Food supplements: calcidiol monohydrate

Published by AGRINFO on 28 Feb 2025

EU lists calcidiol monohydrate as vitamin D source allowed in food supplements

Commission Regulation (EU) 2025/352 of 21 February 2025 amending Directive 2002/46/EC of the European Parliament and of the Council as regards calcidiol monohydrate used in the manufacture of food supplements

Update

The European Union (EU) has included calcidiol monohydrate as a source of vitamin D in its list of vitamins and minerals allowed for use in food supplements.

Impacted products

Food supplements

What is changing?

Following its authorisation as a novel food in 2024, the EU has now added calcidiol monohydrate, a source of vitamin D, to the list of vitamin and mineral substances that may be used in the manufacture of food supplements (Annex II to Directive 2002/46/EC).

Why?

The European Food Safety Authority has concluded that the use of calcidiol monohydrate as a source of vitamin D in food supplements is safe (EFSA 2021).

Timeline

Applies from **16 March 2025**.

Copyright © **COLEAD 2026,** *AGRINFO is funded by the European Union and implemented by COLEAD.*

Background

Previously, Regulation 2024/1052 authorised calcidiol monohydrate as a novel food ingredient in food supplements excluding those for infants and young children.

Resources

EFSA (2021) Safety of calcidiol monohydrate produced by chemical synthesis as a novel food pursuant to Regulation (EU) 2015/2283. EFSA Journal, 19(6): 6660.

Regulation (EU) 2024/1052 authorising the placing on the market of calcidiol monohydrate as a novel food

Sources

Regulation (EU) 2025/352 as regards calcidiol monohydrate used in the manufacture of food supplements

Visit the AGRINFO website to view the latest AGRINFO Update newsletters and search the database.

Disclaimer: *Under no circumstances shall COLEAD be liable for any loss, damage, liability or expense incurred or suffered that is claimed to have resulted from the use of information available on this website or any link to external sites. The use of the website is at the user's sole risk and responsibility. This information platform was created and maintained with the financial support of the European Union. Its contents do not, however, reflect the views of the European Union.*

Copyright © **COLEAD 2026,** *AGRINFO is funded by the European Union and implemented by COLEAD.*