

DAILY VALUES FOR NUTRITION LABELLING PURPOSES

Introduction For making nutrient and health claims for mineral containing products the daily values for nutrition labeling are used as starting point. These values differ per region and target population.

In the table below the daily values for nutrition labeling purposes are set for the general population (adults).

Mineral	Codex	Europe	USA	Russia	Japan	Brazil ¹	Argentina ¹	Thailand	Australia	S. Africa	Kenya
Calcium	1,000 mg	800mg	1000 mg	1000 mg	700 mg	1000 mg		800 mg	800 mg	1300mg	800mg
Magnesium	300 mg	375mg	400 mg	400 mg	250 mg	260 mg		350 mg	320 mg	420mg	300mg
Potassium	Not established	2000mg	3500 mg	3500 mg	1800 mg	Not established		3500 mg	Not established	Not established	Not established
Zinc	15 mg	10mg	15 mg	15 mg	7.0 mg	7 mg ²		15 mg	12 mg	11mg	15mg
Iron	14 mg	14mg	18 mg	14 mg	7.5 mg	14 mg ³		15 mg	12 mg	18mg	14mg

¹ As laid down by MERCOSUR Resolution No. 46/03, as amended, on nutrition labeling which has been implemented into both countries' national law.

² Moderate bio-availability.

³ 10% bio-availability.

⁴ Level provided for iron.

Reference codex Codex Alimentarius Guidelines on Nutrition Labeling, as last revised in 2013, which give Nutrient Reference Values.
http://www.codexalimentarius.org/download/standards/34/CXG_002e.pdf

Reference Europe The values in Europe are laid down in Annex XIII of the Regulation (EU) No.1169/2011 on the provision of food information to consumers. Vitamins and minerals are declared as their nutrient reference values (NRVs).

Reference USA Daily values (DVs) used in nutrition labeling in the US are based on Recommended Daily Intakes (RDIs) and Daily Recommended Values (DRVs). These are established under [21 CFR 101.9](#) (c)(8) and(9).

RDIs are established for vitamins and minerals.

DRVs are established for food components (fat, saturated fat., cholesterol, total carbohydrate, fiber, sodium, potassium, protein).

Reference Russia The values provided in table above are taken from the Technical Regulation of the Customs Union “Technical Regulation on Food Labeling” TR TC 022/2011 that entered into force on 1 July 2013.

- You can access the Regulation at the following location:
<http://www.tsouz.ru/db/techreglam/Documents/TrTsPishevkaMarkirovka.pdf>
- You can access an unofficial English translation at the following location:
http://ec.europa.eu/food/international/trade/docs/sps_881_en.pdf

Reference Japan The values provided in table above are the average of the NRV for different age groups and sex specified in the "Dietary Reference Intakes for Japanese (2005)". Products with a specific target group may use the NRV for such target groups as laid down in the Dietary Reference Intakes for Japanese (2005).

Reference MERCOSUR (Brazil, Argentina) MERCOSUR Resolution No. 46/03, as amended, on nutrition labeling which has been implemented into both countries' national law.

Reference India NRVs in India are established for Nutrient Requirements and Recommended Dietary Allowances for Indians published by the Indian Council of Medical Research. However, no values has been specifically established for nutrition labeling purpose, yet.

We do not hold a copy of the Nutrient Requirements and Recommended Dietary Allowances for Indians; however, the final draft of the NRV can be found at the following link: <http://icmr.nic.in/final/RDA-2010.pdf>

A new draft labeling regulation has been published in December 2013 which establishes new nutrition labeling regulations and provision on nutrition and health claims. The draft refers to the Indian NRV. Hence, I believe that along with the publication of the new labeling regulation, it is highly likely that they will publish new NRVs for labeling purposes.

Reference Nutritional labeling and claims are regulated by the following Notifications, which lay down Thai Recommended Daily Intakes (Thai RDI):

Thailand

- The Ministry of Public Health Notification No. 182 B.E. 2541(1998)
http://www.fda.moph.go.th/eng/eng_food/Notification/182-41.pdf
- The Ministry of Public Health Notification No. 219 B.E. 2544(2001) (amending Notification to the Notification No. 182)
[http://iodinethailand.fda.moph.go.th/fda/new/images/cms/top_upload/1148369767_219-44\(1\).pdf](http://iodinethailand.fda.moph.go.th/fda/new/images/cms/top_upload/1148369767_219-44(1).pdf)

Reference [Standard 1.1.1](#) of the Australia New Zealand Food Standards Code.

Australia

Reference Government Notice No. R. 146 on Regulations relating to the labeling and advertising of foodstuffs of 1st March 2010.

S. Africa <http://www.doh.gov.za/docs/foodcontrol/advertising/2012/reg0146.pdf>

Reference Kenya The values above are laid down in part 2 of the Kenyan Standard No. KS 05-40/1990.

**Corbion related
information**

- **Europe:** [Nutrition and health claims for mineral coating products in the EU](#)
- **USA:** [Label claims on conventional foods in the USA](#)