

### List of Nutraceutical Products

| Sl. No. | Product Name / Scientific Name                                          |                             | Regulations administering the Product and concerned Ministry/Department administering Regulation                                                                                                                                                                                                                                                                                                                                              | Tariff line HS Code Classification        |
|---------|-------------------------------------------------------------------------|-----------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------|
|         | Nutraceuticals/ Ingredients                                             | Official / Common name      |                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                           |
| 1.      | American ginseng ( <i>Panax quinquefolius</i> L.)                       | Ginseng extract (American). | Food Safety and Standards (Health Supplements, Nutraceuticals, Food for Special Dietary Use, Food for Special Medical Purpose, and Probiotic and Probiotic Food) Regulations, 2022 as notified by Notification dated 29 <sup>th</sup> March, 2022 bearing No. F. No. Std/SP-05/T(Nutraceutical-2022)[E-5184] by Food Safety and Standards Authority of India / Ministry of Consumer Affairs, Food & Public Distribution, Government of India. | ITC (HS) Code 1302 or ITC (HS) Code 2106. |
| 2.      | Astaxanthin (from <i>Haematococcus pluvialis</i> ), powder or oleoresin | -                           | Do                                                                                                                                                                                                                                                                                                                                                                                                                                            | Do                                        |
| 3.      | Beta Alanine                                                            | -                           | Do                                                                                                                                                                                                                                                                                                                                                                                                                                            | Do                                        |
| 4.      | Betaine (N,N,N,trimethylglycine)                                        | -                           | Do                                                                                                                                                                                                                                                                                                                                                                                                                                            | Do                                        |
| 5.      | Boswellia serrata - gum resin extract                                   | Salai guggul / Kundru       | Do                                                                                                                                                                                                                                                                                                                                                                                                                                            | Do                                        |
| 6.      | Caffeine                                                                | Caffeine                    | Do                                                                                                                                                                                                                                                                                                                                                                                                                                            | Do                                        |
| 7.      | Calcium hydroxyl methyl butyrate (CaHMB)                                | -                           | Do                                                                                                                                                                                                                                                                                                                                                                                                                                            | Do                                        |

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| 8.  | <i>Chlorella vulgaris</i> – dried powder                                                                                               | Green algae / Shaiwal | Do | Do |
| 9.  | Chromium picolinate/ nicotinate                                                                                                        | -                     | Do | Do |
| 10. | <i>Cimicifuga racemosa</i> (or <i>Actaea racemosa</i> ).<br>Extracted from rhizomes and roots                                          | Black cohosh          | Do | Do |
| 11. | Citrus bioflavonoids ( <i>Citrus paradisi</i> , <i>C. reticulate</i> , <i>C. maxima</i> , <i>C. sinensis</i> and <i>Citrus limon</i> ) | Citrus / Jambir       | Do | Do |
| 12. | CoQ10 from non GM source and Ubiquinol acetate                                                                                         | Co enzyme Q10         | Do | Do |
| 13. | Colostrum                                                                                                                              | -                     | Do | Do |
| 14. | Creatine (source Creatine monohydrate, Creatine hydrochloride and Creatine nitrate)                                                    | -                     | Do | Do |
| 15. | Cryptoxanthin / Mesoxanthin                                                                                                            | -                     | Do | Do |
| 16. | <i>Echinacea</i> ( <i>E. angustifolia</i> , <i>E. purpurea</i> , and <i>E. pallida</i> )<br>Liquid/powder extract                      | <i>Echinacea</i>      | Do | Do |
| 17. | Ginkgo biloba extract obtained from dried leaves of Ginkgo ( <i>Ginkgo biloba</i> . L.).                                               | Ginkgo biloba extract | Do | Do |
| 18. | Glucosamine Hydrochloride                                                                                                              | Glucosamine           | Do | Do |
| 19. | Glucosamine sulphate                                                                                                                   | Glucosamine           | Do | Do |
| 20. | Glutathione / S-acetyl glutathione                                                                                                     | -                     | Do | Do |

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| 21. | <i>Gymnema sylvestre</i><br>extract powder                                                                                                                          | Madhunashin i,<br>Gudmar<br>(extract) | Do | Do |
| 22. | Lactase ( $\beta$ galactosidase)                                                                                                                                    | -                                     | Do | Do |
| 23. | L-carnosine                                                                                                                                                         | -                                     | Do | Do |
| 24. | L- theanine                                                                                                                                                         | Chai suksham satva                    | Do | Do |
| 25. | Melatonin                                                                                                                                                           | -                                     | Do | Do |
| 26. | Methyl sulfonyl methane                                                                                                                                             | -                                     | Do | Do |
| 27. | <i>Panax ginseng</i> (<br>Syn;Korean Ginseng)<br>extract - (obtained from<br>0.6 to 2.0 g of Ginseng<br>root, ( <i>Panax ginseng</i> .C<br>A. Meyer,<br>Araliaceae) | Ginseng extract                       | Do | Do |
| 28. | Phycocyanin from<br><i>Spirulina plantesis</i><br>( <i>Aethrospira</i><br><i>plantesis</i> ) Dried powder                                                           | Spirulina                             | Do | Do |
| 29. | <i>Piper nigrum</i> / <i>Piper</i><br><i>longum</i> extract                                                                                                         | Pippali/ Pepper                       | Do | Do |
| 30. | Quercetin obtained from<br>extracts of citrus fruits,<br>vegetables and other<br>plant sources.                                                                     | -                                     | Do | Do |
| 31. | <i>Schizandra</i> berry<br>extract                                                                                                                                  | Five-flavor berry                     | Do | Do |
| 32. | <i>Scutellaria bicalensis</i>                                                                                                                                       | Patwar topi, Skullcap                 | Do | Do |
| 33. | Selenium Yeast                                                                                                                                                      | -                                     | Do | Do |

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| 34. | Siberian ginseng-obtained from 0.6 to 2.0 g of Ginseng root ( <i>Acanthopanax senticosus</i> , belonging to panax type, C A. Meyer, Araliaceae) | Ginseng extract           | Do | Do |
| 35. | <i>Silybum marianum</i> extract (silymarin extract)                                                                                             | Milk Thistle              | Do | Do |
| 36. | Spirulina (algae) from ( <i>Spirulina platensis</i> , <i>Arthrospira platensis</i> )                                                            | Shaiwal/ Spirulina        | Do | Do |
| 37. | Udenatured type II collagen                                                                                                                     | -                         | Do | Do |
| 38. | <i>Vaccinium myrstillus</i> extract                                                                                                             | <i>Bilberry extract</i>   | Do | Do |
| 39. | Zeaxanthin                                                                                                                                      | -                         | Do | Do |
| 40. | Camellia sinensis Black /green tea extract, standardized powder                                                                                 | Chai & tea extract        | Do | Do |
| 41. | Camellia sinensis-Tea catechins (epigallo catechin gallate, epicatechin, catechin gallates)                                                     | Chai satva                | Do | Do |
| 42  | (+) Hydroxycitric acid                                                                                                                          | -                         | Do | Do |
| 43  | <i>Albizia lebbeck</i> - extract                                                                                                                | Shireesh                  | Do | Do |
| 44  | <i>Allium sativum</i> – bulbs dried standardized powder / extract                                                                               | Rason/ Lashun/Garlic      | Do | Do |
| 45  | <i>Aloe vera</i> – juice /concentrate /powder of sap /gel                                                                                       | Ghrit Kumari /Indian aloe | Do | Do |
| 46  | Alpha amylase                                                                                                                                   | -                         | Do | Do |
| 47  | Alpha mangostin                                                                                                                                 | -                         | Do | Do |

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| 48 | Alpha-galactosidase                                                                   | -                         | Do | Do |
| 49 | Alpha-lipoic acid                                                                     | -                         | Do | Do |
| 50 | <i>Amaranthus tricolor</i> – leaf powder / extract                                    | Marisha-Rakt Extract      | Do | Do |
| 51 | Amylase                                                                               | -                         | Do | Do |
| 52 | Amyloglucosidase                                                                      | -                         | Do | Do |
| 53 | <i>Anethum graveolens</i> L. - seeds and oil                                          | Shatahva/ Sowa /Soa /Dill | Do | Do |
| 54 | Anthocyanin                                                                           | -                         | Do | Do |
| 55 | Arabinogalactan                                                                       | -                         | Do | Do |
| 56 | Arachidonic acid                                                                      | -                         | Do | Do |
| 57 | <i>Asparagus densiflorus</i> - extract                                                | Asparagus / Shatavari     | Do | Do |
| 58 | <i>Bacopa monnieri</i> - leaf extract                                                 | Brahmi                    | Do | Do |
| 59 | Barley seed powder                                                                    | Yava /Barley              | Do | Do |
| 60 | <i>Bauhinia variegata</i> - extract                                                   | Kachnar                   | Do | Do |
| 61 | <i>Berberis vulgaris</i> / <i>B. aristata</i> / <i>B.asiatica</i> – stem/root extract | Berberry / Daru haridra   | Do | Do |
| 62 | Beta carotene – standardized soft concentrate / emulsified concentrate / powder       | -                         | Do | Do |
| 63 | Beta ecdysterone                                                                      | -                         | Do | Do |
| 64 | $\beta$ -glucans                                                                      | -                         | Do | Do |
| 65 | <i>Beta vulgaris</i> – root extract                                                   | Palanki/Beet              | Do | Do |
| 66 | $\beta$ -sitosterol                                                                   | -                         | Do | Do |
| 67 | <i>Betula platyphylla</i> / <i>B.utilis</i> - bark extract                            | Bhojapatra/Birch          | Do | Do |
| 68 | <i>Biota orientalis</i> - seed powder                                                 | Biota                     | Do | Do |

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| 69 | <i>Borago officinalis</i> - oil                                                    | Borage                            | Do | Do |
| 70 | Campestanol                                                                        | -                                 | Do | Do |
| 71 | Campesterol                                                                        | -                                 | Do | Do |
| 72 | <i>Capsicum annum</i> - extract / standardized to capsin content                   | Lanka/Cayenne pepper / Lal mirchi | Do | Do |
| 73 | <i>Caricus papaya</i> – leaf extract                                               | Papaya / Papeeta, Erand-karkati   | Do | Do |
| 74 | Carotenoids (natural mixed, including from algal sources)                          | -                                 | Do | Do |
| 75 | Casein and caseinates                                                              | -                                 | Do | Do |
| 76 | <i>Caulophyllum thalictroides</i> - root extract                                   | Blue cohosh                       | Do | Do |
| 77 | Cellulase                                                                          | -                                 | Do | Do |
| 78 | <i>Centella asiatica</i> – leaf/aerial parts standardized extract                  | Mandukparni / Gotu Kola           | Do | Do |
| 79 | <i>Matricaria chamomilla</i> ( <i>Matricaria recutita</i> ) – aerial parts extract | -                                 | Do | Do |
| 80 | <i>Malpighia emarginata</i> (Cherry acerola)                                       | Acerola                           | Do | Do |
| 81 | Chlorogenic acids                                                                  | -                                 | Do | Do |
| 82 | Caffeic acid                                                                       | -                                 | Do | Do |
| 83 | Chondroitin sulphate                                                               | Chondroitin                       | Do | Do |
| 84 | <i>Cichorium intybus</i> – roasted root powder                                     | Kasani/ Chicory                   | Do | Do |
| 85 | <i>Cinnamomum verum</i> – bark powder / extract                                    | Tvak bhed/Cinnamon                | Do | Do |
| 86 | Citrulline/ L-citrulline DL-malate (2:1)                                           | -                                 | Do | Do |
| 87 | <i>Citrus aurantium</i> – peel extract / bioflavonoids standardized                | Bitter orange                     | Do | Do |
| 88 | Citrus naringenin                                                                  | -                                 | Do | Do |

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| 89  | D-Mannose                                                                        | -                            | Do | Do |
| 90  | <i>Syzygium aromaticum</i> -<br>Clove powder & oil                               | Lavang tail                  | Do | Do |
| 91  | <i>Cnicus benedictus</i> –<br>aerial parts extract / root<br>extract             | Blessed thistle              | Do | Do |
| 92  | <i>Theobroma cacao</i> -<br>Cocoa (chocolate) bean -<br>extract                  | -                            | Do | Do |
| 93  | <i>Coccinia grandis</i> (L.)<br>Voigt - extract                                  | Bimbi/Kunduru/<br>Ivy gourd  | Do | Do |
| 94  | Collagen and its<br>hydrolysed peptides and<br>chelates                          | -                            | Do | Do |
| 95  | Conjugated linoleic acid<br>concentrate                                          | -                            | Do | Do |
| 96  | <i>Crataeva nurvala</i> -<br>extract                                             | Varun                        | Do | Do |
| 97  | Crustacean shells                                                                | -                            | Do | Do |
| 98  | <i>Cuminum cyminum</i> L –<br>oil / extract                                      | Jeerak/Safed<br>Jeera/Cumin  | Do | Do |
| 99  | <i>Curcuma longa</i> –<br>rhizome powder / extract<br>standardized               | Haridra/Haldi/Tur<br>meric   | Do | Do |
| 100 | Curcuminoids – soft<br>extract / powder and<br>curcumin complex                  | -                            | Do | Do |
| 101 | <i>Cyperus rotundus</i> -<br>extract                                             | Mustak/Nagar<br>motha        | Do | Do |
| 102 | Diastase                                                                         | -                            | Do | Do |
| 103 | D-Pinitol                                                                        | -                            | Do | Do |
| 104 | <i>Dioscorea bulbifera</i> -<br>extract                                          | Varahi kand                  | Do | Do |
| 105 | Protein<br>isolates/concentrates/hyd<br>rolysates                                | -                            | Do | Do |
| 106 | Ellagic acid                                                                     | -                            | Do | Do |
| 107 | <i>Emblica officinalis</i> –<br>dried fruit extract / spray<br>dried pulp powder | Indian gooseberry/<br>amlaki | Do | Do |

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| 108 | Eriocitrin (from citrus fruit)                                                                                                                | -                                       | Do | Do |
| 109 | <i>Oenothera biennis</i> - Evening primrose oil                                                                                               | -                                       | Do | Do |
| 110 | <i>Fagopyrum esculentum</i> - seed                                                                                                            | Buckwheat                               | Do | Do |
| 111 | Fish oil                                                                                                                                      | -                                       | Do | Do |
| 112 | <i>Foeniculum vulgare</i> - fruit - oil / extract                                                                                             | Fennel / Saunf                          | Do | Do |
| 113 | Freeze-dried banana powder                                                                                                                    | -                                       | Do | Do |
| 114 | Galactomannan                                                                                                                                 | -                                       | Do | Do |
| 115 | Gallic acid                                                                                                                                   | -                                       | Do | Do |
| 116 | Gamma-linoleic acid (GLA )                                                                                                                    | -                                       | Do | Do |
| 117 | Gamma-oryzanol                                                                                                                                | -                                       | Do | Do |
| 118 | <i>Garcinia gummi-gutta</i> and <i>Garcinia cambogia</i> / <i>G.indica</i> – fruit rind extract standardized to hydroxyl citric acid, powder) | Kokum / Vrikshamalak / Malabar tamarind | Do | Do |
| 119 | <i>Garcinia mangostana</i> – seed extract standardized                                                                                        | Mangosteen                              | Do | Do |
| 120 | Glucoamylase                                                                                                                                  | -                                       | Do | Do |
| 121 | Glucomannan                                                                                                                                   | -                                       | Do | Do |
| 122 | <i>Glycyrrhiza glabra</i> - extract                                                                                                           | Madhuyashti/Licorice / Mulethi          | Do | Do |
| 123 | Grape seed extract                                                                                                                            | -                                       | Do | Do |
| 124 | <i>Coffea arabica</i> , <i>C. robusta</i> - Green coffee seed extract standardized, including decaffeinated coffee bean powder/extract        | Kaphi                                   | Do | Do |
| 125 | <i>Grifola frondosa</i> – standardized extract                                                                                                | Maitake mushroom                        | Do | Do |



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| 126 | Guar gum and gum arabic and its derivatives as a source of fibers; Maltodextrin/Resistant maltodextrin/ Limit Dextrin; chia seed fiberand fibers from other food sources | -                        | Do | Do |
| 127 | Hemicellulase                                                                                                                                                            | -                        | Do | Do |
| 128 | Hesperidin                                                                                                                                                               | -                        | Do | Do |
| 129 | High oleic sun flower oil and other vegetable oils with high oleic content                                                                                               | -                        | Do | Do |
| 130 | <i>Hippophae rhamnoides</i> – leaf/fruit dried powder/extract / juice                                                                                                    | Amalvetas /Sea buckthorn | Do | Do |
| 131 | <i>Humulus lupulus</i> L – powder / extract                                                                                                                              | Phaph/Hops               | Do | Do |
| 132 | Hyaluronic acid and its salts                                                                                                                                            | -                        | Do | Do |
| 133 | Hydrolysed whey peptide                                                                                                                                                  | Whey                     | Do | Do |
| 134 | <i>Hypericum perforatum</i> – aerial parts standardized extract                                                                                                          | Basant/St. Johns Wort    | Do | Do |
| 135 | <i>Inula racemosa</i> - root extract                                                                                                                                     | Pushkarmoola extract     | Do | Do |
| 136 | Invertase                                                                                                                                                                | -                        | Do | Do |
| 137 | Isoflavones (genistein, daidzein)                                                                                                                                        | -                        | Do | Do |
| 138 | Kelp (brown algae)                                                                                                                                                       | -                        | Do | Do |
| 139 | Krill oil - standardized for DHA / EPA                                                                                                                                   | -                        | Do | Do |
| 140 | Lactalbumin                                                                                                                                                              | -                        | Do | Do |
| 141 | Lactoferrin                                                                                                                                                              | -                        | Do | Do |
| 142 | Lactoperoxidase                                                                                                                                                          | -                        | Do | Do |
| 143 | <i>Lagerstroemia speciosa</i> L (leaf extract)                                                                                                                           | Jarul/Banaba             | Do | Do |
| 144 | Lecithins                                                                                                                                                                | -                        | Do | Do |

|     |                                                                                                                                 |                                        |    |    |
|-----|---------------------------------------------------------------------------------------------------------------------------------|----------------------------------------|----|----|
| 145 | Lignans                                                                                                                         | -                                      | Do | Do |
| 146 | <i>Linum usitatissimum</i> - seed powder and oil                                                                                | Atasi/Alasi/Flaxseed                   | Do | Do |
| 147 | Lipase                                                                                                                          | -                                      | Do | Do |
| 148 | Lutein                                                                                                                          | -                                      | Do | Do |
| 149 | Lutein/zeaxanthin complex                                                                                                       | -                                      | Do | Do |
| 150 | Lycopene                                                                                                                        | -                                      | Do | Do |
| 151 | <i>Lycium barbarum</i> /<br><i>Lycium europaeum</i> /<br><i>Lycium ruthenicum</i> fruit - dried powder/concentrate standardized | Goji berry (wolfberry)                 | Do | Do |
| 152 | Maltase                                                                                                                         | -                                      | Do | Do |
| 153 | <i>Mangifera indica</i> – mangiferine, leaf extract                                                                             | -                                      | Do | Do |
| 154 | <i>Medicago sativa</i> extract                                                                                                  | Ashar-bala/Alfalfa                     | Do | Do |
| 155 | Medium chain triglycerides                                                                                                      | -                                      | Do | Do |
| 156 | <i>Menyanthes trifoliata</i> - Leaf powder                                                                                      | Buckbean / bogbean                     | Do | Do |
| 157 | Millet and their powder                                                                                                         | -                                      | Do | Do |
| 158 | <i>Momordica charantia</i> - fruit / seed extract                                                                               | Karvalli/Kodon,/ bitter gourd/, Karela | Do | Do |
| 159 | <i>Monodora myristica</i> (Gaertn.) Dunal – oil / extract                                                                       | Nutmeg                                 | Do | Do |
| 160 | <i>Morinda citrifolia</i> extract                                                                                               | Akshiki/Noni                           | Do | Do |
| 161 | <i>Moringa oleifera</i> leaf / pods / seed extract powder                                                                       | Shigru/Moringa / drum stick            | Do | Do |
| 162 | <i>Morus alba</i> - Mulberry tea– leaf / fruit extract                                                                          | Toot/Mulberry                          | Do | Do |
| 163 | <i>Myrica cerifera</i> / <i>M. nagi</i> – bark extract                                                                          | Katphala/Bayberry                      | Do | Do |
| 164 | <i>Myristica fragrans</i>                                                                                                       | Jatipatri/Mace/                        | Do | Do |

|     |                                                                                                      |                                |    |    |
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|     | <i>Houtt.</i>                                                                                        | Javitri                        |    |    |
| 165 | N-Acetyl d-glucosamine                                                                               | -                              | Do | Do |
| 166 | <i>Nardostachys jatamansi</i><br>- extract                                                           | Jatamansi                      | Do | Do |
| 167 | <i>Nasturtium officinale</i> -<br>extract                                                            | Chhu<br>nail/Watercress        | Do | Do |
| 168 | Nattokinase enzyme (as<br>Soy bean Fibrinase)                                                        | -                              | Do | Do |
| 169 | <i>Ocimum tenuiflorum</i><br>/ <i>Ocimum sanctum</i> –<br>aerial parts / seed extract                | Surasa/<br>Basil /Tulasi       | Do | Do |
| 170 | Omega-3 fatty acids<br>(docosahexaenoic acid<br>- eicosapentaenoic acid -<br>alpha - linolenic acid) | -                              | Do | Do |
| 171 | Omega-6-fatty acids<br>(linoleic acid,<br>arachidonic acid and<br>conjugated linoleic acid)          | -                              | Do | Do |
| 172 | Oyster shell powder                                                                                  | Shukti/Seep                    | Do | Do |
| 173 | Pancreatin                                                                                           | -                              | Do | Do |
| 174 | Pancrelipase                                                                                         | -                              | Do | Do |
| 175 | Papain                                                                                               | -                              | Do | Do |
| 176 | <i>Passiflora foetida</i> -<br>extract                                                               | Passion flower                 | Do | Do |
| 177 | <i>Arachis hypogaea</i> -<br>(roasted) powder                                                        | Mandapi/Pea nut/<br>Munghphali | Do | Do |
| 178 | Pectin                                                                                               | -                              | Do | Do |
| 179 | Pepsin                                                                                               | -                              | Do | Do |
| 180 | <i>Perna canaliculus</i><br>(Green lipped mussel /<br>Mussel Oil)                                    | -                              | Do | Do |
| 181 | <i>Phellodendron amurense</i><br>leaf oil                                                            | Phellodendron                  | Do | Do |
| 182 | Phosphatides<br>/Phospholipids                                                                       | -                              | Do | Do |
| 183 | <i>Phyllanthus amarus</i> -<br>extract                                                               | Tamalaki/<br>Bhuiamalaki       | Do | Do |

|     |                                                                                     |                                            |    |    |
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| 184 | Phytase                                                                             | -                                          | Do | Do |
| 185 | <i>Picrorhiza kurroa</i> -<br>Picrorhiza - extract                                  | Katuka/Kutaki                              | Do | Do |
| 186 | <i>Pimento officinalis</i> L. -<br>extract/powder                                   | Allspice                                   | Do | Do |
| 187 | <i>Pinus gerardiana</i> - bark<br>extract                                           | Nikochak/Pine nut                          | Do | Do |
| 188 | <i>Piper longum</i> - extract                                                       | Pippali/<br>Magha/Long pepper              | Do | Do |
| 189 | <i>Piper nigrum</i> - green<br>extract                                              | Green pepper,<br>Krishan Marich            | Do | Do |
| 190 | <i>Piper nigrum</i> – powder /<br>standardized extract                              | Krishan Marich/<br>Marich/ Black<br>pepper | Do | Do |
| 191 | Policosanol                                                                         | -                                          | Do | Do |
| 192 | Protease                                                                            | -                                          | Do | Do |
| 193 | <i>Prunus serotina</i> - extract                                                    | Black cherry                               | Do | Do |
| 194 | <i>Plantago ovata</i> (major) –<br>Psyllium (Isaphula)- seed<br>husk                | Isaphgul-Ashabgol                          | Do | Do |
| 195 | <i>Cucurbita pepo</i> , <i>C.</i><br><i>maxima</i> - Pumpkin seed<br>oil /meal      | Kaddu beej tail                            | Do | Do |
| 196 | <i>Punica granatum</i> – fruit<br>/seed /skin extract /leaf<br>/powder              | Dadima/Pomegrana<br>te                     | Do | Do |
| 197 | <i>Raphanus sativus</i> var.<br><i>niger</i> - root powder/<br>extract              | Mulika/ Muli<br>/Black radish              | Do | Do |
| 198 | Red wine - extract<br>/concentrate                                                  | -                                          | Do | Do |
| 199 | Red yeast rice                                                                      | -                                          | Do | Do |
| 200 | Resveratrol                                                                         | -                                          | Do | Do |
| 201 | <i>Rhododendron</i><br><i>arboreum</i> /R.<br><i>campanulata</i> -<br>juice/extract | Buras/Rhododendro<br>n                     | Do | Do |
| 202 | Rice bran                                                                           | -                                          | Do | Do |

|     |                                                                            |                                            |    |    |
|-----|----------------------------------------------------------------------------|--------------------------------------------|----|----|
| 203 | Rice bran arabinoxylan compound                                            | -                                          | Do | Do |
| 204 | Rose hips                                                                  | -                                          | Do | Do |
| 205 | <i>Rosmarinus officinalis</i> – leaves/ needles extract /oil               | Rosemary                                   | Do | Do |
| 206 | Royal Jelly                                                                | -                                          | Do | Do |
| 207 | Rutin from fruit peels                                                     | -                                          | Do | Do |
| 208 | <i>Salvia officinalis</i> – leaf extract                                   | Renuka Leaf Extract/Sage                   | Do | Do |
| 209 | <i>Sambucus nigra</i> - extract                                            | Khaman Kabir /Elderberry/ Black elderberry | Do | Do |
| 210 | Shark cartilage /squalene oil                                              | -                                          | Do | Do |
| 211 | Shiitake mushroom - extract                                                | -                                          | Do | Do |
| 212 | <i>Solanum lycopersicum</i> / <i>S. esculentum</i> – fruit powder/ extract | Tamatar/Tomato                             | Do | Do |
| 213 | Soy sprouts – dried powder                                                 | -                                          | Do | Do |
| 214 | Soya protein isolate/ edible legume seed protein isolate                   | -                                          | Do | Do |
| 215 | Spearmint – leaf and distillate                                            | -                                          | Do | Do |
| 216 | Sterols/Stanols including their esters                                     | -                                          | Do | Do |
| 217 | <i>Tagetes sp.</i> – petals oleo resin / extract                           | Marigold                                   | Do | Do |
| 218 | <i>Terminalia arjuna</i> - bark /leaf extract (standardized extract)       | Arjuna extract                             | Do | Do |
| 219 | <i>Terminalia bellerica</i> - fruit extract                                | Bibhitak/Baheda/M yrobalan                 | Do | Do |
| 220 | <i>Terminalia chebulia</i> - fruit extract                                 | Haritaki / Harad/Myrobalan                 | Do | Do |
| 221 | Theaflavin                                                                 | Chai sukshara satva                        | Do | Do |
| 222 | Theobromine                                                                | -                                          | Do | Do |

|     |                                                                                                    |                             |    |    |
|-----|----------------------------------------------------------------------------------------------------|-----------------------------|----|----|
| 223 | Tocopherols                                                                                        | -                           | Do | Do |
| 224 | <i>Trigonella-foenum-graecum</i> – seeds extract                                                   | Methika/Methi/Fenugreek     | Do | Do |
| 225 | <i>Triticum sativum</i> - bran                                                                     | Godhum/Wheat/Gehu           | Do | Do |
| 226 | Trypsin                                                                                            | -                           | Do | Do |
| 227 | <i>Vaccinium corymbosum</i> - fruit - dried powder / concentrate standardized                      | Blueberry                   | Do | Do |
| 228 | <i>Vaccinium oxycoccos/Vaccinium macrocarpon</i> - fruit - dried powder / concentrate standardized |                             | Do | Do |
| 229 | <i>Valeriana wallichii</i> - extract                                                               | Tagar                       | Do | Do |
| 230 | <i>Vitis alba and Vitis vinifera</i> - fruit - dried powder / concentrate standardized             | Draksha/Munakka/Blue grapes | Do | Do |
| 231 | Wheat germ                                                                                         | -                           | Do | Do |
| 232 | <i>Zingiber officinale</i> - rhizome standardized extracts                                         | Shunti/Ginger               | Do | Do |
| 233 | Mucopolysaccharides                                                                                |                             | Do | Do |

**Note – 1 : “Nutraceuticals”**

The Food Safety and Standards Authority of India (FSSAI ) by a Notification being F. No. Std/SP-05/T(Nutraceutical-2022)[E-5184] dated 29th March, 2022 has overhauled the Food Safety and Standards (Health Supplements, Nutraceuticals, Food for Dietary Use, Food for Special Medical Purpose, Functional Food and Novel Food) Regulations, 2016 and drafted a new framework to be called as FSS (Health Supplements, Nutraceuticals, Food for Dietary Use, Food for Special Medical Purpose and Prebiotic and Probiotic Food) Regulations, 2022 (hereinafter referred to as “the said Regulations, 2022”). The said Notification dated 29th March, 2022 also states that the said Regulations, 2022 notified by the said Notification dated 29th March, 2022 are in the process of draft publication and its final notifications will likely take some more time. In view of this, the provisions of the said Regulations, 2022 as enumerated in Annexure – I of the said Notification dated 29th March, 2022 shall be operative with effect from 1st April, 2022. Schedules as applicable to different categories of the said Regulations, 2022 are enclosed at Annexure 2 to the said Regulations, 2022 and the list of additives and purity are provided in Annexure 3 to the said Regulations, 2022.

Nutraceutical as per Regulation 3(g) of the said Regulations, 2022 is a category of foods which consists of extracts, isolates and purified chemical compounds having a physiological benefit and help to maintain health. Regulation 5(2) of the said Regulations, 2022 deals with “Ingredients” The said Regulation 5(2), inter-alia, states that the products shall contain approved ingredients as applicable to different categories of foods to be specified separately by the FSSAI in the form of Schedules as listed below :–

- (i) Schedule I : Nutrients (vitamin, minerals, amino acids and other nutrients)
- (ii) Schedule II : Plant or botanicals
- (iii) Schedule III : Molecules/isolates/extracts other than Schedule II
- (iv) Schedule IV : Prebiotics and Probiotic

Regulation 6(2) of the said Regulations, 2022 deals with Nutraceutical. Regulation 6(2)(a) provides for the scope whereas Regulation 6(2)(b) refers to nutrients/ingredients which are allowed. The said Regulation 6(2) is set out below –

“6. Category specific requirements

| (2) Nutraceutical                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
|-----------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| (a) Scope                                     | The nutraceuticals are meant to provide a physiological benefit and help maintain good health and not intended to treat or cure any medical condition, disease, or disorder                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| (b) Nutrients/Ingredients allowed             | Molecules/ isolates/extract from the Schedule III as specified by Food Authority from time to time. In addition, it may also contain nutrients and ingredients from other schedules as approved and specified by Food Authority from time to time as an optional ingredient.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| (c) Nutrients/Ingredients usage level         | (i) Ingredients: Limits as specified in Schedule III with standardisation to marker compounds specified and at daily usage levels specified therein. In case daily minimum and maximum usage levels have not been specified, the FBO shall adopt the usage level based on relevant scientific data and retain the documentary evidence of such data. The ingredient for which the standardisation of the marker compound has not been specified shall comply with manufacturer specifications or quality requirements and purity criteria as specified in regulation. FBO shall submit such data to the Food Authority as and when called for. (ii) Nutrients: Usage levels shall not be more than the level specified by the Food Authority. In case, the levels are not specified by the food Authority, usage level shall be minimum 15 % of RDA as specified by ICMR, where a nutrient content claim is being made, provided that, if claim of higher nutrient content is made, the nutrient content shall not be less than thirty per Page 9 of 76 cent of the recommended daily allowance and shall not exceed one RDA in any case. In case such standards are not specified, the standards laid down by an international food standards body namely, Codex Alimentarius Commission shall apply. |
| (d) Delivery format(s)                        | Shall comply with general requirements 5(1).                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| (e) Additive(s)                               | (i) For products in tablet/capsule/pills/liquid format: Only additives as specified by the FA from time to time. (ii) For products other than tablet/capsule/pills/liquid format: Only additives within the limits specified as permitted for category 13.6 and GMP table of Appendix ‘A’ of FSS (FPS & FA) Regulations, 2011 are permitted                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| (f) Labelling requirement(s)                  | Shall comply with general requirements 5(11).                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| (g) Any other requirement not covered above - |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |



The said Notification dated 29<sup>th</sup> March, 2022 was further revised by FSSAI by a Notification dated 10<sup>th</sup> May, 2022 being Std/SP-05/T(Nutraceutical-2022)[E-5148] to permit additional food additives and enzyme/proteins for Health Supplements.

Subsequently, by a further Notification dated 24<sup>th</sup> June, 2022 being No.F.No.Std/SP-05/T(Nutraceutical-2022) FSSAI has published Draft Regulations, 2022 called FSS (Health Supplements, Nutraceuticals, Food for Dietary Use, Food for Special Medical Purpose and Prebiotic and Probiotic Food) Regulations, 2022 inviting objections/suggestions from any person with respect to the draft Regulations, 2022 before expiry of the period 60 days from the date of publication of the same in the Official Gazette. The Regulations of 2022 as notified by FSSAI by the Notification dated 24<sup>th</sup> June, 2022 has not yet been finalized. In the meantime by a further Notification dated 18<sup>th</sup> October, 2022 being No. Std/SP-05/T(Nutraceutical-2022)(part-1)-(Part-1) FSSAI has re-operationalized the provisions of the said Regulations, 2022 as specified in the Notification dated 29<sup>th</sup> March, 2022 together with the provisions specified in the Notification dated 10<sup>th</sup> May, 2022 with effect from 1<sup>st</sup> October, 2022. Therefore, unless the draft Regulations of 2022 is notified by FSSAI, the provisions of the said Regulations, 2022 as notified by FSSAI on 29<sup>th</sup> March, 2022 shall apply to all Nutraceuticals. Therefore, the provisions of the said Regulations 2022 should be considered for determining whether a particular food can be considered as Nutraceuticals.

According to the said Regulation 6(2)(b) Nutraceutical consists of molecules/isolates/extract from the Schedule III to the said Regulations, 2022 as specified by Food Authority from time to time. In addition to the molecules/isolates/extract from the Schedule III to the said Regulations, 2022, Nutraceutical may also contain nutrients and ingredients from the other Schedules to the said Regulations 2022 i.e. Schedule I, II and IV as approved and specified by the Food Authority from time to time as an optional ingredient. For the sake of convenience the Schedules I to IV to the said Regulations, 2022 are annexed hereto and marked as “A”.