

# Monosodium salt of 5-MTHF as source of folate

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**Draft** Commission Delegated Regulation to allow the use of monosodium salt of L-5-methyltetrahydrofolic acid as a source of folate in infant formula and follow-on formula, processed cereal-based food and baby food, total diet replacement for weight control and in food for special medical purposes

**Draft** Commission Regulation as regards monosodium salt of L-5-methyltetrahydrofolic acid as a source of folic acid added to foods and as a source of folate used in the manufacture of food supplements

## What is changing and why?

The European Commission proposes to authorise the use of L-5-methyltetrahydrofolic acid (5-MTHF), a source of the vitamin folate (also known as vitamin B9), in specific categories of food: infant formula and follow-on formula, processed cereal-based food and baby food, total diet replacement for weight control, and food for special medical purposes.

Because 5-MTHF is already authorised as a novel food, the Commission also intends to include the substance in the list of vitamins and minerals that may be used in the manufacture of food supplements, and in the list of those that may be added to foods.

## Actions

The WTO consultations on these proposals closed on 4 May 2025 ([G/TBT/N/EU/1111](#)) and 12 May 2025 ([G/TBT/N/EU/1115](#)).

## Timeline

The Regulations are expected to be adopted in approximately the third quarter of 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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