Magnesium L-threonate in food supplements

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

What is changing and why?

The European Union (EU) has listed magnesium L-threonate as a source of magnesium that may be used in food supplements. This substance was authorised as a novel food in 2024.

Timeline

Magnesium L-threonate can be used in the manufacture of food supplements from **26 November 2025**.

For more information see the full record on the AGRINFO website – where you can also view the latest AGRINFO Update newsletters and search the database.

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