# 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 | 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.<br>The label shall indicate the content of monacolins per portion of the product.<br>The label shall include the following warnings:<br>• "Should not be consumed by pregnant or lactating women, children below 18 years old and adults above 70 years old."<br>• "Seek advice from a doctor on consumption of this product if you experience any health problems."<br>• "Should not be consumed if you are taking cholesterol-lowering medication."<br>• "Should not be consumed if you are already consuming other products containing red yeast rice." |

Source: Regulation (EU) 2022/860

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