

Magnesium L-threonate in food supplements

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EU proposes to list magnesium L-threonate as a source of magnesium allowed in food supplements

Draft Commission Regulation 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

Draft Annex

Update

The European Union intends to include magnesium L-threonate in the list of vitamins and mineral substances allowed for use in food supplements ([G/TBT/N/EU/1130](#)). It has informed the World Trade Organization Technical Barriers to Trade (WTO TBT) Committee.

Impacted products

Food supplements

What is changing?

Following its authorisation in 2024 as a novel food (see [Novel food: magnesium L-threonate](#)), the EU proposes to add 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

The Regulation is expected to apply from late 2025/early 2026.

Recommended Actions

Feedback on this proposal to the WTO closed on 6 June 2025.

Background

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

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

[Draft](#) Commission Regulation as regards magnesium L-threonate as a source of magnesium used in the manufacture of food supplements

[Draft](#) Annex

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