Novel food: magnesium L-threonate

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EU authorises magnesium L-threonate as a novel food

Commission Implementing Regulation (EU) 2024/2694 of 17 October 2024 authorising the placing on the market of magnesium L-threonate as a novel food and amending Implementing Regulation (EU) 2017/2470

Update

The European Union has authorised magnesium L-threonate to be marketed in the EU as a novel food.

Impacted products

Food supplements intended for adults, excluding pregnant and lactating women

What is changing?

The EU has authorised the marketing in the EU of magnesium L-threonate as a novel food that can be used in food supplements intended for adults, excluding pregnant and lactating women.

Why?

The European Food Safety Authority concluded that the novel food is a safe source from which magnesium is bioavailable (EFSA 2024).

Timeline

Magnesium L-threonate can be marketed in the EU as a novel food from **7 November 2024**.

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Background

This Regulation updates the Annex to Regulation (EU) 2017/2470 which lists authorised novel foods (see the Union list of novel foods). For further information on the EU novel foods authorisation process, see Novel foods explained.

Resources

EFSA (2024) Safety of magnesium L-threonate as a novel food pursuant to regulation (EU) 2015/2283 and bioavailability of magnesium from this source in the context of Directive 2002/46/EC. EFSA Journal, 22: e8656.

Commission Implementing Regulation (EU) 2017/2470 of 20 December 2017 establishing the Union list of novel foods in accordance with Regulation (EU) 2015/2283 of the European Parliament and of the Council on novel foods

Sources

Commission Implementing Regulation (EU) 2024/2694 of 17 October 2024 authorising the placing on the market of magnesium L-threonate as a novel food

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