

# Magnesium L-threonate in food supplements

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

Regulation [2025/2225](#) 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 ([EFSA 2024](#)), 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 2025**.

## Background

Magnesium L-threonate was authorised as a novel food by Regulation [2024/2694](#) (see [Novel food: magnesium L-threonate](#)).

For further information on food supplement requirements for the EU market, see [Food supplements explained](#).

## Resources

EFSA (2024) [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](#). EFSA Journal, 22(3): e8656.

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

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

## Sources

Regulation [2025/2225](#) as regards magnesium L-threonate as a source of magnesium used in the manufacture of food supplements.

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