

HEALTH SCIENCES AUTHORITY

REGULATORY GUIDANCE

JANUARY 2026

HEALTH SUPPLEMENTS GUIDELINES

GL-CHPB-3-001 Rev. No. 020

The information in these Guidelines may be updated from time-to-time. For the latest version of the Guidelines, please refer to our website at www.hsa.gov.sg.



<u>Content:</u>	<u>Page</u>
1. Introduction	3
2. Legislation	3
3. Working Definition	3
4. Safety and Quality Standards	4
5. Product Label Information	7
6. Health Supplements Claims	7
7. Medical Advertisement Control	9
8. Product and Dealer Licensing Control	9
 Annex A: Classification Flowchart for Health Supplements containing vitamin(s) and/or mineral(s)	 21

1. Introduction

- 1.1 These guidelines provide regulatory information for companies dealing with Health Supplements (HS) in Singapore. The information provided in these guidelines is not meant to supersede or replace any of the legislation. Other national legislative controls may apply where applicable.

2. Legislation

- 2.1 The current legislative control that may apply to HS may be found in the following legislation:
- a. Medicines Act 1975 & its Subsidiary Legislation especially:
 - i. Medicines (Prohibition of Sale, Supply and Importation) Order;
 - ii. Medicines (Traditional Medicines, Homoeopathic Medicines and Other Substances) (Exemption) Order;
 - iii. Medicines (Labelling) Regulations;
 - iv. Medicines (Medical Advertisements) Regulations;
 - v. Medicines (Licensing, Standard Provisions & Fees) Regulations
 - b. Medicines (Advertisement & Sale) Act 1955
 - c. Poisons Act 1938 & Poisons Rules

3. Working Definition

- 3.1 A working definition of HS is described below:

HS are products that are used to supplement a diet and to maintain, enhance and improve the healthy functions of the human body and contains one or more, or a combination of the following ingredients:

- a. Vitamins, minerals, amino acids, fatty acids, enzymes, probiotics and other bioactive substances;
- b. Substances derived from natural sources, including animal, mineral and botanical materials in the forms of extracts, isolates, concentrates; and
- c. Synthetic sources of ingredients mentioned in (a) and (b).

HS are presented in dosage forms to be administered in small unit doses such as capsules, softgels, tablets, powders, and liquids. Forms which may be perceived as food or confectionery, such as sweet, chewable outer shell with semi-solid or liquid core would not be appropriate as HS dosage forms.

- 3.2 HS shall not include any of the following:

- a. Any product as a sole item of a meal or diet;
- b. Any product that is defined otherwise in the legislation; and
- c. Any preparation required to be sterile such as injections and eye drops.

- 3.3 Notwithstanding the above, the HSA reserves the right in determining the final product classification.

4. Safety and Quality Standards

- 4.1 Dealers (importers, manufacturers, wholesale dealers) and sellers have the obligation to ensure that their products are not harmful or unsafe, and that they conform with the applicable safety and quality standards.
- 4.2 Dealers are advised to hold evidence to support the safety of the ingredients used. The Guidelines for Establishing the Safety of Ingredients of Health Supplements and Traditional Medicines are available [here](#).
- 4.3 HS must not exceed the following heavy metals, microbial, diethylene glycol and ethylene glycol limits as specified in **Tables 1, 2 and 3**.

Table 1: Heavy Metals Limits

Heavy Metal	Quantity (by weight)
Arsenic	5 parts per million
Cadmium	0.3 parts per million
Lead	10 parts per million
Mercury	0.5 parts per million

Table 2: Microbial Limits

Microbe	Quantity (colony-forming units (CFU)) per g or ml of product
Total aerobic microbial count:	Not more than 10^5
Yeast and mould count:	Not more than 5×10^2
<i>Escherichia coli</i> , <i>Salmonellae</i> and <i>Staphylococcus aureus</i> :	Absent

The above limits for total aerobic microbial count, and yeast and mould may not be applicable to certain products such as probiotics or products derived from fermentation processes.

Table 3: Diethylene Glycol and Ethylene Glycol Limits

Substance	Quantity (by weight)
Diethylene glycol	1000 parts per million
Ethylene glycol	1000 parts per million

The above limits for diethylene glycol and ethylene glycol are applicable to oral liquid preparations.

- 4.4 Dealers should perform routine testing on the finished products in accordance with HSA's Guidelines on Testing Requirements of Health Supplements and Traditional Medicines, to ensure that the products meet appropriate safety and quality standards. Dealers are to refer to the [Guidelines for Testing](#)

[Requirements of Health Supplements and Traditional Medicines](#) for more information.

- 4.5 The physical test parameters for the different dosage forms of the finished products should also be monitored to ensure they consistently meet the required standards throughout the product life cycle. Dealers are to refer to the [Guidelines for Physical Test Parameters Based on Dosage Forms of Health Supplements and Traditional Medicines](#) for more information.
- 4.6 Dealers should ensure that the ingredient and finished product manufacturers comply with the manufacturing standards recommended in the [Guidelines for Manufacturing Standards of Health Supplements and Traditional Medicines](#), such as compliance with the principles of quality system, personnel, equipment, sanitation, hygiene, production, quality control, complaint handling, product recalls, and oversight of outsourced activities.
- 4.7 Dealers should hold product-related information and documents, including the following:
- Name of manufacturer and country of manufacture of each ingredient used in the product
 - Name of manufacturer and country of manufacture of the finished product
 - Certificate of analysis (including appropriate test parameters, their specifications and test method references) for each active ingredient used in the finished product
 - Product specification and certificate of analysis for every batch of finished product
 - Product distribution records
 - Records of reported adverse events, product defects, and product recalls

VITAMINS AND MINERALS LIMITS

- 4.8 HS for use by the general adult population should not contain vitamins and minerals exceeding the stipulated limits stated in **Tables 4 and 5.**

Table 4: Vitamins Limits

Nutrient	Maximum Daily Limit
Biotin	0.9mg
Folic acid	0.9mg
Nicotinic acid	15mg
Nicotinamide	450mg
Vitamin A (retinol)	1.5mg (5000IU)
Vitamin B1	100mg
Vitamin B2	40mg
Vitamin B5 (pantothenic acid)	200mg
Vitamin B6	100mg
Vitamin B12	0.6mg
Vitamin C	1000mg
Vitamin D	0.025mg (1000IU)
Vitamin E	536mg (800IU)
Vitamin K1 / K2	0.12mg

Table 5: Minerals Limits

Nutrient	Maximum Daily Limit
Boron	6.4 mg
Calcium	1200 mg
Chromium	0.5 mg
Copper	2 mg
Iodine	0.15 mg
Iron	15 mg*
Magnesium	350 mg
Manganese	3.5 mg
Molybdenum	0.36 mg
Phosphorus	800 mg
Selenium	0.2 mg
Zinc	15 mg

*For multivitamin and mineral supplements for pregnant women, a higher iron limit of 30mg/day may be considered.

- 4.9 Higher levels of vitamins and minerals in HS for use in specific adult population groups that require higher levels of supplementation must be justified with:
- Credible authoritative references or expert opinion to show that supplementation over and above the established limits for the general adult population is needed; and
 - Medical professional's assessment and recommendation on specific patient's additional supplementation needs
- 4.10 Product intended for supplementation in patients with specific condition should be labelled with statements indicating:
- the product must be used under recommendations by healthcare professionals
 - the product poses a health hazard when consumed by persons who do not have the conditions for which the product is intended
- 4.11 Examples of supplements intended for specific adult population groups that require higher levels of supplementation are:
- Zinc for patients with wounds or metabolic conditions
 - Vitamin B2 for patients with certain genetic or metabolic disorders
 - Folic acid for pregnant women to prevent against recurrence of neural tube defects or for patients with folic acid deficiency
 - Iron for patients with low blood haemoglobin level

5. Product Label Information

- 5.1 The product label should be prominently displayed on the product. The information on the product label should be adequate and truthful to enable consumers to make informed decisions and use the product correctly. Dealers are to refer to the [Guidelines for Labelling Standards of Health Supplements and Traditional Medicines](#) for more information.

6. Health Supplements Claims

- 6.1 A claim refers to any message or representation made on a product in relation to its indications, benefits or action. Claims may be stated directly or inferred indirectly through, but not limited to, the following:
- Product label
 - Advertisements
 - Point of sales materials
 - Product brochures

- 6.2 In general, the claims made must be consistent with the definition of HS. The claims made should not imply that the product is necessary or play a role in diseased states.

- 6.3 HS may make general health claims or functional health claims.

A. General Health Claims

General health claims refer to the general health benefits derived from supplementation beyond a person's daily dietary intake.

B. Functional Health Claims

Functional health claims refer to the health benefits relating to the positive contribution to a function or biological activity of the body.

Examples of general and functional health claims can be found in the List of Health Claims for Health Supplements and Traditional Medicines available [here](#).

- 6.4 Claims for HS should be substantiated by good quality evidence that is relevant to the claims. Evidence may be based on finished products. If such evidence is not available, evidence based on ingredients may be used. The evidence used to substantiate claims should be based on authoritative references, documented history of use, scientific opinion from scientific organizations or regulatory authorities, and good quality scientific evidence from human studies. It is the responsibility of dealers to hold evidence to support these claims and provide the evidence to the Authority when required to do so.
- 6.5 Dealers are to refer to the Guidelines for Claims and Claims Substantiation of Health Supplements and Traditional Medicines for more information including the general claim principles available [here](#).

PROHIBITED CLAIMS FOR HEALTH SUPPLEMENTS

- 6.6 HS must not be labelled, advertised or promoted for any specific medicinal purpose, i.e. treatment or prevention, implied or otherwise, of any disease or disorder, including its related conditions. A list of examples of prohibited diseases and disorders is provided in **Table 6**.

Table 6: Examples of Diseases/Conditions/Disorders Not Allowed for Health Supplements

Body system / organs	Examples of related claims not allowed
Blood and circulatory system	Hypertension, stroke, cholesterol disorders, reduces cholesterol, regulates platelet aggregation, coagulation defects, arteriosclerosis
Brain and nervous system	Epilepsy, fits, paralysis, Alzheimer's disease, Parkinsonism, dementia, neuropathies, drug addictions, depression, eating disorders
Digestive system	Ulcers, gastritis, hepatitis, liver cirrhosis, fatty liver, diarrhoea, constipation, inflammation of the intestines, liver or pancreas
Endocrine system	Diabetes, thyroid disorders, hypothyroidism, prostate diseases, thymus disorders, hormonal regulation
Eyes and ears	Blindness, cataract, deafness
Immune system	Leprosy, AIDS, allergies, immunisation
Metabolic system	Obesity, gout
Muscular, connective tissues and skeletal system	Osteoporosis, arthritis, sclerosis, autoimmune diseases, inflammation of joints, dental and periodontal diseases
Renal system	Kidney stones, renal failure, nephritis, urinary tract infection, incontinence, cystitis
Reproductive system	Menstrual disorders, sexual dysfunction, infertility, frigidity, impotency, conception, pregnancy
Respiratory system	Asthma, tuberculosis, bronchitis, sinusitis, cough, cold, flu
Skin, hair and nails	Fungal infection, eczema, ulcers, warts, moles, pigmentation disorders, alopecia
Others	Cancers, infectious diseases, inflammatory conditions or diseases

The above list is not exhaustive and may be revised from time to time when new information is available.

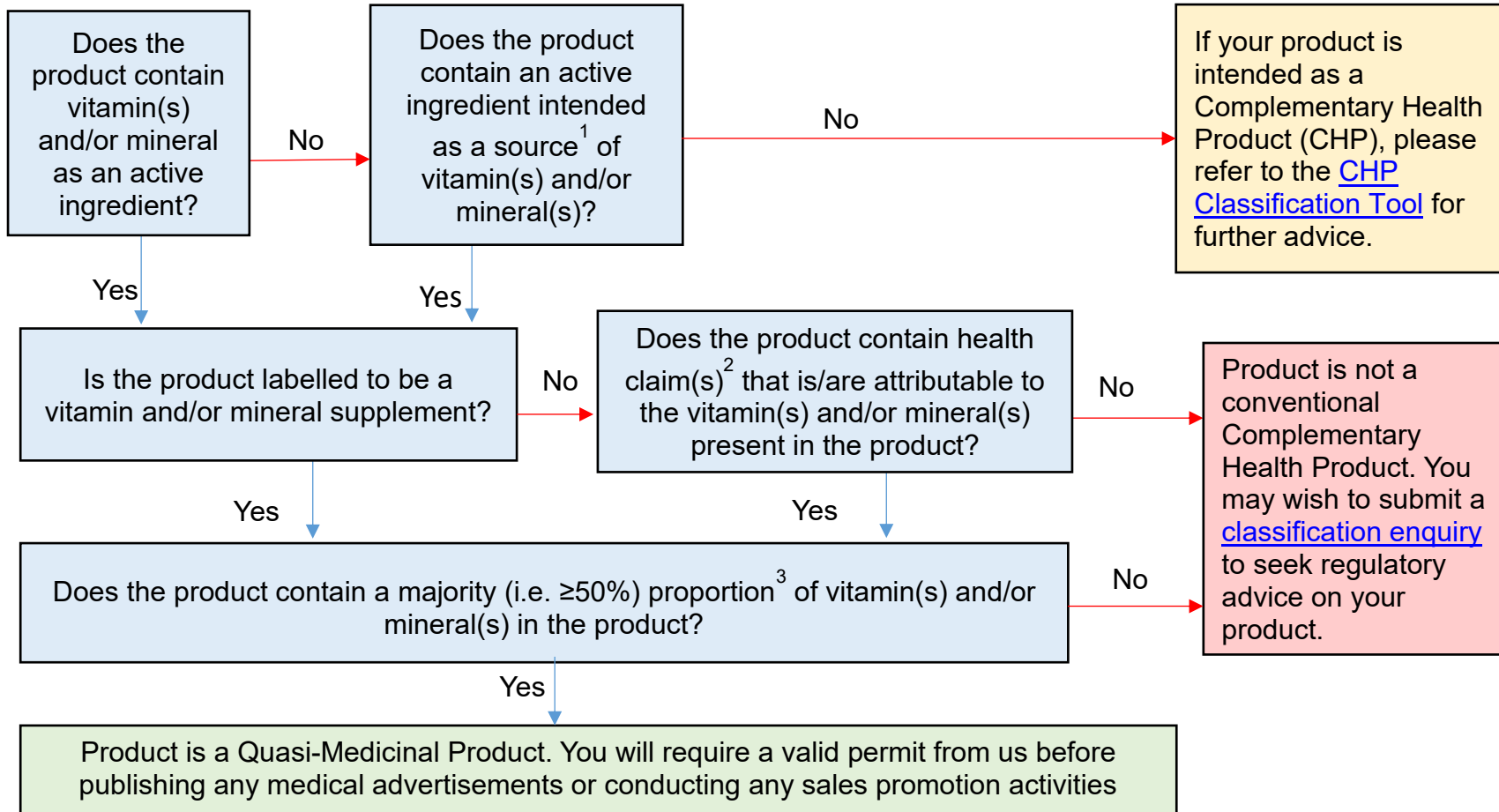
7. Medical Advertisements and Sales Promotion Control

- 7.1 Some types of HS are subject to medical advertisements and sales promotion permit control. These include Quasi-Medicinal (QM) vitamins and/or mineral HS, as well as some other HS (e.g. St John's wort, melatonin products).
- 7.2 Dealers may refer to the QM classification flowchart in **Annex A** for self-help in the classification of HS containing vitamins and minerals.

8. Product and Dealer Licensing Control

- 8.1 Currently, HS are not subject to premarket approval and licensing by HSA for their importation, manufacture and sales in Singapore.
- 8.2 Dealers (importers, manufacturers, wholesale dealers) and sellers have the obligation to ensure that their products are not harmful or unsafe, and that they conform with the applicable quality standards.

ANNEX A - Classification Flowchart for Health Supplements containing vitamin(s) and/or mineral(s)



Notes:

1. For example, rosehip fruit intended to provide vitamin C is considered as an “active ingredient intended as a source of vitamin(s) and/or mineral(s)”.
2. Please refer to the list of health claims that are attributable to vitamin(s) and/or mineral(s) below.
3. Proportion is based on number of active ingredients. For example, a product containing vitamin D, calcium and glucosamine, regardless of the strength of the ingredients, would be considered as containing 67% vitamin and mineral and is considered as a majority proportion.

List of Health Claims that are attributable to vitamin(s) and/or mineral(s)

- The list should be used in conjunction with the flowchart in **Annex A**. Dealers should ensure that health claims made are substantiated by evidence that is relevant to the claims, as laid out in the [Guidelines for Claims and Claims Substantiation of Health Supplements and Traditional Medicines](#).
- Dealers should note that whether a claim is acceptable would require consideration of the product materials such as label and advertisement and its context in its entirety.

Health claims		Vitamin(s) and/or mineral(s)
1.	Contribute to maintenance of normal red blood cells	<ul style="list-style-type: none"> • Folic acid, vitamin B2, B6, B12
2.	Contribute to normal red blood cell formation	<ul style="list-style-type: none"> • Folic acid, vitamin B2, B6, B12
3.	Help form red blood cells	<ul style="list-style-type: none"> • Folic acid, vitamin B2, B6, B12 • Copper, iron
4.	Help form red blood cells and help in their proper function	<ul style="list-style-type: none"> • Folic acid, vitamin B2, B6, B12 • Copper
5.	Help maintain normal red blood cells	<ul style="list-style-type: none"> • Folic acid, vitamin B2, B6, B12 • Copper
6.	Help support/maintain healthy blood glucose levels	<ul style="list-style-type: none"> • Chromium
7.	Maintain/support healthy thyroid gland function	<ul style="list-style-type: none"> • Iodine, selenium
8.	A factor in maintenance of good health	<ul style="list-style-type: none"> • All vitamins and minerals
9.	Contribute to maintenance of normal connective tissues	<ul style="list-style-type: none"> • Copper, manganese
10.	Contribute to maintenance of normal hair	<ul style="list-style-type: none"> • Biotin • Selenium, silicon, zinc
11.	Contribute to maintenance of normal mucous membranes	<ul style="list-style-type: none"> • Biotin, vitamin A, B2, B3 • Selenium, silicon
12.	Contribute to maintenance of normal nails	<ul style="list-style-type: none"> • Selenium, zinc
13.	Contribute to maintenance of normal teeth	<ul style="list-style-type: none"> • Vitamin D • Calcium, magnesium, phosphorus
14.	Contribute to maintenance of normal vision	<ul style="list-style-type: none"> • Vitamin A, B2 • Zinc
15.	Contribute to maintenance of tooth mineralisation	<ul style="list-style-type: none"> • Fluoride
16.	Contribute to normal acid-base metabolism	<ul style="list-style-type: none"> • Zinc
17.	Contribute to normal collagen formation for normal function of cartilage	<ul style="list-style-type: none"> • Vitamin C
18.	Contribute to normal collagen formation for normal function of gums	<ul style="list-style-type: none"> • Vitamin C

	Health claims	Vitamin(s) and/or mineral(s)
19.	Contribute to normal collagen formation for normal function of skin	<ul style="list-style-type: none"> • Vitamin C
20.	Contribute to normal collagen formation for normal function of teeth	<ul style="list-style-type: none"> • Vitamin C
21.	Contribute to normal cysteine synthesis	<ul style="list-style-type: none"> • Vitamin B6
22.	Contribute to normal DNA synthesis	<ul style="list-style-type: none"> • Zinc
23.	Contribute to normal energy-yielding metabolism	<ul style="list-style-type: none"> • Biotin, vitamin B1, B2, B3, B5, B6, C, D • Calcium, copper, iodine, iron, magnesium, manganese, phosphorus
24.	Contribute to normal function of cell membranes	<ul style="list-style-type: none"> • Phosphorus
25.	Contribute to normal functioning of connective tissue	<ul style="list-style-type: none"> • Manganese
26.	Contribute to normal growth of children	<ul style="list-style-type: none"> • Iodine
27.	Contribute to normal hair pigmentation	<ul style="list-style-type: none"> • Copper
28.	Contribute to normal homocysteine metabolism	<ul style="list-style-type: none"> • Folic acid, vitamin B6, B12
29.	Contribute to normal physiological function	<ul style="list-style-type: none"> • Biotin, folic acid, vitamin B1, B3, B6, B12, C •
30.	Contribute to normal skin pigmentation	<ul style="list-style-type: none"> • Copper
31.	Contribute to normal sulphur amino acid metabolism	<ul style="list-style-type: none"> • Molybdenum
32.	Contribute to normal synthesis and metabolism of steroid hormones, vitamin D and some neurotransmitters	<ul style="list-style-type: none"> • Vitamin B5
33.	Contribute to protection of cells from oxidative stress	<ul style="list-style-type: none"> • Vitamin B2, C, E • Copper, selenium, manganese, zinc
34.	Help enhance/promote collagen formation	<ul style="list-style-type: none"> • Vitamin C
35.	Help enhance/promote connective tissue health	<ul style="list-style-type: none"> • Vitamin C
36.	Help enhance/promote general health and wellbeing	<ul style="list-style-type: none"> • All vitamins and minerals
37.	Help enhance/promote gum health	<ul style="list-style-type: none"> • Vitamin C
38.	Help enhance/promote healthy growth and development	<ul style="list-style-type: none"> • All vitamins and minerals
39.	Help enhance/promote teeth health	<ul style="list-style-type: none"> • Vitamin C, D • Calcium, magnesium, phosphorus
40.	Help in collagen formation to maintain healthy bones, cartilage, teeth and/or gums	<ul style="list-style-type: none"> • Vitamin C
41.	Help in connective tissue formation	<ul style="list-style-type: none"> • Vitamin C • Copper, manganese, zinc

Health claims		Vitamin(s) and/or mineral(s)
42.	Help in energy metabolism in the body	<ul style="list-style-type: none"> • Vitamin B2, B3, B5, B6, B12 • Magnesium, zinc
43.	Help in energy metabolism, tissue formation and bone development	<ul style="list-style-type: none"> • Vitamin B2, B3, B5, B6, B12 • Magnesium, zinc
44.	Help in the development and maintenance of bones and teeth	<ul style="list-style-type: none"> • Vitamin A, D • Calcium, magnesium, phosphorus, zinc
45.	Help in the development and maintenance of bones, cartilage, teeth and/or gums	<ul style="list-style-type: none"> • Vitamin C
46.	Help in the development and maintenance of night vision	<ul style="list-style-type: none"> • Betacarotene, vitamin A
47.	Help in tissue formation	<ul style="list-style-type: none"> • Vitamin B2, B3, B5, B6 • Magnesium, zinc
48.	Help build strong bones and teeth	<ul style="list-style-type: none"> • Vitamin A, D • Calcium
49.	Help maintain healthy bones, hair, nail and/or skin	<ul style="list-style-type: none"> • Zinc
50.	Help maintain healthy hair, nail, mucous membranes and/or skin	<ul style="list-style-type: none"> • Biotin
51.	Help maintain healthy metabolism	<ul style="list-style-type: none"> • Vitamin B12
52.	Increases iron absorption	<ul style="list-style-type: none"> • Vitamin C
53.	Maintain good health	<ul style="list-style-type: none"> • All vitamins and minerals
54.	Maintain healthy hair, skin and nails	<ul style="list-style-type: none"> • Zinc
55.	Maintain/support body electrolyte balance	<ul style="list-style-type: none"> • Magnesium
56.	Maintain/support energy production	<ul style="list-style-type: none"> • Vitamin B1, B5 • Iron
57.	Maintain/support general health and wellbeing	<ul style="list-style-type: none"> • All vitamins and minerals
58.	Maintain/support healthy eye function	<ul style="list-style-type: none"> • Vitamin A
59.	Maintain/support healthy eyesight/vision	<ul style="list-style-type: none"> • Betacarotene, vitamin A
60.	Maintain/support healthy growth and development	<ul style="list-style-type: none"> • All vitamins and minerals
61.	Provitamin A/vitamin A to help maintain eyesight, skin, membranes and immune function	<ul style="list-style-type: none"> • Betacarotene, vitamin A
62.	Antioxidants/Provides antioxidants that help fight/protect (cell) against/reduce (the oxidative effects of/the oxidative damage caused by/cell damage caused by) free radicals	<ul style="list-style-type: none"> • Vitamin B6, E • Selenium
63.	Beta-carotene, a provitamin A, to help maintain eyesight, skin, membranes and immune function	<ul style="list-style-type: none"> • Betacarotene
64.	Vitamin(s)/mineral(s)/vitamin(s) and mineral(s) to support biological functions	<ul style="list-style-type: none"> • All vitamins and minerals

	Health claims	Vitamin(s) and/or mineral(s)
	which play a key role in the maintenance of good health	
65.	Vitamin(s)/mineral(s)/vitamin(s) and mineral(s), a factor/factors in normal growth and development	<ul style="list-style-type: none"> All vitamins and minerals
66.	Vitamin(s)/mineral(s)/vitamin(s) and mineral(s), a factor/factors in the maintenance of good health	<ul style="list-style-type: none"> All vitamins and minerals
67.	An antioxidant that protects the fat in body tissues from oxidation	<ul style="list-style-type: none"> Vitamin E
68.	Contribute to maintenance of normal function of the immune system during and after intense physical exercise	<ul style="list-style-type: none"> Vitamin C
69.	Help enhance/improve/promote immune system function	<ul style="list-style-type: none"> Folic acid, vitamin A, B6, B12, C, D Copper
70.	Help in the normal function of the immune system	<ul style="list-style-type: none"> Folic acid, vitamin A, B6, B12, C, D Copper
71.	Maintain/support healthy immune system function	<ul style="list-style-type: none"> Folic acid, vitamin A, B6, B12, C, D Copper
72.	Maintain/support immune system health	<ul style="list-style-type: none"> Folic acid, vitamin A, B6, B12, C, D Copper
73.	Contribute to normal muscle function	<ul style="list-style-type: none"> Vitamin D Calcium, potassium, magnesium
74.	Help maintain heart muscle function	<ul style="list-style-type: none"> Magnesium
75.	Contribute to normal mental performance	<ul style="list-style-type: none"> Vitamin B5
76.	Contribute to normal neurotransmission	<ul style="list-style-type: none"> Calcium
77.	Contribute to normal psychological function	<ul style="list-style-type: none"> Biotin, folic acid, vitamin B1, B3, B6, B12, C Magnesium
78.	Maintain/support cognitive development	<ul style="list-style-type: none"> Iron
79.	Maintain/support cognitive function/mental function	<ul style="list-style-type: none"> Iodine, iron, zinc
80.	Maintain/support nervous system function	<ul style="list-style-type: none"> Biotin, vitamin B1, B2, B3, B6 Copper, iodine, magnesium, potassium
81.	Aid/assist/help protein synthesis in the body	<ul style="list-style-type: none"> Magnesium, zinc
82.	Contribute to normal amino acid synthesis	<ul style="list-style-type: none"> Folic acid
83.	Contribute to normal macronutrient metabolism	<ul style="list-style-type: none"> Biotin Zinc
84.	Contribute to normal metabolism of fatty acids	<ul style="list-style-type: none"> Zinc

	Health claims	Vitamin(s) and/or mineral(s)
85.	Contribute to normal protein and glycogen metabolism	<ul style="list-style-type: none"> • Vitamin B6
86.	Help in the absorption and use of calcium and phosphorus	<ul style="list-style-type: none"> • Vitamin D
87.	Help maintain normal iron transport in the body	<ul style="list-style-type: none"> • Copper
88.	Help maintain normal metabolism of iron	<ul style="list-style-type: none"> • Vitamin A, B2
89.	Help maintain the body's ability to metabolise nutrients	<ul style="list-style-type: none"> • Vitamin B6, B12, C • Boron, magnesium, manganese, phosphorus, molybdenum, zinc
90.	Provide support for healthy glucose metabolism	<ul style="list-style-type: none"> • Chromium
91.	Contribute to maternal tissue growth during pregnancy	<ul style="list-style-type: none"> • Folic acid
92.	Contribute to normal fertility and reproduction	<ul style="list-style-type: none"> • Zinc
93.	Contribute to normal spermatogenesis	<ul style="list-style-type: none"> • Selenium
94.	Increase maternal folate status	<ul style="list-style-type: none"> • Folic acid
95.	Maintain/support testosterone level	<ul style="list-style-type: none"> • Zinc
96.	Aid/assist healthy bone development/growth/building	<ul style="list-style-type: none"> • Magnesium, manganese
97.	Contribute to normal collagen formation for normal function of bones	<ul style="list-style-type: none"> • Vitamin C
98.	Help reduce the loss of bone mineral in postmenopausal women	<ul style="list-style-type: none"> • Vitamin D • Calcium
99.	Maintain/support bone health	<ul style="list-style-type: none"> • Vitamin D, K • Boron, calcium, magnesium, manganese, phosphorus, zinc
100.	Contribute to maintenance of normal skin	<ul style="list-style-type: none"> • Biotin, vitamin A, B2, B3 • Iodine, zinc
101.	Healthy skin and/or mucous membranes support	<ul style="list-style-type: none"> • Vitamin A
102.	Maintain healthy skin	<ul style="list-style-type: none"> • Vitamin A • Zinc

References

1. Singapore Food Agency - A Guide to Food Labelling and Advertisements.
2. European Union Register of Nutrition and Health Claims
3. Health Canada Multi-Vitamin/Mineral Supplements Monograph

Revision History

Version	Date of publication	Summary of changes*
17	September 2023	<ul style="list-style-type: none"> • Updated scientific name of black cohosh • Updated collagen health claims for vitamins
18	December 2023	<ul style="list-style-type: none"> • Removed “Medicines (Non-Medicinal Products) (Consolidation) Order” from list of legislation • Added “SR9011” in Annex A
19	November 2024	<ul style="list-style-type: none"> • Updated information on HS dosage forms • Updated information on quality and safety standards • Added clarification on cautionary statements for coenzyme Q10 and vitamin K
20	January 2026	<ul style="list-style-type: none"> • Removal of Annex A: List of Prohibited/Restricted Substances for Health Supplements and Annex B: List of Ingredients for Health Supplements with Specific Concerns • Included reference to Guidelines on Prohibited and Restricted Ingredients in Health Supplements and Traditional Medicines

*Editorial changes are not reflected

HEALTH SCIENCES AUTHORITY

Health Products Regulation Group
Blood Services Group
Applied Sciences Group

www.hsa.gov.sg

Contact information

Complementary Health Products Branch
Medicinal Products Pre-Market Cluster
Health Products Regulation Group
Health Sciences Authority

11 Biopolis Way
Singapore 138667
www.hsa.gov.sg
Email: hsa_chp@hsa.gov.sg

