

# **STANDARD 2.9.4**

## **FORMULATED SUPPLEMENTARY SPORTS FOODS**

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### **Purpose**

This Standard defines and regulates the composition and labelling of foods specially formulated to assist sports people in achieving specific nutritional or performance goals. Such foods are intended as supplements to a diet rather than for use as the sole or principal source of nutrition.

Due to the particular physiological demands of sports people, this Standard provides for the addition to formulated supplementary sports foods of certain micronutrients and other ingredients which are not permitted to be added to other foods. This means that such products are not suitable for consumption by children.

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### **Division 1 – Formulated Supplementary Sports Foods Generally**

#### **1 Interpretation**

In this Code –

**formulated supplementary sports food** means a food or mixture of foods specifically formulated to assist sports people in achieving specific nutritional or performance goals.

**one-day quantity** in relation to formulated supplementary sports food, means the amount of that food which is to be consumed in one day in accordance with directions specified in the label.

#### **2 Composition**

A formulated supplementary sports food –

- (a) may contain the vitamins and minerals specified in the Table to this paragraph provided that –
  - (i) the vitamin or mineral is added in a form listed in the Schedule to Standard 1.1.1 or in column 2 of the Schedule to this Standard; and
  - (ii) the amount of the vitamin or mineral in the food is no more than the amount, if any, specified in column 3 of the Table; and



**Table to Paragraph 2(b) (continued)**

<b>Column 1</b>	<b>Column 2</b>
<b>Amino Acid</b>	<b>Maximum amount added per one-day quantity</b>
Taurine	60 mg
Threonine	245 mg
Tyrosine	400 mg
Tryptophan	100 mg
Valine	350 mg

- (c) may contain the ingredients listed in the Table to this paragraph added as such, provided that the amount of each ingredient added is no more than the amount specified in relation to that ingredient in column 2 of the Table; and

**Table to Paragraph 2(c)**

<b>Column 1</b>	<b>Column 2</b>
<b>Ingredient</b>	<b>Maximum amount added per one-day quantity</b>
L-carnitine	100 mg
Choline	10 mg
Inosine	10 mg
Ubiquinones	15 mg
Creatine	3 g
Gamma-oryzinol	25 mg

- (d) must not contain, in a one-day quantity, more than –
- (i) 70 mmol sodium; or
  - (ii) 95 mmol potassium.

### **3 Required labelling statements**

(1) The label on a package of formulated supplementary sports food must include statements to the effect that –

- (a) the food is not a sole source of nutrition and should be consumed in conjunction with a nutritious diet; and
- (b) the food should be used in conjunction with an appropriate physical training or exercise program.

(2) The label on a package of formulated supplementary sports food must include –

- (a) directions stating the recommended quantity and frequency of intake of the food; and
- (b) a statement of the recommended consumption in one day; and
- (c) a nutrition information panel in accordance with Standard 1.2.8.

(3) The label on a package of formulated supplementary sports food must include, the statement –

‘Not suitable for children under 15 years of age or pregnant women: Should only be used under medical or dietetic supervision’.

(4) If a formulated supplementary sports food contains added phenylalanine then the label must include, the statement –

‘Phenylketonurics: Contains phenylalanine’.

(5) Formulated supplementary sports food is a prescribed name.

#### **4 Ingredient claims**

(1) If the label on a package of formulated supplementary sports food refers to the presence of a particular ingredient, other than –

- (a) vitamins or minerals; or
- (b) in a statement required elsewhere in this Code;

the label must also include a statement of the amount by weight (expressed per 100g food or as a percentage) of the ingredient in that food either –

- (c) immediately after the statement referring to the presence of the ingredient; or
- (d) immediately following the name of that ingredient in the statement of ingredients.

(2) Subclause (1) does not apply if the nutrition information panel lists the particular ingredient and the average quantity by weight of the ingredient in –

- (a) a serving of the food; and
- (b) per 100g or 100mL of the food.

#### **5 Vitamin and mineral claims**

(1) The label on a package of formulated supplementary sports food must not claim the presence of a vitamin or mineral unless –

- (a) the reference is required elsewhere in this Code; or
- (b) the reference is specifically permitted by this clause.

(2) The label on a package of formulated supplementary sports food may only claim the presence of a vitamin or mineral in the food if –

- (a) the food contains –
  - (i) at least 10% of the recommended dietary intake for that vitamin or mineral in a serving of that food or, in relation to a food which requires dilution or preparation according to directions, the quantity of the food which when diluted or prepared produces a normal serving; or
  - (ii) at least 10% of the amount specified in column 3 of the Schedule to this Standard for that vitamin or mineral in a normal serving of that food, or in relation to a food which requires dilution or preparation according to directions, the quantity of the food which when diluted or prepared produces a normal serving; and
- (b) the amount claimed does not exceed the amount specified in column 2 of the Table to paragraph 2(a).

#### **6 Prohibition on representations**

Unless specific permission is given in this Part, the label on a package of formulated supplementary sports food must not include an express or implied representation that relates to any property or proposed use of the food to enhanced athletic performance or beneficial physiological effects.

### **Division 2 – Particular Formulated Supplementary Sports Foods**

#### **7 High carbohydrate supplement**

(1) A high carbohydrate supplement is a formulated supplementary sports food for which –

- (a) not less than 90% of the energy yield of the product is derived from carbohydrate; and
- (b) more than 15% of the product by weight is carbohydrate when prepared as directed.

(2) The label on a package of high carbohydrate supplement must include statements to the effect that –

- (a) if used during exercise, the food should be consumed in accordance with directions, to avoid the possibility of gastro-intestinal upset; and
- (b) the food must be consumed with an appropriate fluid intake.

(3) The label on a package of a high carbohydrate supplement may include statements to the effect that –

- (a) the product is useful before, during, or after sustained strenuous exercise; and
- (b) appropriate usage may assist in the provision of energy in the form of carbohydrates.

## **8 Protein energy supplement**

(1) A protein energy supplement is a formulated supplementary sports food for which –

- (a) not more than 30 % and not less than 15% of the energy yield of the product is derived from protein; and
- (b) not more than 25 % of the energy yield of the product is derived from fat; and
- (c) not more than 70 % of the energy yield of the product is derived from carbohydrate.

(2) The label on a package of protein energy supplement must include a statement to the effect that the food must be consumed with an appropriate fluid intake.

(3) The label on a package of protein energy supplement may include statements to the effect that –

- (a) the product may assist in providing a low-bulk diet as may be required during training; and
- (b) the product may assist in supplementing the diet with a high energy source as may be required during training; and
- (c) usage as directed may assist in the development of muscle bulk; and
- (d) the product is useful before, during, or after sustained strenuous exercise.

## **9 Energy supplement**

(1) An energy supplement is a formulated supplementary sports food for which not more than 20 % of the energy yield of the product is derived from protein.

(2) The label on a package of energy supplement must include statements to the effect that –

- (a) if used during exercise, the food should be consumed in accordance with directions, to avoid the possibility of gastro-intestinal upset; and
- (b) the food must be consumed with an appropriate fluid intake.

(3) If more than 30% of the energy yield of the energy supplement is derived from fat, the label on the energy supplement must include a statement to the effect that the product is a high fat food and should be used for special fat loading strategies rather than everyday use.

(4) The label on a package of energy supplement may include statements to the effect that –

- (a) the product may assist in supplementing the diet with an energy source as may be required during training; and
- (b) the product is useful before, during or after sustained strenuous exercise.

## SCHEDULE

### Additional permitted forms and intake amounts for vitamins and minerals in Formulated Supplementary Sports Foods and in Formulated Meal Replacements

Column 1 Vitamin or Mineral	Column 2 Permitted forms	Column 3 Amount <sup>1</sup>
Biotin	d-biotin	100 µg
Pantothenic acid	d-calcium pantothenate Dexpanthenol d-sodium pantothenate	7 mg
Calcium	Calcium hydroxide Calcium oxide Calcium sulphate	800 mg
Chromium	<i>Inorganic forms:</i> Chromic chloride  <i>Organic forms:</i> High chromium yeast Chromium picolinate Chromium nicotinate Chromium aspartate	200 µg
Copper	<i>Inorganic forms:</i> Cupric carbonate Cupric sulphate  <i>Organic forms:</i> Copper gluconate Copper-lysine complex Cupric citrate	3.0 mg
Magnesium	Magnesium citrate Magnesium hydroxide	320 mg
Manganese	<i>Inorganic forms:</i> Manganese carbonate Manganese chloride Manganese sulphate  <i>Organic forms:</i> Manganese citrate	5.0 mg
Molybdenum	<i>Inorganic forms:</i> Sodium molybdate  <i>Organic forms:</i> High molybdenum yeast	250 µg
Phosphorus	Magnesium phosphate, monobasic Phosphoric acid Potassium phosphate, dibasic Potassium phosphate, tribasic Sodium phosphate, dibasic Sodium phosphate, monobasic Sodium phosphate, tribasic	1000 mg
Selenium	<i>Inorganic forms:</i> Sodium selenate Sodium selenite  <i>Organic forms:</i> Selenomethionine	70 µg

<sup>1</sup> The amount represents the recommended dietary intake for the permitted forms of calcium, magnesium, phosphorus and selenium and the estimated safe and adequate daily dietary intake for the remaining minerals listed in column 1 of the Schedule.

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