Fruits, vegetables, honey and products derived from them	The product of hydrolysis of polysaccharides and obtained biotechnologically	-	25 g
Fructose	Fruits, vegetables, honey and products derived from them	The product of hydrolysis of polysaccharides (inulin) and obtained biotechnologically	35 g	45 g
Galactose	Milk, dairy products	Lactose hydrolysis product	0.7 g	2 g
D-Ribose	Part of the RNA of plant and animal cells (liver, salmon milt, sprouted grains)	Biotechnology product	0.2 g	1 g (in SFP for sports nutrition – 4 g)
Disaccharides <1>				
Sucrose	Sugar, fruits, vegetables and products derived from them	Hydrolysis product of polysaccharides (starch)	21 g (added sugar 10% of the energy value of the daily intake)	65 g
Maltose	Malt extract, sprouted grains	Hydrolysis product of polysaccharides (starch)	-	65 g
Lactose	Milk, dairy products		15 g	30 g
Monosaccharide derivatives				
Glucosamine	Animal offal	Hydrolysis product of cartilage tissue of birds, animals, marine organisms, chitin	0.7 g	1.5 g
Galactosamine	Animal offal, seaweed	Hydrolysis product of cartilage tissue of birds, animals, marine organisms	0.7 g	1.5 g
Hyaluronic acid	Animal offal	Hydrolysis product of cartilage tissue of birds, animals, marine organisms	50 mg	150 mg
Glucuronic acid	Animal offal, seaweed, grapes, higher fungi, tea fungus, apples, tomatoes	Wilde chamomile (Matricaria chamomilla), American larch (Larix laricina), hydrolysis product of cartilage tissue of birds, animals, marine	0.5 g	0.75 g



		organisms		
Fructooligosaccharides	Inulin-containing raw materials (girasol, chicory)	Product of hydrolysis and biotechnological processing of insulin-containing raw materials (polysaccharides of vegetable origin)	5.0 g	10.0 g
Glycosaminoglycans	Animal offal	Hydrolysis product of cartilage tissue of birds, animals, polysaccharides of marine organisms	300 mg	600 mg
Chondroitin sulfate	Animal offal	Hydrolysis product of cartilage tissue of birds, animals, polysaccharides of marine organisms	0.6 g	1.2 g
Polysaccharides, including				
Galacto- and glucomannans	Part of plant mucus, unfiltered wines, beer, sponge dough	Medicinal asparagus, seeds (Asparagus officinalis), white willow, wood, bark (Salix alba), brewer's yeast	2.5 g	8 g
Polyfructosans (inulin, etc.)	Girasol, chicory	Burdock large, roots (Arctium lappa), stemless thistle, roots (Carlina acaulis), milk thistle, roots (Silybum marianum), medicinal dandelion, root (Taraxacum officinale Web.)	2.5 g	20 g
Arabinogalactan	Part of plant mucus	Larch wood extract	10 g	20 g
Chitosan	Animal offal	Crustacean shell, insect chitin	3 g	7 g
Beta-glucans	Higher fungi, seeds of cereals	Baker's yeast	200 mg	1000 mg
Alimentary fiber				
Alimentary fiber			20 g	40 g
incl. soluble:				
Pectin, gums, carrageenans, agar-agar, gum arabic, alginates, arabinogalactan, etc.	Apples, grapefruit, blueberries, viburnum, barberry, seaweed, stone	Large-flowered bell, root (Platycodon grandiflorus), common colocynth, fruits (Citrullus colocynthis), flax, seed	2 g	6 g

	fruit trees, cereals, grains, beets, etc.	(Linum usitatissimum L.), carboxymethyl cellulose		
incl. insoluble:				
Cellulose, hemicellulose, lignin, etc.	Cabbage, apricots, citrus fruits, leafy greens, apples, carrots, etc.	Licorice naked, root, rootstock (Glycyrrhiza glabra), maral, root, rootstock (Rhaponticum carthamoides)	20 g	40 g
Micronutrients				
Vitamins				
Vitamin C	Rosehip, sweet pepper, black currant, sea buckthorn, strawberry, citrus fruits, kiwi, cabbage, green peas, green onions, potatoes	Obtained by chemical synthesis, acerola, fruits (Malpighia glabra L.)	90 mg	900 mg
Vitamin B1	Low-fat pork, liver, kidneys, cereals (millet, oat, buckwheat), bread (rye, whole grain), legumes, green peas	Obtained by chemical synthesis, brewer's yeast	1.5 mg	5.0 mg
Vitamin B2	Liver, kidneys, cottage cheese, cheese, rose hips, whole milk, legumes, green peas, meat, cereals (buckwheat, oat), bread (from whole meal flour)	Obtained by means of chemical, biotechnological synthesis, baker's yeast	1.8 mg	6.0 mg
Vitamin B6	Liver, kidneys, poultry, meat, fish, legumes, cereals (buckwheat, millet, barley), peppers, potatoes, bread (from whole meal)	Obtained by chemical synthesis, brewer's yeast	2.0 mg	6.0 mg

	flour), pomegranate			
Vitamin PP	Liver, cheese, meat, sausage, cereals (buckwheat, millet, oat), legumes, bread (coarse wheat)	Produced by chemical synthesis, baker's yeast	20 mg	60 mg
Folic acid	Liver, cod liver, legumes, bread (rye, whole grain), greens (parsley, spinach, lettuce, onion, etc.)	Obtained by chemical synthesis, brewer's yeast	400 µg	600 µg
Vitamin B12	Liver, kidneys, meat, fish	Obtained by chemical and biotechnological synthesis, brewer's yeast	3 µg	9 µg
Pantothenic acid	Liver, kidneys, legumes, meat, poultry, fish, egg yolk, tomatoes	Obtained by chemical synthesis, brewer's yeast	5 mg	15 mg
Biotin	Liver, kidneys, legumes (soybeans, peas), eggs, peas	Obtained by chemical synthesis, brewer's yeast	50 µg	150 µg
Vitamin A	Cod liver, liver, butter, dairy products, fish	Fish oil, obtained by chemical and biotechnological synthesis (purple bacteria Halobacterium halobium)	0.9 mg RE (3,000 IU)	3 mg RE (10,000 IU)
Vitamin E	Vegetable oils, cereals, bread, nuts	Chemically synthesized seeds oil	15 mg TE	150 mg TE
Vitamin D	Cod liver, fish, fish oil, liver, egg, butter	Chemically synthesized mushrooms	10 µg (400 IU)	25 µg (1,000 IU)
Vitamin K	Spinach, cabbage, zucchini, vegetable oils	obtained by chemical and biotechnological synthesis	120 µg	360 µg
Vitamin-like substances				
Carotenoids, including			15 mg	30 mg
Beta-carotene	Carrots, parsley, dill, onions,	Chemically synthesized, Duna liella salina alga	5 mg	10 mg

	apricots, pumpkin, sea buckthorn, tomatoes, mountain ash, rose hips	( <i>Dunaliella salina</i> ), biomass of the fungus <i>Blakeslea trispora</i>		
Lycopene	Pumpkin, tomatoes, red bell peppers, watermelon, papaya, red and orange fruits and vegetables	Obtained by chemical synthesis, biomass of the fungus <i>Blakeslea trispora</i>	5 mg	10 mg
Lutein	Cabbage, zucchini, spinach, watercress, parsley, green peas, green bell peppers, rose hips	Chemically synthesized, marigolds erect, aboveground part ( <i>Tagetes erecta</i> )	5 mg	10 mg
Zeaxanthin	Corn, spinach, tangerine	Obtained by chemical synthesis	1 mg	3 mg
Astaxanthin	Salmon fish, crabs, shrimps	Algae <i>hematococcus</i>	2 mg	6 mg
Inositol (B8)	Liver, offal, soybeans, cabbage, melon, grapefruit, raisins	Obtained by biotechnological or chemical synthesis, brewer's yeast	500 mg	1500 mg
L-carnitine	Meat, fish, poultry, milk, cheese, cottage cheese	Obtained by biotechnological or chemical synthesis; from food raw materials	300 mg	900 mg
Acetyl-L-carnitine	Meat, fish, poultry, milk, cheese, cottage cheese	Obtained by biotechnological or chemical synthesis; from food raw materials	300 mg	900 mg
Coenzyme Q 10 (ybiquinone)	Meat, milk, soybean oil, soybeans, eggs, fish, spinach, peanuts	Obtained by biotechnological or chemical synthesis, from food raw materials	30 mg	100 mg
Lipoic acid	Liver, kidneys	Obtained by biotechnological or chemical synthesis	30 mg	100 mg
Methylmethionine sulfonium (U)	Cabbage, asparagus, carrots, tomatoes	Derived from biotechnological or chemical synthesis	200 mg	500 mg

Orotic acid (B 13)	Milk, liver	Obtained by biotechnological or chemical synthesis, yeast	300 mg	900 mg
Choline	Egg yolks, liver, milk, etc.	Derived from biotechnological or chemical synthesis	0.5 g	1.0 g
Para-aminobenzoic acid	Liver, kidney, bran, molasses	Obtained by biotechnological or chemical synthesis, brewer's yeast	100 mg	300 mg
Minerals				
Macroelements				
Calcium	Cheese, cottage cheese, milk, fermented milk products, eggs, legumes (beans, soybeans), nuts	Salts of inorganic and organic acids, eggshells, marine invertebrate shell powder, pearls, deer antler powder	1000 mg	2500 mg
Phosphorus	Cheese, legumes, cereals, fish, bread, eggs, poultry, meat, mushrooms, nuts	Salts of inorganic and organic acids, phytin	800 mg	1600 mg
	Cereals, fish, soybeans, meat, eggs, bread, legumes, nuts, dried apricots, broccoli, bananas	Inorganic and organic acid salts, wheat bran	400 mg	800 mg
Potassium	Legumes, potatoes, meat, sea fish, mushrooms, bread, apples, apricots, currants, dried apricots, raisins	Inorganic and organic acid salts	2500 mg	3500 mg
Sodium (only in SFP for sports nutrition)			1300 mg	-
Microelements				
Iron	Meat, liver, kidneys, eggs, potatoes, porcini mushrooms, peaches, apricots	Salts of inorganic and organic acids, raw materials obtained by biotechnological synthesis (yeast, spirulina, chelated amino	18 mg for women 10 mg for men	40 mg for women 20 mg for men

		acid complexes, etc.)		
Zinc	Meat, fish, oysters, offal, eggs, legumes, pumpkin seeds, wheat bran (Triticum L.)	Salts of inorganic and organic acids, raw materials obtained by biotechnological synthesis (yeast, spirulina, chelated amino acid complexes, etc.)	12 mg	25 mg
Iodine	Sea fish, kelp (seaweed), dairy products, buckwheat, potatoes, chokeberry, milky-wax ripe walnuts, feijoa	Salts of inorganic and organic acids, raw materials of biotechnological origin (yeast, spirulina, chelated amino acid complexes, etc.), seaweed Ascophyllum nodosum, fucus, walnut septum	150 µg	300 <2> µg
Selenium	Grains, seafood, liver, kidneys, heart, garlic	Salts of inorganic and organic acids, raw materials of biotechnological origin (yeast, spirulina, chelated amino acid complexes, etc.), astragalus (Astragalus membranaceus)	75 µg – for men 55 µg – form women	150 µg
Copper	Meat, seafood, nuts, grains, cocoa, bran	Salts of inorganic and organic acids, raw materials of biotechnological origin (yeast, spirulina, chelated amino acid complexes, etc.), copper chlorophyll complexes	1 mg	3 mg
Molybdenum (VI)	Liver, kidney, beans, peas, green leafy vegetables, melon, apricot, whole cow's milk	Salts of inorganic and organic acids, raw materials of biotechnological origin (yeast, spirulina, chelated amino acid complexes, etc.)	70 µg	600 µg
Chromium (III)	Liver, cheese, beans, peas, whole grains, black pepper	Salts of inorganic and organic acids, raw materials of biotechnological origin (yeast, spirulina, chelated	50 µg	250 µg

		amino acid complexes, etc.)		
Manganese	Liver, cereals, beans, peas, buckwheat, peanuts, tea, coffee, green leaves of vegetables	Salts of inorganic and organic acids, raw materials of biotechnological origin (yeast, spirulina, chelated amino acid complexes, etc.)	2.0 mg	5.0 mg
Silicon	Whole grains, beets, carrots, turnips, legumes, radishes, corn, banana, cabbage, apricot	Salts of inorganic and organic acids, raw materials obtained by biotechnological synthesis (yeast, spirulina, chelated amino acid complexes, etc.), field horsetail, stem ( <i>Equisetum arvense</i> )	30.0 mg	50.0 mg
Cobalt	Liver, kidneys, fish, eggs	Salts of inorganic and organic acids, raw materials of biotechnological origin (yeast, spirulina, chelated amino acid complexes, etc.)	10 µg	30 µg
Fluorine	Sea fish, tea	Salts of inorganic and organic acids, raw materials of biotechnological origin (yeast, spirulina	4.0 mg	6.0 mg
Vanadium	Vegetable oils, mushrooms, soybeans, grains, sea fish, seafood	Salts of inorganic and organic acids, raw materials of biotechnological origin (yeast, spirulina, chelated amino acid complexes, etc.), seaweed	15 µg	60 µg
Boron	Fruits, vegetables, nuts, cereals, legumes, milk, wine	Salts of inorganic and organic acids, raw materials of biotechnological origin (yeast, spirulina, chelated amino acid complexes, etc.), needles	2.0 mg	6.0 mg
Silver	Cucumbers, pumpkin,	Salts of inorganic and organic acids, raw	30 µg	70 µg

	watermelon	materials of biotechnological origin (yeast, spirulina, chelated amino acid complexes, etc.)		
Biologically active substances of natural origin Minor food components				
Phenolic compounds				
Simple phenols				
Arbutin	Cranberry, pear, cowberry	Bearberry, shoots, leaves (Arctostaphylos uvaursi), Umbelliferous winter-lover, plant (aboveground part) (Chimaphila umbellata), plantain large, leaf and seeds (Plantago major), thick-leaved bergenia, leaves (Bergenia crassifolia), blueberries, leaf (Vaccinium myrtillus L.), cowberry, leaf (Vaccinium vitisidaea)	8 mg	25 mg
Hydroquinone	Blueberry, anise, savory, pear, cowberry	Meskhietian sainfoin, root (Onobrychis meschetica), bearberry, leaves (Arctostaphylos uvaursi), thick-leaved bergenia, leaves (Bergenia crassifolia)	5 mg	15 mg
Resveratrol	Red grapes, red mulberry, bilberry, blackberry, peanuts, cocoa, red wine	-	30 mg	150 mg
Synephrine	Bitter orange (Citrus aurantium)	-	5 mg	30 mg
Thyrozol, hydroxytyrosol	Olea Europaea Fruit, olive oil	Snowdon rose (Rhodiola rosea), Rhodiola quadrifida	10 mg	30 mg
Phenolic acids including:				
Hydroxycinnamic acids (chicory, caftaric)	Paraguay tea leaves, coffee tree seeds	Echinacea, flowers, root (Echinacea purpurea)	10 mg	20 mg



Hydroxycinnamic acids (chlorogenic, neochlorogenic, cryptochlorogenic, Dicafeoylquinic, ferulic, coffee, caffeoylmalic)	Paraguay tea leaves, coffee tree seeds, Cynarae folium, sunflower seeds, apples, fruits of field ash, fruits of black chokeberry	chamomile, flowers (Matricaria recutita), dandelion, flowers, root (Taraxacum officinale), burdock, leaves, fruit (Arctium lappa), lemon balm, leaves (Melissa officinalis) brandy mint leaves (Mentha piperita) grass of stinging nettle (Urtica dioica) foalfoot, leaves (Tussilago farfara), European dogwood, fruit (Viburnum opulus), propolis	200 µg	500 µg
Gallic, p-hydroxybenzoic, protocatechuic	Raspberries, strawberries, cranberries, red grape juice, lingonberries, blueberries, tea, chocolate, wine, sorrel, rhubarb	Licorice naked, root (Glycyrrhiza glabra), grape seeds	100 mg	300 mg
Anthracene derivatives (anthraquinones) Aloe-emodin, aloin, emodin rhapontin, rhein, physcion, chrysophanic acid, sennosides A and B	Rhubarb, sorrel, pulses	Cassia tora, seeds (Cassia tora), aloe vera, plant (aboveground part) (Aloe vera), serpent grass, plant (aboveground part) (Polygonum bistorta), horse sorrel, root, fruit (Rumex confertus), European madder, root (Rubia tinctorum)	10 mg	30 mg
Hypericin	Common Saint-John's-wort (grass, flowers – tea substitute)	Common Saint-John's-wort, aboveground part (Hypericum perforatum L.)	0.3 mg	1 mg
Xanthones (magniferine)	Mango (Mangifera indica L.), gamboge (Garcinia mangostana L.)	Alpine sweet-vetch (siberian) (Hedysarum alpinum L.), <b>Hedysarum flavescens (Hedysarum flavescens</b> Rgl et Schmalh.) <b>Hypericum rochelii (Hypericum rochelii</b> Griseb. & Schenk), Common Saint-	20 mg	50 mg

		John's-wort, ( <i>H. perforatum</i> L.), mountain John's-wort ( <i>H. montanum</i> ), etc.		
Flavanones and flavonols				
Flavonoids	Products of plant origin	Wild and medicinal plants		
Incl. flavonols and their glycosides (quercetin, kaempferol, myricetin, isorhamnetin, rutin)	Apple, apricot, peach, plum, mango, citrus, currant, strawberry, blueberry, bilberry, cherry, rosehip, lingonberry, cranberry, sea buckthorn, grapes, sloe, onion, white cabbage, red, cauliflower, broccoli, bell peppers, celery, coriander, parsnip, parsley, green salad, tomatoes, radish, turnip, rhubarb, sorrel, carrots, beets, horseradish, green and black tea, red wine	Ginkgo biloba, leaves ( <i>Ginkgo biloba</i> ), common ash, leaf, buds ( <i>Fraxinus Excelsior</i> ), small-leaved hawthorn, leaf, flowers ( <i>Crataegus microphylla</i> ), motherwort five-lobed, plant (aboveground part) ( <i>Leonurus quinquelobatus</i> ), round-leaved harem, root, plant (aboveground part), leaf, flowers ( <i>Bupleurum rotundifolium</i> ), bird knotweed (knotweed), plant (aboveground part) ( <i>Polygonum aviculare</i> ), clover, leaf, stems, flowers ( <i>Trifolium pratense</i> ), actinidia kolomikta, leaf ( <i>Actinidia kolomikta</i> ), real pistachio, leaf ( <i>Pistacia vera</i> )	30 mg (calculated as rutin)  30 mg (calculated as quercetin)	100 mg (calculated as rutin)  150 mg (calculated as quercetin)
Incl. flavones (luteolin, apigenin, acacetin, diosmetin, baicalein) or flavonoglycosides (vitexin, isovitexin, orientin, baicalin)	Lemon, orange, grapefruit, chokeberry, carrots, celery, turnips, parsley, beans, red peppers, carrots, peas, thyme, saffron	Propolis, chamomile, flowers ( <i>Matricaria recutita</i> ), medicinal dandelion, root ( <i>Taraxacum officinale</i> ), Persian ferula, plant (aboveground part) ( <i>Ferula persica</i> ), carrot-shaped visnaga, fruit ( <i>Visnaga daucoides</i> ), common tansy, flowers ( <i>Tanacetum vulgare</i> )	10 mg	25 mg

		common mullein, leaves ( <i>Verbascum thapsus</i> ), garden chrysanthemum, flowers ( <i>Chrysanthemum morifolium</i> ), field thistle, leaf ( <i>Cirsium arvense</i> ), etc.		
Incl. flavanones (naringenin, hesperitin, eriodictiol, or flavanone glycosides (naringin, hesperidin))	Lemon, orange, tangerine, grapefruit, plum, strawberry, chokeberry, cranberry, cherry, viburnum, hawthorn, actinidia, honeysuckle, tomatoes, parsley, sorrel, mint	St. John's wort, plant (aboveground part) ( <i>Hypericum perforatum</i> ), Scottish ligusticum, rootstock ( <i>Ligusticum scoticum</i> ), Kuril tea, leaves, flowers ( <i>Pentaphylloides fruticosa</i> ), heart-shaped linden, flowers ( <i>Tiliacordata</i> ), common mullein, plant (aboveground part) ( <i>Verbascum thapsus</i> ), milk thistle, fruits ( <i>Silybum marianum</i> ), bird cherry, wood, fruits ( <i>Padus sibirica</i> Schneid)	200 mg (calculated as hesperidin or naringin)	400 mg (calculated as hesperidin or naringin)
Incl. dihydroflavonols (dihydroquercetin (taxifolin), dihydrokempferol)	Peanut nuts	The bark of Siberian larch ( <i>Larix sibirica</i> ), Dahurian larch ( <i>Larix gmelini</i> ) (Rupr) Rupr, Larix dahurica Turez), Siberian spruce ( <i>Picea abovata</i> ), Siberian pine, seaside ( <i>Pinus sibirica</i> , <i>P. Maritima</i> )	25 mg	100 mg
Incl. flavan-3-ols (catechins) (epigallocatechin gallate) catechin, epicatechin, gallic catechin	Green and black tea, chocolate (cocoa), red wine. Apple, quince, strawberry, raspberry, red grapes, sea buckthorn, dogwood, gooseberry, apricot, bilberry, blueberry, green	Grape seeds, milk thistle, fruit ( <i>Silybum marianum</i> ), serpentine mountaineer, plant (aboveground part) ( <i>Polygonum bistorta</i> ), ball-shaped eucalyptus, bark ( <i>Eucalyptus globulus</i> ), small-leaved hawthorn, leaf ( <i>Crataegus microphylla</i> ), frutescent cherry, bark	100 mg	300 mg

	beans, pistachio, chestnut, bay leaf, rhubarb, sorrel, almonds, hawthorn	( <i>Cerasus fruticosa</i> ), myrtle whortleberry, leaf ( <i>Vaccinium myrtillus</i> ), buckthorn, leaf ( <i>Hippophae rhamnoides</i> )		
Flavolignans (silybin, silydianin, silychristin, etc.)	Schisandra chinensis, sesame seeds	Milk thistle, fruits, aerial part ( <i>Silybum marianum</i> ), flax, seed ( <i>Linum usitatissimum</i> L.), burdock, aboveground part ( <i>Arctium lappa</i> ), common mullein, plant (aboveground part) ( <i>Verbascum thapsus</i> )	30 mg	80 mg
Isoflavones (genistein, daidzein, glycitein) or isoflavone glycosides (genistin, daidzin, glycitin)	Soybeans, beans	<i>Trifolium pratense</i> , field, leaf ( <i>Trifolium pratense</i> , <i>T. Campestre</i> ), <i>Sophora japonica</i> , fruit ( <i>Sophora japonica</i> ), Kayan Indian bark ( <i>Cajanus cajan</i> ), puerariya tumberga, flowers ( <i>Pueraria thunbergiana</i> ), hops ordinary, cones ( <i>Humulus lupulus</i> ), psoralea hazel-leaved, leaf, seeds ( <i>Psoralea corylifolia</i> )	50 mg	150 mg
Anthocyanans	Apple, black currant, bilberry, blueberry, blackthorn, lemongrass, honeysuckle, bird cherry, basil, cherry, lingonberry, red grapes, red cabbage, red onion, red beans, carrots, cocoa, red wine	Grape skin red, St. John's wort, plant (aboveground part) ( <i>Hypericum perforatum</i> ), multifloral primrose, plant (aboveground part), underground part ( <i>Primula x polyantha hort.</i> ), Sowing rice, leaf ( <i>Oryza sativa</i> ), black crowberry, fruit, aboveground part ( <i>Empetrum nigrum</i> )	50 mg	150 mg
Polymer phenolic compounds				
Proanthocyanidins	Chocolate (cocoa), coffee, apple, red grapes,	Stalks, peels and seeds of grapes, bilberry leaf ( <i>Vaccinium myrtillus</i> L.),	100 mg	200 mg

	cranberries, bilberries, blueberries, almonds, peanuts, barley, corn, avocado, cola	seaside pine bark ( <i>Pinus maritima</i> ), strawberry, eggplant		
Tannins	Apple, quince, persimmon, banana, blueberry, mountain ash, viburnum, lingonberry, raspberry, strawberry, artichoke, nuts, cocoa, tea, bird cherry, asparagus, sorrel, apricot, Peruvian guayava	Birch, bark, leaves ( <i>Betula humilis</i> ), powerful eucalyptus, bark, leaves ( <i>Eucalyptus robusta</i> ), viburnum, bark, fruits ( <i>Viburnumopulus</i> ), walnut, peel ( <i>Juglansregia</i> ), oblong quince, seeds ( <i>Cydoniaoblonga</i> ), pomegranate, fruit peel ( <i>Punica granatum</i> )	300 mg	900 mg
Alkaloids				
Indole-3-carbinol	White cabbage, cauliflower, broccoli, Brussels sprouts, watercress, rutabaga, radish, garden radish, horseradish, mustard	Of biotechnological origin, obtained by chemical synthesis	50 mg	300 mg
Caffeine	Tea, cocoa, coffee	Paraguay tea, branches, leaves ( <i>Ilex paraguariensis</i> A. St-Hil.), guarana seeds ( <i>Paullihniacupana</i> ); cola brilliant, seeds ( <i>Cola nitida</i> ), obtained by chemical synthesis	50 mg	150 mg (in SFP for sports nutrition 200 mg)
Theobromine	Cocoa, tea	Cola pointed, seeds ( <i>Colaacuminata</i> Schott etEndl.); Paraguay tea, twigs and leaves ( <i>Ilex paraguariensis</i> A.St-Hil.), guarana, seeds ( <i>Paulliniacupana</i> ); cola brilliant, seeds ( <i>Cola</i>	35 mg	80 mg

		nitida )		
Theophylline	Tea, cocoa, chocolate	Guarana, seeds (Paulliniacupana), Cola lustrous, seeds (Cola nitida)	50 mg	150 mg
Trigonelline (N-methylnicotinic acid)	Coffee, barley, soy, tomato, peas, fish	Trigonella (Trigonella foenum-graecum)	40 mg	100 mg
Terpenoids				
Betulin	Persimmon ordinary, hyssop	Black alder, gray, bark (AlnusglutinosaL., incanaL.), drooping birch, bark (Betula pendulaRoth), Japanese sophora, buds, fruits (Sophorajaponica); common hazel, bark (Corylusavellana L.)	40 mg	80 mg
Valeric acid	Hyssop, field mint, laurel, wild strawberries, cocoa beans	Garden angelica, roots, leaves (Angelica archangelicaL.), ferula sumbul, root (Ferula sumbul), Persian ferula, root (Ferulapersica), valerian officinalis, rhizome (Valeriana officinalisL.)	2 mg	5 mg
Ginsenosides (Panaxosides)	Ginseng, root	Ginseng leaves (Panax ginseng)	5 mg	30 mg
Glycyrrhizinic acid	Licorice (various types) - a flavoring additive in the production of fish products, canning of vegetables and fruits	Licorice naked, root (Glycyrrhizaglabra), woolly astragalus, aboveground part (Astragalusdasianthus)	10 mg	30 mg
Incl. iridoids Oleuropein	Olea Europaea Fruit (Oleaeuropaea), olive oil	Olea Europaea leaves (Folium Oleaeuropaea), olive oil (Oleum olivarum)	20 mg	100 mg
Harpagoside	Spices	Devil's claw (Harpagophytum procumbens), Flomoides lehmanniana, root (Phlomoideslehmanniana)	20 mg	50 mg

		Adyl.), green figwort leaves ( <i>Scrophularia umbrosa</i> ), leaves		
Asperulosidic and deacetyl asperulosidic acid	Great morinda fruit ( <i>Morinda citrifolia</i> ), great morinda juice	Great morinda leaves ( <i>Morinda citrifolia</i> )	5	20
Other compounds				
Allicin	Onions, garlic, wild garlic	-	4 mg	12 mg
Betaine	Honeysuckle, fruit, beets, sea buckthorn, fruits, rice, barley, oats, bananas, pepper, tea, legumes, potatoes, watermelon, coffee, pine nuts, asparagus	Licorice glabra, root ( <i>Glycyrrhizaglabra</i> ), alfalfa, aboveground part ( <i>Medicagosativa</i> ), wood betony, grass, root ( <i>Betonnica officinalisL.</i> ), China box-thorn, fruits ( <i>LyciumchinenceMill.</i> ); annual sunflower, flowers and leaves ( <i>HelianthusannuusL.</i> ); <i>Echinacea purpurea</i> , aboveground part ( <i>EchinaceaMoench</i> )	2 g	4 g
Vanillic acid	Raspberry, strawberry, cranberries, red grape juice, mountain cranberry, blueberry, tea, chocolate, wine, sorrel, rhubarb	common licorice ( <i>Glycyrrhiza glabra</i> ), grape seeds	100 g	300 g
Gamma-oryzanol	Rice bran	-	150 mg	450 mg
Hydroxycitric acid	<i>Garcinia mangosteen</i> (fruit)	<i>Garcinia cambogia</i> , stalks, leaves ( <i>Garcinia camboyana</i> )	100 mg	300 mg
Hydroxy Methyl Butyrate	Fish, dairy products	-	1.5 mg	3.0 mg
Carnosine	Meat, fish (sturgeon, sterlet)	Obtained by chemical synthesis	200 mg	2000 mg
Creatine	Meat	Derived from food raw materials	3 g Only in SFP for sports nutrition	20 g Only in SFP for sports nutrition
Curcumin	Turmeric	-	50 mg	150 mg

Limonen	Dill, cumin, cardamom, mint	Essential oils of pine (Pinus), angelica, root, fruits (Angelica archangelica), adenosma indiana, aboveground part (Adenosma Indiana (Lour.) Merrill); fragrant gomalonema, rootstock (Homalonema aromaticaSchott.), myrrh tree, resin (Commiphoramolmol Engl.)	5 mg	50 mg
Menthol	Mint	Essential oils	20 mg	80 mg
Peptides: di-, tri-, tetra-, and oligopeptides	Tissues and organs of animals	-	Based on proven physiological effect	
Polyprenols	Animal liver, higher fungi – cep, yellow boletus, aspen mushroom, etc. grains of rice, corn, sunflower, etc.	Needles of larch, fir, pine trees, obtained by biotechnological synthesis	10 mg	80 mg
Sum of RNA and DNA	Caviar, fish milk	Obtained from food raw materials	150 mg	500 mg
Serotonin	Bananas, pineapple, walnuts, fruits; avocado, tomato	Black walnut, seeds (Juglansnigra), Manchurian walnut, seeds (Juglansmandshurica), griffonia simple, leaves (Griffonia simplicifolia)	3 mg	15 mg
Schisandrin	Schisandra chinensis, fruits, seeds	Kazura red, fruit (Kadsuracoccinea); lemongrass chinese, root, leaves, stalk (Schisandrachinensis (Turcz.) Baill)	500 µg	1 mg
Phaseolamin	White beans	-	based on proven inhibition of alpha-amylase	
Phycocyanins	Edible sea weed	Spirulina	50 mg	150 mg



Fucoidan	Edible sea weed	-	50 mg	100 mg
Chlorophyll	Green parts of edible plants, kelp	Microalgae (chlorella, odontella, spirulina)	100 mg	300 mg
Cetyl myristoleate	Whale organs	Organs of wild animals	300 mg	600 mg
Citrulline	Cabbage, avocado, grapes	Alder, black, gray, bark (Alnus glutinosa L., incana L.); drooping birch, bark (Betula pendula Roth)	100 mg	500 mg
Eleutherosides	Eleutherococcus prickly, fruit	Eleutherococcus prickly, root (Eleutherococcus senticosus)	1 mg	2 mg
Succinic acid	Gooseberries, grapes, currants, asparagus, sweet potatoes, fermented milk products, aged cheeses	Obtained by chemical synthesis	200 mg	500 mg
Enzymes standardized by specific activity (animal and plant origin, as well as obtained by biotechnological methods)			Based on proven enzyme activity	
Amylase	Honey, vegetables, fruits, food plants, bovine pancreas	Biotechnology product	Based on proven glycolytic activity	
Lactase	Vegetables, fruits, food plants	-"	-"	
Maltase	Vegetables, fruits, food plants	-"	-"	
Suharase	Vegetables, fruits, food plants	-	-"	
Beta galactosidase	Yogurt	-"	-"	
Pepsin	Slaughter cattle and poultry stomach, pollen	-"	Based on proven proteolytic activity	
Trypsin	Bovine pancreas, pollen	-"	-"	
Chymotrypsin	Bovine pancreas	-"	-"	
Bromelain	Pineapple, papaya	Pineapple, stems (Ananas comosusMerrill)	-"	
Papain	Papaya; kiwi,	Common fig tree, leaf	-"	

	mango	(Ficus carica L.); melon tree (papaya), milky juice (Carica papaya L.)		
Dipeptidase		-"		
Lipases	Seeds of legumes, sunflower, cruciferous, cereals, carrots, papaya, pollen	-"	Based on proven lipolytic activity	
Lysozyme	Horseradish, eggs	Obtained by biotechnological synthesis	Based on proven enzyme activity	

#### Microorganisms

Bacteria of the genus Bifidobacterium, incl. B. infantis, B. bifidum, B. longum, B. breve, B. adolescentis and others with proven probiotic properties	Dairy products	Biotechnology product	$5 \times 10^8 - 5 \times 10^{10}$ CFU / day ‘	-
Bacteria of the genus Lactobacillus, incl. acidophilus L., L. fermentii, L. casei, L. plantarum, L. bulgaricus and others with proven probiotic properties	Fermented milk products, cheeses, fermented plant-based products	-"	$5 \times 10^7 - 5 \times 10^9$ CFU / day ‘	-
Bacteria of the genus Lactococcus spp., Streptococcus thermophilus in monocultures and in associations with probiotic microorganisms	Fermented milk products, cheeses, fermented plant-based products	-"	$10^7 - 10^9$ CFU / day ‘	-
Propionibacterium shermanii in combination with probiotic and lactic acid microorganisms	Cheese, fermented milk products (in combination with lactic acid microorganisms)	-"	$10^7 - 10^8$ CFU / day ‘	-

Note:

The upper permissible level of nutrient intake in the composition of the SFP for sports nutrition - regardless of the energy value of the diet

<1> - only for specialized food products;

<2>- from seaweed - 1000 µg (taking into account low digestibility).

‘ - effective level range for microorganisms

“-” – information, similar to that in the entry above

“-” – level undefined

**Recommended daily intake for adults of biologically active substances not contained in food raw materials and formed during its technological processing**

Lactite		Obtained by chemical synthesis	2 g	10 g
Lactulose	Baked and sterilized milk	Obtained by isomerization of lactose	2 g	10 g

Annex 6  
to the Technical Regulation  
of the Customs Union  
“On Safety of Certain Types of Specialized Food Products”

**Species of Plant Raw Materials for Manufacturing of Biologically Active Food Additives for Children from 3 to 14 Years Old**

No.	Russian Name of Plant Raw Material	Latin Name of Plant Raw Material	Parts of Plant Raw Material
1.	Anise	Anisum vulgare Gaerth family: Umbelliferae	Anise fruit (Anisi fructus)
2.	Marshmallow	Althaea officinalis family: Malvaceae	Marshmallow roots (Althaeae radix)
3.	Black elder	Sambucus nigra L. family: Cambucaceae	Black elder flowers (Sambuci flos)
4.	Common birch	Betula verrucosa Ehrh. family: Betulaceae	betula leaves (Betulae folium)
5.	Weeping birch	Betula pendula	The same as above
6.	Red whortleberry	Vaccinium vitis-idaea L. family: Vacciniaceae	Whortleberry fruit (Vaccini fructus)
7.	Hibiscus	Hibiscus sabdariffa L. family: Malvaceae	Hibiscus flowers (Hibisci flos)
8.	Red mallow	Hibiscus sabdariffa L. family: Malvaceae	The same as above
9.	Wild marjoram	Origanum vulgare family: Lamiaceae	Marjoram grass (Origani herba)
10.	Strawberry	Fragaria family: Rosaceae	Strawberry leaves (Fragariae folium)
11.	Pot marigold	Calendula officinalis L. family: Composite	Marigold flowers (Calendulae flos)
12.	Great nettle	Urtica dioica L. family: Urticaceae	Nettle leaves (Urticae folium)

13.	True lavender	Lavandula angustifolia Mill family: Lamiaceae	Lavender flowers (Lavandulae flos)
14.	Lime tree	Tilia cordata Mill family: Tiliaceae	Lime flowers (Tiliae flos)
15.	Red raspberry	Rubus idaeus L. family: Rosaceae	Raspberry leaves (Rubi idaei folium)
16.	High mallow	Malva sylvestris L. (syn. Malva Mauritiana) family: Malvaceae	Mallow flowers (Malvae flos)
17.	Wild mallow	Malva sylvestris L. (syn. Malva Mauritiana) family: Malvaceae	The same as above
18.	Melissa	Melissa officinalis family: Lamiaceae	Melissa leaves (Melissae folium)
19.	Lemon balm	Melissa officinalis family: Lamiaceae	The same as above
20.	Peppermint	Mentha piperita family: Lamiaceae	Peppermint leaves (Menthae piperitae folium)
21.	Sea buckthorn	Hippophae rhamnoides L. family: Elaeagnaceae	Buckthorn leaves (Hyppophaës folium)
22.	Common plantain	Plantago major L. family: Plantaginaceae	Plantain leaves (Plantaginis herba)
23.	Hoary plantain	Plantago media L. family: Plantaginaceae	The same as above
24.	Ribwort plantain	Plantago lanceolate L. family: Plantaginaceae	The same as above
25.	Sand plantain	Plantago psyllium L. Family: Plantaginaceae	Seed shells (Plantaginis tunica semen)
26.	Bitter orange	Citrus aurantium family: Rutaceae	Bitter orange skin
27.	Horse gowan	Matricaria recutita L. family: Compositae (syn. Chamomilla L.)	Horse gowan flowers (Chamomillae flos)
28.	Black currant	Ribes nigrum L. family: Saxifragaceae	Black currant leaves (Ribis nigri folium)
29.	Sweet thyme	Thymus vulgaris L. (Thymus marschallianus) family: Lamiaceae	Thyme grass (Thymi herba)
30.	Mother-of-thyme	Thymus serpyllum family: Lamiaceae	The same as above
31.	Creeping thyme	The same as above	The same as above
32.	Field caraway	Carum carvi family: Umbelliferae	Caraway fruit (Cari carvi fructus)
33.	Common fennel	Foeniculum vulgare Mill family: Umbelliferae	Fennel fruit (Foeniculi fructus)
34.	Medicinal fennel	Foeniculum vulgare Mill family: Umbelliferae	The same as above

35.	Bilberry	Vaccinium myrtillus L. family: Vacciniaceae	Bilberry fruit (Myrtilli fructus)
36.	Briar	Rosa family: Rosaceae	Rosehip fruit (Rosae fructus)

Annex 7  
to the Technical Regulation  
of the Customs Union  
“On Safety of Certain Types of Specialized Food Products”

**Forms of Vitamins, Vitamin-Like Substances, and Mineral Substances Used in Manufacturing of Biologically Active Food Additives (Food BAA) for Adults and Children over 3 Years Old**

Name	Forms
Vitamin A	Retinol; retinol acetate; retinol palmitate; beta-carotene
Vitamin D	D3 cholecalciferol; D2 ergocalciferol
Vitamin E	D-alpha tocopherol; DL-alpha tocopherol; D-alpha tocopherol acetate; DL-alpha tocopherol acetate; D-alpha tocopherol succinate; DL-alpha tocopherol succinate; D-gamma tocopherol; DL-gamma tocopherol; mixed concentrate of tocopherols; tocotrienols
Vitamin K	K1 (Phylloquinone, phytonadione); K2 (menaquinone)
Vitamin C	L-ascorbic acid; L-sodium ascorbate; L-calcium ascorbate; L-potassium ascorbate; L-magnesium ascorbate; L-zinc ascorbate; 6-palmitoyl-L-ascorbic acid (ascorbyl palmitate)
Vitamin B1	Thiamine hydrochloride; thiamine mononitrate; thiamine monophosphate chloride; thiamine diphosphate (pyrophosphate) chloride (thiamine pyrophosphate chloride)
Vitamin B2	Riboflavin; riboflavin-5-sodium phosphate
Vitamin PP (niacin)	Nicotinamide; nicotinic acid and its salts; inositol hexanicotinate
Vitamin B6	Pyridoxin hydrochloride; pyridoxin-5-phosphate; pyridoxal; pyridoxal-5'-phosphate; pyridoxamine; pyridoxamine-5'-phosphate; pyridoxin dipalmitate
Folic acid	Folic (N-pteroyl-L-glutamic) acid; calcium L-methyl folate; (6S)-5-methyltetrahydrofolic acid glucosamine salt
Vitamin B12	Cyanocobalamin; hydroxocobalamin; methyl cobalamin, 5'-deoxyadenosylcobalamin
Biotin	D-biotin
Pantothenic acid	calcium D-pantothenate; sodium D-pantothenate; dexpanthenol; pantethine
Potassium	Potassium citrate; potassium lactate; potassium bicarbonate; potassium carbonate; potassium chloride; potassium gluconate; potassium glycerophosphate; potassium malate; potassium orthophosphates; potassium hydroxide; potassium amino acid complexes; potassium L-pyroglutamate (pidolate); potassium sulphate
Calcium	Calcium carbonate; calcium citrates; calcium chloride; calcium gluconate; calcium glycerophosphate; calcium lactate; calcium orthophosphates; calcium malate; calcium citrate malate; calcium bisglycinate; calcium pyruvate; calcium succinate;

	calcium L-lysinate; calcium asparaginate; calcium sulphate; calcium hydroxide; calcium oxide; calcium acetate; calcium L-ascorbate; calcium L-pyroglutamate (pidolate); calcium L-threonate; calcium phosphoryl oligosaccharides
Magnesium	Magnesium carbonate; magnesium L-ascorbate; magnesium bisglycinate; magnesium citrate; magnesium chloride; magnesium gluconate; magnesium orthophosphates; magnesium L-lysinate; magnesium malate; potassium magnesium citrate; magnesium pyruvate; magnesium succinate; magnesium sulphate; magnesium lactate; magnesium acetate; taurine acid magnesium salt; magnesium glycerophosphate; magnesium hydroxide; magnesium oxide; magnesium asparaginate; magnesium L-pyroglutamate (pidolate); acetyl-aurine acid magnesium salt; magnesium amino acid complexes
Sodium*	Sodium bicarbonate; sodium carbonate; sodium citrate; sodium chloride; sodium gluconate; sodium lactate; sodium hydroxide; sodium orthophosphates; sodium sulphate
Iron	Ferrum (II) gluconate; ferrum (II) carbonate; ferrum (II) sulphate; ferrum (II) lactate; ferrum (II) fumarate; ferrum (II, III) citrate; ferrum (III) diphosphate (pyrophosphate); elemental iron (carbonyl+electrolytic+hydrogen-reduced); iron (III) ammonium citrate; ferrum succinate; ferrum bisglycinate; ferrum phosphate; ferrum (II) taurate; sodium iron pyrophosphate; iron (III) saccharate; ferrum amino acid complexes; iron L-pyroglutamate (pidolate); ammonium iron phosphate; ethylene diamine tetra acetic acid ferric sodium
Zinc	Zinc acetate; zinc sulphate; zinc chloride; zinc citrate; zinc gluconate; zinc lactate; zinc oxide; zinc carbonate; zinc L-ascorbate; zinc L-aspartate; zinc bisglycinate; zinc L-lysinate; zinc malate; zinc mono L-methionine sulphate; zinc picolinate; zinc amino acid complexes; zinc L-pyroglutamate
Copper	Copper carbonate; copper citrate; copper gluconate; copper sulphate; copper L-aspartate; copper bisglycinate; copper lysine complex; copper (II) oxide; copper amino acid complexes
Manganese	Manganese carbonate; manganese chloride; manganese citrate; manganese gluconate; manganese sulphate; manganese glycerophosphate; manganese L-aspartate; manganese bisglycinate; manganese amino acid complexes; manganese L-ascorbate; manganese L-pyroglutamate (pidolate)
Selenium	Sodium selenate; sodium selenite; sodium hydrogen selenite; selenious acid; L-selenomethionine; selenium enriched yeast ( <i>Saccharomyces cerevisiae</i> ); 9-fenilsimm octahydroselenoxanthen
Iodine	Potassium iodide; sodium iodide; potassium iodate; sodium iodate; iodine casein
Phosphorus	Sodium, potassium, calcium and magnesium phosphates
Chromium	Chromium (III) chloride; chromium (III) lactate trihydrate; chromium nitrate; chromium (III) sulphate; chromium nicotinate; chromium picolinate; chromium amino acid complexes; chromium enriched yeast ( <i>Saccharomyces cerevisiae</i> )
Molybdenum	Ammonium molybdate (VI); sodium molybdate (VI); potassium molybdate (VI);
Fluorine	Potassium fluoride; calcium fluoride; sodium fluoride; sodium monofluorophosphate
Boron	Boric acid; sodium borate
Silicon	Silicon dioxide; choline-stabilized orthosilicic acid; silica gel;

	monomethylsilanetriol
Cobalt	Cobalt (II) acetate; cobalt (II) asparaginate; cobalt sulphate heptahydrate (cobalt sulphate); chelated cobalt complexes; cobaltous carbonate basic aqueous
Vanadium	Sodium metavanadate dihydrate; BIS (L-malate) oxovanadium (IV); vanadium sulphate; vanadium aspartate; vanadium glycinate; vanadium citrate; ammonium vanadate; vanadium amino chelate; chelated vanadium complexes
Silver	Colloidal silver; chelated silver complexes
Choline	Choline chloride; choline citrate; choline bitartrate
Inositol	Inositol
Carnitine	L-carnitine; L-carnitine hydrochloride; acetyl-L-carnitine; L-carnitine-L-tartrate; L-carnitine chlorhydrate
Coenzyme Q 10	Ubiquinone
Lipoic acid	$\alpha$ -lipoic acid
Methyl methionine sulfonium (Vitamin U)	Methyl methionine sulfonium chloride
Orotic acid	Potassium orotate; magnesium orotate; zinc orotate; calcium orotate
Para-aminobenzoic acid	Para-aminobenzoic acid
Carotenoids	
$\beta$ -carotene	Beta-carotene
Lycopene	Lycopene
Lutein	Lutein and its esters
Zeaxanthin	Zeaxanthin
Astaxanthin	Astaxanthin

\* only as part of food BAA for sports nutrition

Annex 8  
to the Technical Regulation  
of the Customs Union  
“On Safety of Certain Types  
of Specialized Food Products”

Forms of Vitamins, Vitamin-Like Substances, and Mineral Substances Used in Manufacturing of Biologically Active Food Additives (Food BAAs) for Children from 1.5 to 3 Years Old

Name	Forms
Vitamin A	Retinol; retinol acetate; retinol palmitate; beta-carotene
Vitamin D	D3 cholecalciferol; D2 ergocalciferol
Vitamin E	D-alpha tocopherol; DL-alpha tocopherol; D-alpha tocopherol acetate; DL-alpha tocopherol acetate

Vitamin K	Phylloquinone (phytomenadione)
Vitamin C	L-ascorbic acid; L-sodium ascorbate; L-calcium ascorbate; 6-palmityl-L-ascorbic acid (ascorbyl palmitate); L-potassium ascorbate
Vitamin B1	Thiamine hydrochloride; thiamine mononitrate; thiamine chloride
Vitamin B2	Riboflavin; riboflavin-5-sodium phosphate
Vitamin PP (niacin)	Nicotinamide; nicotinic acid
Vitamin B6	Pyridoxin hydrochloride; pyridoxin-5-phosphate; pyridoxin dipalmitate
Folic acid	Folic (N-pteroyl-L-glutamic) acid
Vitamin B12	Cyanocobalamin; hydroxocobalamin
Biotin	D-biotin
Pantothenic acid	calcium D-pantothenate; sodium D-pantothenate; dexpanthenol
Calcium	Calcium carbonate; calcium citrates; calcium gluconate; calcium glycerophosphate; calcium lactate; calcium orthophosphates; calcium chloride; calcium hydroxide
Magnesium	Magnesium carbonate; magnesium chloride; magnesium orthophosphates; magnesium sulphate; magnesium lactate; magnesium citrate; magnesium oxide; magnesium hydroxide
Iron	Ferrum (II) gluconate; ferrum (II) lactate; ferrum (II) fumarate; ferrum (II) diphosphate (pyrophosphate); ferrum (II) citrate; ferrum (II) sulphate; elemental iron (carbonyl+electrolytic+hydrogen-reduced)
Zinc	Zinc acetate; zinc sulphate; zinc chloride; zinc lactate; zinc citrate; zinc gluconate; zinc oxide
Copper	Copper carbonate; copper citrate; copper gluconate; copper sulphate; copper-and-lysine complex
Manganese	Manganese carbonate; manganese chloride; manganese citrate; manganese gluconate; manganese sulphate
Choline	Choline; choline chloride; choline citrate; choline bitartrate
Inositol	Inositol
Carnitine	L- carnitine; L- carnitine hydrochloride; L-carnitine-L-tartrate

Annex 9  
to the Technical Regulation  
of the Customs Union  
“On Safety of Certain Types  
of Specialized Food Products”

Forms of Vitamins, Vitamin-Like Substances, and Mineral Substances Used in Manufacturing of Specialized Food Products of Dietary Therapeutic and Dietary Prophylactic Nutrition (Including for Children) and Specialized Food Products for Sports Nutrition

Name	Forms
Vitamin A	Retinol; retinol acetate; retinol palmitate; beta-carotene



Vitamin D	D3 cholecalciferol; D2 ergocalciferol
Vitamin E	D-alpha tocopherol; DL-alpha tocopherol; D-alpha tocopherol acetate; DL-alpha tocopherol acetate, D-alpha tocopherol succinate; DL-alpha tocopherol succinate; D-gamma tocopherol; DL-gamma tocopherol; D-alpha tocopherol polyethylene glycol succinate <sup>1</sup>
Vitamin K	K1 (Phylloquinone, phytomenadione); K2 (menaquinone)
Vitamin C	L-ascorbic acid; L-sodium ascorbate; L-calcium ascorbate; 6-palmitoyl-L-ascorbic acid (ascorbyl palmitate); L-potassium ascorbate
Vitamin B1	Thiamine hydrochloride; thiamine mononitrate
Vitamin B2	Riboflavin; riboflavin-5-sodium phosphate
Vitamin PP (niacin)	Nicotinamide; nicotinic acid and its salts
Vitamin B6	Pyridoxin hydrochloride; pyridoxin-5'-phosphate; pyridoxal; pyridoxal-5'-phosphate; pyridoxamine; pyridoxamine-5'-phosphate; pyridoxin dipalmitate
Folic acid	Folic (N-pteroyl-L-glutamic) acid; calcium L-methyl folate
Vitamin B12	Cyanocobalamin; hydroxocobalamin; methyl cobalamin, 5'-deoxyadenosylcobalamin
Biotin	D-biotin
Pantothenic acid	calcium D-pantothenate; sodium D-pantothenate; dexpanthenol
Potassium	Potassium lactate; potassium orthophosphates; potassium gluconate; potassium glycerophosphate; potassium chloride; potassium citrate; potassium carbonate; potassium bicarbonate; potassium hydroxide; potassium magnesium citrate
Calcium	Calcium carbonate; calcium citrates; calcium chloride; calcium gluconate; calcium glycerophosphate; calcium lactate; calcium orthophosphates; calcium sulphate; calcium hydroxide; calcium oxide; calcium citrate malate; calcium malate; calcium bisglycinate; calcium L-pidolate; calcium phosphoryl oligosaccharides <sup>1</sup>
Magnesium	Magnesium acetate; magnesium carbonate; magnesium citrates; magnesium chloride; magnesium gluconate; magnesium orthophosphates; magnesium sulphate; magnesium lactate; magnesium glycerophosphate; magnesium amino acid complexes; magnesium oxide; magnesium hydroxide; potassium magnesium citrate; magnesium L-aspartate; magnesium bisglycinate; magnesium L-pidolate
Sodium	Sodium bicarbonate; sodium carbonate; sodium citrate; sodium chloride; sodium gluconate; sodium lactate; sodium hydroxide; sodium orthophosphates
Iron	Ferrum (II) gluconate; ferrum bisglycinate; ferrum (II) carbonate; ferrum (II) sulphate; ferrum (II) lactate; ferrum (II) fumarate; ferrum (II, III) citrate; ferrum (III) diphosphate (pyrophosphate); elemental iron (carbonyl+electrolytic+hydrogen-reduced); iron (III) ammonium citrate; iron (III) orthophosphate; ferrum succinate; iron (III) saccharate; ferrum amino acid complexes; ethylene diamine tetraacetic acid ferric sodium; iron sodium diphosphate; ammonium iron phosphate; iron L-pidolate
Zinc	Zinc acetate; zinc bisglycinate; zinc carbonate; zinc sulphate; zinc chloride; zinc citrate; zinc lactate; zinc gluconate; zinc amino acid complexes; zinc oxide
Copper	Copper carbonate; copper citrate; copper gluconate; copper sulphate; copper lysine complex; copper amino acid complexes

Manganese	Manganese carbonate; manganese chloride; manganese citrate; manganese gluconate; manganese sulphate; manganese glycerophosphate; manganese amino acid complexes
Selenium	Sodium selenate; sodium selenite; sodium hydrogen selenite; selenium enriched yeast ( <i>Saccharomyces cerevisiae</i> ); L-selenomethionine
Iodine	Potassium iodide; sodium iodide; potassium iodate; sodium iodate; iodine casein
Phosphorus	Sodium, potassium, calcium and magnesium phosphates
Chromium	Chromium (III) chloride, chromium (III) chloride hexahydrate; chromium (III) sulphate; chromium (III) sulphate hexahydrate; chromium nicotinate; chromium picolinate; chromium amino acid complexes
Molybdenum	Ammonium molybdate (VI); sodium molybdate (VI)
Choline	Choline; choline chloride; choline citrate; choline bitartrate
Inositol	Inositol
Taurine	Taurine
Carnitine	L-carnitine; L-carnitine hydrochloride; acetyl-L-carnitine; L-carnitine-L-tartrate
Coenzyme Q 10	Ubiquinone
Lipoic acid	$\alpha$ -lipoic acid
Methyl methionine sulfonium (Vitamin U)	Methyl methionine sulfonium chloride
Orotic acid	Potassium orotate; magnesium orotate; zinc orotate; calcium orotate
Para-aminobenzoic acid	Para-aminobenzoic acid
Carotenoids	
$\beta$ -carotene	Beta-carotene
Lycopene	Lycopene
Lutein	Lutein and its esters
Zeaxanthin	Zeaxanthin
Astaxanthin	Astaxanthin

<sup>1</sup> except for products for sports nutrition

Annex 10  
to the Technical Regulation  
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“On Safety of Certain Types  
of Specialized Food Products”

**Tolerances for the Nutritional Value of Biologically Active Food Additives Indicated in the Labeling as Compared to the Actual Nutritional Value of Such Products**

<b>Name of component</b>	<b>Tolerances, including uncertainty of measurement</b>
Vitamins	+50%* -20%
Mineral substances	+45%* -20%

\* for vitamin C in BAAs, the upper tolerance can be increased to +70%

Annex 10  
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“On Safety of Certain Types  
of Specialized Food Products”

**Tolerances for the Nutritional Value of Specialized Food Products Indicated in the Labeling on a Package or Label as Compared to the Actual Nutritional Value of Such Products**

<b>Nutritional Value of the Finished Product</b>	<b>Tolerances, +/-</b>
1. Proteins, carbohydrates, sugar, organic acids, alcohol, fiber less than 10g per 100g of the product 10-40g per 100g of the product over 40g per 100g of the product	10% 15% 6g
2. Sodium, magnesium, calcium, phosphorus, iron, zinc, vitamins C, B1, B2, B6, pantothenic acid, niacin, cholesterol	20%
3. Vitamins A, B12, D, E, folic acid, biotin, iodine, fatty acids	20%

Note. Actual mass fractions of proteins, carbohydrates, organic acids, fiber, fatty acids, vitamins and mineral substances must meet the requirements specified in the normative or technical documents or standards of organizations, based on which products are manufactured and identified.

END UNOFFICIAL TRANSLATION.

**Attachments:**

No Attachments.