Nicotinamide riboside chloride added to foods

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EU extends use of the novel food nicotinamide riboside chloride as a source of niacin in foods for special medical purposes, and in total diet replacements for weight control

Commission Delegated Regulation (EU) 2023/439 of 16 December 2022 amending the Annex to Regulation (EU) No 609/2013 of the European Parliament and of the Council to allow the use of nicotinamide riboside chloride as a source of niacin in food for special medical purposes and total diet replacement for weight control

Commission Regulation (EU) 2023/1065 of 1 June 2023 amending Annex II to Regulation (EC) No 1925/2006 of the European Parliament and of the Council as regards nicotinamide riboside chloride added to foods

Update

The European Commission has extended permitted use of the novel food nicotinamide riboside chloride as a source of niacin that may be added to foods, including foods for special medical purposes and total diet replacements for weight control.

Impacted products

novel foods

What is changing?

Regulation 2023/439 sets out conditions for use of nicotinamide riboside chloride in foods for special medical purposes and meal replacements. These conditions, set out in the Annex to the Regulation, include maximum levels and additional specific labelling requirements.

Regulation 2023/1065 authorises the addition to foods of nicotinamide riboside chloride as a form of niacin. It is now included in Annex II to Regulation 1925/2006, which lists all the vitamin formulations and mineral substances that may be added to foods.

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Why?

Following an application to extend the use of nicotinamide riboside chloride to foods for special medical purposes and meal replacements, EFSA (2021) delivered a favourable opinion regarding its safety and bio-availability. The European Commission therefore considers that its use as a source of niacin in these foods, or in foods in general, is not a safety concern.

Timeline

Regulation 2023/439 entered into force on 21 March 2023.

Regulation 2023/1065 entered into force on 22 June 2023.

What are the major implications for exporting countries?

Producers of foods for special medical purposes and meal replacements may use nicotinamide riboside chloride as a source of niacin, in accordance with the specific conditions set out in the Regulation.

Background

Nicotinamide riboside chloride was first authorised by Implementing Regulation (EU) 2020/16 as a novel food for use on the EU market in food supplements for adults (excluding pregnant and lactating women).

Resources

EFSA (2021) Scientific opinion on extension of use of nicotinamide riboside chloride as a novel food pursuant to Regulation (EU) 2015/2283. EFSA Journal, 19(11): 6843.

Sources

Delegated Regulation (EU) 2023/439

Regulation (EU) 2023/1065

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