

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, and comments on the proposal can be submitted by WTO members.

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

Countries that are members of the WTO can submit comments on this proposal, via their [National TBT notification authority](#), to the [EU TBT Enquiry Point](#) until **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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