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**.

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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.

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

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