

THE LATEST ON EU AGRI-FOOD POLICIES IMPACTING LOW-INCOME & MIDDLE-INCOME COUNTRIES

# Magnesium L-threonate in food supplements

Published by AGRINFO on 25 Apr 2025; Revised 10 Nov 2025

EU approves magnesium L-threonate for use in food supplements.

Regulation <u>2025/2225</u> of 5 November 2025 amending Annex II to Directive 2002/46/EC of the European Parliament and of the Council as regards magnesium L-threonate as a source of magnesium used in the manufacture of food supplements.

## **Update**

The European Union (EU) has included magnesium L-threonate in its list of vitamins and mineral substances allowed for use in food supplements.

### Impacted products

Food supplements

# What is changing?

The EU has added magnesium L-threonate, a source of magnesium, to the list of vitamin and mineral substances that may be used in the manufacture of food supplements (Annex II of Directive 2002/46/EC).

## Why?

Based on the European Food Safety Authority's conclusion regarding the safety of magnesium L-threonate as a novel food (<u>EFSA 2024</u>), the European Commission considers this substance to be safe for use in food supplements.

#### **Timeline**

Magnesium L-threonate can be used in the manufacture of food supplements from 26 November 2026.





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### **Background**

Magnesium L-threonate was authorised as a novel food by Regulation <u>2024/2694</u> (see <u>Novel food: magnesium L-threonate</u>).

For further information on food supplement requirements for the EU market, see <u>Food</u> <u>supplements explained</u>.

#### Resources

EFSA (2024) <u>Safety of magnesium L-threonate as a novel food pursuant to regulation (EU) 2015/2283 and bioavailability of magnesium from this source in the context of Directive 2002/46/EC</u>. EFSA Journal, 22(3): e8656.

Commission Implementing Regulation (EU) <u>2024/2694</u> authorising the placing on the market of magnesium L-threonate as a novel food.

Directive <u>2002/46/EC</u> on the approximation of the laws of the Member States relating to food supplements.

#### **Sources**

Regulation <u>2025/2225</u> as regards magnesium L-threonate as a source of magnesium used in the manufacture of food supplements.

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