

# 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

**Disclaimer:** *Under no circumstances shall COLEAD be liable for any loss, damage, liability or expense incurred or suffered that is claimed to have resulted from the use of information available on this website or any link to external sites. The use of the website is at the user's sole risk and responsibility. This information platform was created and maintained with the financial support of the European Union. Its contents do not, however, reflect the views of the European Union.*