

Monacolin K from red yeast rice

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Tables & Figures

Table 1
Monacolin K from red yeast rice

Restricted substance	Conditions of use	Additional requirements
Monacolins from red yeast rice	Individual portion of the product for daily consumption shall provide less than 3 mg of monacolins from red yeast rice	<p>The label shall provide the number of individual portions of the product for maximum daily consumption and a warning not to consume a daily amount of 3 mg of monacolins from red yeast rice or more.</p> <p>The label shall indicate the content of monacolins per portion of the product.</p> <p>The label shall include the following warnings:</p> <ul style="list-style-type: none">“Should not be consumed by pregnant or lactating women, children below 18 years old and adults above 70 years old.”“Seek advice from a doctor on consumption of this product if you experience any health problems.”“Should not be consumed if you are taking cholesterol-lowering medication.”“Should not be consumed if you are already consuming other products containing red yeast rice.”

Source: Regulation (EU) 2022/860

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