

## Novel food: magnesium L-threonate

*Published by AGRINFO on 25 Oct 2024*

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**.

## 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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