

Schedule 17 Vitamins and minerals

Note 1 This instrument is a standard under the *Food Standards Australia New Zealand Act 1991* (Cth). The standards together make up the *Australia New Zealand Food Standards Code*. See also section 1.1.1—3.

Use of vitamins and minerals is regulated by several standards, including Standard 1.1.1 and Standard 1.3.2. This Standard:

- lists foods and amounts for the definition of **reference quantity** in section 1.1.2—2; and
- contains permissions to use vitamins and minerals as nutritive substances for section 1.3.2—3; and
- lists permitted forms of vitamins and minerals for subparagraph 2.9.3—3(2)(c)(i), paragraph 2.9.3—5(2)(c), paragraph 2.9.3—7(2)(c) and sub-subparagraph 2.9.4—3(1)(a)(ii)(A), as well as permitted forms of calcium for paragraph 2.10.3—3(b); and
- lists vitamins and minerals for which claims may be made under subsections 2.9.3—6(3) and 2.9.3—8(3).

Note 2 The provisions of the Code that apply in New Zealand are incorporated in, or adopted under, the *Food Act 2014* (NZ). See also section 1.1.1—3.

S17—1 Name

This Standard is *Australia New Zealand Food Standards Code – Schedule 17 – Vitamins and minerals*.

Note Commencement:
This Standard commences on 1 March 2016, being the date specified as the commencement date in notices in the *Gazette* and the *New Zealand Gazette* under section 92 of the *Food Standards Australia New Zealand Act 1991* (Cth). See also section 93 of that Act.

S17—2 Permitted forms of vitamins

Permitted forms of vitamins

<i>Vitamin</i>	<i>Permitted form</i>
Vitamin A	
<i>Retinol forms</i>	Vitamin A (retinol) Vitamin A acetate (retinyl acetate) Vitamin A palmitate (retinyl palmitate) Vitamin A propionate (retinyl propionate)
<i>Provitamin A forms</i>	beta-apo-8'-carotenal beta-carotene-synthetic carotenes-natural beta-apo-8'-carotenoic acid ethyl ester
Thiamin (Vitamin B ₁)	Thiamin hydrochloride Thiamin mononitrate Thiamin monophosphate
Riboflavin (Vitamin B ₂)	Riboflavin Riboflavin-5'-phosphate sodium
Niacin	Niacinamide (nicotinamide) Nicotinic acid
Folate	Folic acid L-methyltetrahydrofolate, calcium
Vitamin B ₆	Pyridoxine hydrochloride
Vitamin B ₁₂	Cyanocobalamin Hydroxocobalamin

<i>Vitamin</i>	<i>Permitted form</i>
Pantothenic acid	Calcium pantothenate Dexpanthenol
Vitamin C	L-ascorbic acid Ascorbyl palmitate Calcium ascorbate Potassium ascorbate Sodium ascorbate
Vitamin D	Vitamin D ₂ (ergocalciferol) Vitamin D ₃ (cholecalciferol)
Vitamin E	dl-alpha-tocopherol d-alpha-tocopherol concentrate Tocopherols concentrate, mixed d-alpha-tocopheryl acetate dl-alpha-tocopheryl acetate d-alpha-tocopheryl acetate concentrate d-alpha-tocopheryl acid succinate

S17—3

Permitted forms of minerals

For section 1.3.2—3(a), subparagraph 2.9.3—3(2)(c)(i), paragraph 2.9.3—5(2)(c), paragraph 2.9.3—7(2)(c), sub-subparagraph 2.9.4—3(1)(a)(ii)(A), and paragraph 2.10.3—3(b), the permitted forms of minerals are:

Permitted forms of minerals

<i>Mineral</i>	<i>Permitted form</i>
Calcium	Calcium carbonate Calcium chloride Calcium chloride, anhydrous Calcium chloride solution Calcium citrate Calcium gluconate Calcium glycerophosphate Calcium lactate Calcium oxide Calcium phosphate, dibasic Calcium phosphate, monobasic Calcium phosphate, tribasic Calcium sodium lactate Calcium sulphate
Iron	Ferric ammonium citrate, brown or green Ferric ammonium phosphate Ferric citrate Ferric hydroxide

Mineral	Permitted form
	Ferric phosphate
	Ferric pyrophosphate
	Ferric sodium edetate (other than for breakfast cereals as purchased or formulated supplementary food for young children)
	Ferric sulphate (iron III sulphate)
	Ferrous carbonate
	Ferrous citrate
	Ferrous fumarate
	Ferrous gluconate
	Ferrous lactate
	Ferrous succinate
Iron	Ferrous sulphate (iron II sulphate)
	Ferrous sulphate, dried
	Iron, reduced (ferrum reductum)
Iodine	Potassium iodate
	Potassium iodide
	Sodium iodate
	Sodium iodide
Magnesium	Magnesium carbonate
	Magnesium chloride
	Magnesium gluconate
	Magnesium oxide
	Magnesium phosphate, dibasic
	Magnesium phosphate, tribasic
	Magnesium sulphate
Phosphorus	Calcium phosphate, dibasic
	Calcium phosphate, monobasic
	Calcium phosphate, tribasic
	Bone phosphate
	Magnesium phosphate, dibasic
	Magnesium phosphate, tribasic
	Calcium glycerophosphate
	Potassium glycerophosphate
	Phosphoric acid
	Potassium phosphate, dibasic
	Potassium phosphate, monobasic
	Sodium phosphate, dibasic
Selenium	Seleno methionine
	Sodium selenate
	Sodium selenite

Mineral	Permitted form
Zinc	Zinc acetate
	Zinc chloride
	Zinc gluconate
	Zinc lactate
	Zinc oxide
	Zinc sulphate

S17—4 Permitted uses of vitamins and minerals

For sections 1.3.2—3 and 1.3.2—4, the foods are listed in the table:

Permitted uses of vitamins and minerals		
Vitamin or mineral	Maximum claim per reference quantity (maximum percentage RDI claim)	Maximum permitted amount per reference quantity
Cereals and cereal products		
<i>Biscuits containing not more than 200 g/kg fat and not more than 50 g/kg sugars</i>		
<i>Reference quantity—35 g</i>		
Thiamin	0.55 mg (50%)	
Riboflavin	0.43 mg (25%)	
Niacin	2.5 mg (25%)	
Vitamin B ₆	0.4 mg (25%)	
Vitamin E	2.5 mg (25%)	
Folate	100 µg (50%)	
Calcium	200 mg (25%)	
Iron	3.0 mg (25%)	
Magnesium	80 mg (25%)	
Zinc	1.8 mg (15%)	
<i>Bread</i>		
<i>Reference quantity—50 g</i>		
Thiamin	0.55 mg (50%)	
Riboflavin	0.43 mg (25%)	
Niacin	2.5 mg (25%)	
Vitamin B ₆	0.4 mg (25%)	
Vitamin E	2.5 mg (25%)	
Iron	3.0 mg (25%)	
Magnesium	80 mg (25%)	
Zinc	1.8 mg (15%)	
Folate	(a) bread that contains no wheat flour— 100 µg (50%); (b) other foods—0	
<i>Breakfast cereals, as purchased</i>		
<i>Reference quantity—a normal serving</i>		
Provitamin A forms of Vitamin A	200 µg (25%)	

<i>Vitamin or mineral</i>	<i>Maximum claim per reference quantity (maximum percentage RDI claim)</i>	<i>Maximum permitted amount per reference quantity</i>
Thiamin	0.55 mg (50%)	
Riboflavin	0.43 mg (25%)	
Niacin	2.5 mg (25%)	
Vitamin B ₆	0.4 mg (25%)	
Vitamin C	10 mg (25%)	
Vitamin D	2.5 µg (25%)	
Vitamin E	2.5 mg (25%)	
Folate	100 µg (50%)	
Calcium	200 mg (25%)	
Iron – except ferric sodium edetate	3.0 mg (25%)	
Magnesium	80 mg (25%)	
Zinc	1.8 mg (15%)	
<i>Cereal flours</i>		
<i>Reference quantity—35 g</i>		
Thiamin	0.55 mg (50%)	
Riboflavin	0.43 mg (25%)	
Niacin	2.5 mg (25%)	
Vitamin B ₆	0.4 mg (25%)	
Vitamin E	2.5 mg (25%)	
Folate	100 µg (50%)	
Iron	3.0 mg (25%)	
Magnesium	80 mg (25%)	
Zinc	1.8 mg (15%)	
<i>Pasta</i>		
<i>Reference quantity—the amount that is equivalent to 35 g of uncooked dried pasta</i>		
Thiamin	0.55 mg (50%)	
Riboflavin	0.43 mg (25%)	
Niacin	2.5 mg (25%)	
Vitamin B ₆	0.4 mg (25%)	
Vitamin E	2.5 mg (25%)	
Folate	100 µg (50%)	
Iron	3.0 mg (25%)	
Magnesium	80 mg (25%)	
Zinc	1.8 mg (15%)	
Dairy products		
<i>Dried milks</i>		
<i>Reference quantity—200 mL</i>		
Vitamin A	110 µg (15%)	125 µg
Riboflavin	0.4 mg (25%)	
Vitamin D	2.5 µg (25%)	3.0 µg

Vitamin or mineral	Maximum claim per reference quantity (maximum percentage RDI claim)	Maximum permitted amount per reference quantity
Calcium	400 mg (50%)	
<i>Modified milks and skim milk</i>		
<i>Reference quantity—200 mL</i>		
Vitamin A	110 µg (15%)	125 µg
Vitamin D	1.0 µg (10%)	1.6 µg
Calcium	400 mg (50%)	
<i>Cheese and cheese products</i>		
<i>Reference quantity—25 g</i>		
Vitamin A	110 µg (15%)	125 µg
Calcium	200 mg (25%)	
Phosphorus	150 mg (15%)	
Vitamin D	1.0 µg (10%)	1.6 µg
<i>Yoghurts (with or without other foods)</i>		
<i>Reference quantity—150 g</i>		
Vitamin A	110 µg (15%)	125 µg
Vitamin D	1.0 µg (10%)	1.6 µg
Calcium	320 mg (40%)	
<i>Dairy desserts containing no less than 3.1% m/m milk protein</i>		
<i>Reference quantity—150 g</i>		
Vitamin A	110 µg (15%)	125 µg
Vitamin D	1.0 µg (10%)	1.6 µg
Calcium	320 mg (40%)	
<i>Ice cream and ice confections containing no less than 3.1% m/m milk protein</i>		
<i>Reference quantity—75 g</i>		
Calcium	200 mg (25%)	
<i>Cream and cream products containing no more than 40% m/m milkfat</i>		
<i>Reference quantity—30 mL</i>		
Vitamin A	110 µg (15%)	125 µg
<i>Butter</i>		
<i>Reference quantity—10 g</i>		
Vitamin A	110 µg (15%)	125 µg
Vitamin D	1.0 µg (10%)	1.6 µg
Edible oils and spreads		
<i>Edible oil spreads and margarine</i>		
<i>Reference quantity—10 g</i>		
Vitamin A	110 µg (15%)	125 µg
Vitamin D	1.0 µg (10%)	1.6 µg
Vitamin E	(a) edible oil spreads and margarine containing no more than 28% total *saturated fatty acids and trans fatty acids—3.5 mg (35%); (b) other foods—0	

Vitamin or mineral	Maximum claim per reference quantity (maximum percentage RDI claim)	Maximum permitted amount per reference quantity
<i>Edible oils</i>		
<i>Reference quantity—10 g</i>		
Vitamin E	(a) sunflower oil and safflower oil—7.0 mg (70%); (b) other edible oils containing no more than 28% total *saturated fatty acids and trans fatty acids—3.0 mg (30%)	
Extracts		
<i>Extracts of meat, vegetables or yeast (including modified yeast) and foods containing no less than 800 g/kg of extracts of meat, vegetables or yeast (including modified yeast)</i>		
<i>Reference quantity—5 g</i>		
Thiamin	0.55 mg (50%)	
Riboflavin	0.43 mg (25%)	
Niacin	2.5 mg (25%)	
Vitamin B ₆	0.4 mg (25%)	
Vitamin B ₁₂	0.5 µg (25%)	
Folate	100 µg (50%)	
Iron	1.8 mg (15%)	
Fruit juice, vegetable juice, fruit drink and fruit cordial		
<i>All fruit juice and concentrated fruit juice (including tomato juice)</i>		
<i>Reference quantity—200 mL</i>		
Calcium	200 mg (25%)	
Folate	100 µg (50%)	
Vitamin C	(a) blackcurrant juice—500 mg (12.5 times) (b) guava juice—400 mg (10 times) (c) other juice—120 mg (3 times)	
Provitamin A forms of Vitamin A	(a) mango juice—800 µg (1.1 times) (b) pawpaw juice—300 µg (40%) (c) other juice—200 µg (25%)	
<i>Vegetable juice (including tomato juice)</i>		
<i>Reference quantity—200 mL</i>		
Vitamin C	60 mg (1.5 times)	
Provitamin A forms of Vitamin A	200 µg (25%)	
Folate	100 µg (50%)	
Calcium	200 mg (25%)	
<i>Fruit drinks, vegetable drinks and fruit and vegetable drinks containing at least 250 mL/L of the juice, purée or comminution of the fruit or vegetable or both; fruit drink, vegetable drink or fruit and vegetable drink concentrate which contains in a reference quantity at least 250 mL/L of the juice, purée or comminution of the fruit or vegetable, or both</i>		
<i>Reference quantity—200 mL</i>		
Folate	refer to section 1.3.2—5	
Vitamin C	refer to section 1.3.2—5	
Provitamin A forms of vitamin A	refer to section 1.3.2—5	

Vitamin or mineral	Maximum claim per reference quantity (maximum percentage RDI claim)	Maximum permitted amount per reference quantity
Calcium	200 mg (25%)	
<i>Fruit cordial, fruit cordial base</i>		
<i>Reference quantity—200 mL</i>		
Vitamin C	refer to section 1.3.2—5	
Analogues derived from legumes		
<i>Beverages containing no less than 3% m/m protein derived from legumes</i>		
<i>Reference quantity—200 mL</i>		
Vitamin A	110 µg (15%)	125 µg
Thiamin	no claim permitted	0.10 mg
Riboflavin	0.43 mg (25%)	
Vitamin B ₆	no claim permitted	0.12 mg
Vitamin B ₁₂	0.8 µg (40%)	
Vitamin D	1.0 µg (10%)	1.6 µg
Folate	no claim permitted	12 µg
Calcium	240 mg (30%)	
Magnesium	no claim permitted	22 mg
Phosphorus	200 mg (20%)	
Zinc	no claim permitted	0.8 mg
Iodine	15 µg (10%)	
<i>Analogues of meat, where no less than 12% of the energy value of the food is derived from protein, and the food contains 5 g protein per serve of the food</i>		
<i>Reference quantity—100 g</i>		
Thiamin	0.16 mg (15%)	
Riboflavin	0.26 mg (15%)	
Niacin	5.0 mg (50%)	
Vitamin B ₆	0.5 mg (30%)	
Vitamin B ₁₂	2.0 µg (100%)	
Folate	no claim permitted	10 µg
Iron	3.5 mg (30%)	
Magnesium	no claim permitted	26 mg
Zinc	4.4 mg (35%)	
<i>Analogues of yoghurt and dairy desserts containing no less than 3.1% m/m protein derived from legumes</i>		
<i>Reference quantity—150 g</i>		
Vitamin A	110 µg (15%)	125 µg
Thiamin	no claim permitted	0.08 mg
Riboflavin	0.43 mg (25%)	
Vitamin B ₆	no claim permitted	0.11 mg
Vitamin B ₁₂	0.3 µg (15%)	
Vitamin D	1.0 µg (10%)	1.6 µg
Folate	20 µg (10%)	
Calcium	320 mg (40%)	

<i>Vitamin or mineral</i>	<i>Maximum claim per reference quantity (maximum percentage RDI claim)</i>	<i>Maximum permitted amount per reference quantity</i>
Magnesium	no claim permitted	22 mg
Phosphorus	200 mg (20%)	
Zinc	no claim permitted	0.7 mg
Iodine	15 µg (10%)	
<i>Analogues of ice cream containing no less than 3.1% m/m protein derived from legumes</i>		
<i>Reference quantity—75 g</i>		
Vitamin A	110 µg (15%)	125 µg
Riboflavin	0.26 mg (15%)	
Vitamin B ₁₂	0.2 µg (10%)	
Calcium	200 mg (25%)	
Phosphorus	no claim permitted	80 mg
<i>Analogues of cheese containing no less than 15% m/m protein derived from legumes</i>		
<i>Reference quantity—25 g</i>		
Vitamin A	110 µg (15%)	125 µg
Riboflavin	0.17 mg (10%)	
Vitamin B ₁₂	0.3 µg (15%)	
Vitamin D	1.0 µg (10%)	1.6 µg
Calcium	200 mg (25%)	
Phosphorus	150 mg (15%)	
Zinc	no claim permitted	1.0 mg
Iodine	no claim permitted	10 µg
Composite products		
<i>Soups, prepared for consumption in accordance with directions</i>		
<i>Reference quantity—200 mL</i>		
Calcium	200 mg (25%)	
Analogues derived from cereals, nuts, seeds, or a combination of those ingredients		
<i>Beverages containing no less than 0.3% m/m protein derived from cereals, nuts, seeds, or a combination of those ingredients</i>		
<i>Reference quantity—200 mL</i>		
Vitamin A	110 µg (15%)	125 µg
Thiamin	no claim permitted	0.10 mg
Riboflavin	0.43 mg (25%)	
Vitamin B ₆	no claim permitted	0.12 mg
Vitamin B ₁₂	0.8 µg (40%)	
Vitamin D	1.0 µg (10%)	1.6 µg
Folate	no claim permitted	12 µg
Calcium	240 mg (30%)	
Magnesium	no claim permitted	22 mg
Phosphorus	200 mg (20%)	
Zinc	no claim permitted	0.8 mg
Iodine	15 µg (10%)	

<i>Vitamin or mineral</i>	<i>Maximum claim per reference quantity (maximum percentage RDI claim)</i>	<i>Maximum permitted amount per reference quantity</i>
Formulated beverages		
<i>Formulated beverages</i>		
<i>Reference quantity—600 mL</i>		
Folate	50 µg (25%)	
Vitamin C	40 mg (100%)	
Provitamin A forms of Vitamin A	200 µg (25%)	
Niacin	2.5 mg (25%)	
Thiamin	0.28 mg (25%)	
Riboflavin	0.43 mg (25%)	
Calcium	200 mg (25%)	
Iron	3.0 mg (25%)	
Magnesium	80 mg (25%)	
Vitamin B ₆	0.4 mg (25%)	
Vitamin B ₁₂	0.5 µg (25%)	
Vitamin D	2.5 µg (25%)	
Vitamin E	2.5 mg (25%)	
Iodine	38 µg (25%)	
Pantothenic acid	1.3 mg (25%)	
Selenium	17.5 µg (25%)	

Amendment History

The Amendment History provides information about each amendment to the Schedule. The information includes commencement or cessation information for relevant amendments.

These amendments are made under section 92 of the *Food Standards Australia New Zealand Act 1991* unless otherwise indicated. Amendments do not have a specific date for cessation unless indicated as such.

About this compilation

This is compilation No. 2 of Schedule 17 as in force on **12 January 2017** (up to Amendment No. 166). It includes any commenced amendment affecting the compilation to that date.

Prepared by Food Standards Australia New Zealand on **12 January 2017**.

Uncommenced amendments or provisions ceasing to have effect

To assist stakeholders, the effect of any uncommenced amendments or provisions which will cease to have effect, may be reflected in the Schedule as shaded boxed text with the relevant commencement or cessation date. These amendments will be reflected in a compilation registered on the Federal Register of Legislation including or omitting those amendments and provided in the Amendment History once the date is passed.

The following abbreviations may be used in the table below:

ad = added or inserted
exp = expired or ceased to have effect
rs = repealed and substituted
am = amended
rep = repealed

Schedule 17 was published in the Food Standards Gazette No. FSC96 on 10 April 2015 as part of Amendment 154 (F2015L00449 — 1 April 2015) and has since been amended as follows:

Section affected	A'ment No.	FRL registration Gazette	Commencement (Cessation)	How affected	Description of amendment
Sched heading	157	F2015L01374 1 Sept 2015 FSC99 3 Sept 2015	1 March 2016	am	Correction to cross-references in Note 1.
table to S17—4	161	F2016L00115 17 Feb 2016 FSC103 22 Feb 2016	1 March 2016	rs	Entry for beverages containing no less than 0.3% m/m protein derived from cereals to include references to nuts, seeds or a combination of those ingredients.
table to S17—4	166	F2017L00023 5 Jan 2017 FSC108 12 Jan 2017	12 Jan 2017	rs	Entries for breakfast cereals as purchased to include permission for vitamin D.