Novel food: magnesium L-threonate

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

What is changing and why?

The European Union has authorised the marketing in the EU of magnesium L-threonate as a novel food in food supplements intended for adults, excluding pregnant and lactating women. The European Food Safety Authority concluded that the novel food is a safe source from which magnesium is bioavailable.

Timeline

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

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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