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## Strengthen the safety management standards of functional ingredients such as ginseng

### Advance administrative notice of amendment to the 「Standards and Specifications for Health Functional Food」

□ The Ministry of Food and Drug Safety (MFDS, Minister Kim Ganglip) announce an advance administrative notice on June 10 and receive opinions on the revision of 「Standards and Specifications for Health Functional Food」, which include addition of warning notice for intake of 8 functional ingredients\* such as ginseng etc.

\* Ginseng, red ginseng, chlorella, milk thistle extracts, marigold flower extracts, indigestible maltodextrin, aloe gel and MSM (Methyl sulfonylmethane)

○ This revision reflects the results of re-evaluation of safety and functionality last year for 8 functional ingredients as mentioned above.

- Also, analysis conditions of the test method such as mobile phase of HPLC etc are improved for efficient and accurate analysis.

□ Major revisions include ▲ Add warning notice for intake of 8 types of functional ingredients ▲ Change daily intake amount of indigestible maltodextrin and aloe gel ▲ Strengthen lead specifications of chlorella ▲ Add ingredient of vitamin K ▲ Establish simultaneous analysis method for catechin and caffeine etc.

○ ‘Consult a health care practitioner and stop intake if you are having adverse event’ was added to warning notice for intake of 8 functional ingredients.

- For people with sensitive condition, vulnerable groups, patients with

certain diseases and those taking medicines, warning notice for intake was added to be careful when consuming each functional ingredient.

\* Example) Ginseng/Red ginseng (The individual who has an allergy may cause side-effect such as hypersensitivity reaction), Milk thistle extracts (Children, pregnant and lactating women should be avoid to intake), MSM (Consult a health care practitioner prior to intake if you have kidney diseases)

○ Daily intake amount of both indigestive maltodextrin and aloe gel have been revised based on the results of the re-evaluation of safety and functionality.

\* Example) Indigestible maltodextrin: maintain healthy postprandial glucose level (11.9 ~ 30 → 4.0 ~ 30 g as indigestible maltodextrin dietary fiber), maintain healthy triglyceride level (12.7 ~ 30 → 5.0 ~ 30 g as indigestible maltodextrin dietary fiber), maintain healthy bowel function (2.5 ~ 30 → 4.2 ~ 30 g as indigestible maltodextrin dietary fiber)

○ Strengthened the lead specifications of Chlorella from 3.0 mg/kg to 1.0 mg/kg.

○ Vitamin K<sub>2</sub> (Menaquinone, MK-7) was added as ingredient for Vitamin K and the test method of it was established.

○ To improve analysis conditions, the test method for pantothenic acid (vitamin B<sub>5</sub>) was clarified, simultaneous analysis method for catechin and caffeine was newly established to efficiently manage caffeine that can cause problems when consuming excess amounts and catechin of marker compounds for green tea extracts.

□ MFDS will continue to improve the standards and specifications of health functional foods reasonably so that consumers can trust the products.

○ Details are available on the Ministry of Food and Drug Safety's website ([www.mfds.go.kr](http://www.mfds.go.kr) > statute and data > legislation/ administrative notice), and opinions on the revision (proposal) can be submitted by August 10.