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**ANNEX I****Vitamins and minerals which may be used in the manufacture of food supplements**

<b>Vitamins</b>	<b>Minerals</b>
Vitamin A ( $\mu\text{g RE}$ )	Calcium (mg)
Vitamin B ( $\mu\text{g}$ )	Magnesium (mg)
Vitamin E (mg -TE)	Iron (mg)
Vitamin K ( $\mu\text{g}$ )	Copper ( $\mu\text{g}$ )
Vitamin B <sub>1</sub> (mg)	Iodine ( $\mu\text{g}$ )
Vitamin B <sub>2</sub> (mg)	Zinc (mg)
Niacin (mg NE)	Manganese (mg)
Pantothenic acid (mg)	Sodium (mg)
Vitamin B <sub>6</sub> ( $\mu\text{g}$ )	Potassium (mg)
Folic acid ( $\mu\text{g}$ )	Selenium ( $\mu\text{g}$ )
Vitamin B <sub>12</sub> ( $\mu\text{g}$ )	Chromium ( $\mu\text{g}$ )
Biotin ( $\mu\text{g}$ )	Molybdenum ( $\mu\text{g}$ )
Vitamin C (mg)	Fluoride (mg)
	Chloride (mg)
	Phosphorus (mg)

**ANNEX II****Vitamins and minerals substances which may be used in the manufacture of food supplements****1. Vitamins**

<u>VITAMIN A</u>	<u>VITAMIN E</u>
- retinol	- D- alpha-tocopherol
- retinyl acetate	- DL- alpha-tocopherol
- retinyl palmitate	- D- alpha-tocopheryl acetate
- beta- carotene	- DL- alpha-tocopheryl acetate
<u>VITAMIN D</u>	- D- alpha-tocopheryl acid succinate
- cholecalciferol	<u>VITAMIN K</u>
- ergocalciferol	- phyloquinone(phytomenadione)

<p><u>VITAMIN B<sub>1</sub></u></p> <ul style="list-style-type: none"> <li>- thiamin hydrochloride</li> <li>- thiamin mononitrate</li> </ul> <p><u>VITAMIN B<sub>2</sub></u></p> <ul style="list-style-type: none"> <li>- riboflavin</li> <li>- riboflavin 5'-phosphate, sodium</li> </ul> <p><u>NIACIN</u></p> <ul style="list-style-type: none"> <li>- nicotinic acid</li> <li>- nicotinamide</li> </ul> <p><u>PANTOTHENIC ACID</u></p> <ul style="list-style-type: none"> <li>- D-pantothenate, calcium</li> <li>- D-pantothenate, sodium</li> <li>- dexpanthenol</li> </ul>	<p><u>VITAMIN B<sub>6</sub></u></p> <ul style="list-style-type: none"> <li>- pyridoxine hydrochloride</li> <li>- pyridoxine 5'-phosphate</li> </ul> <p><u>FOLIC ACID</u></p> <ul style="list-style-type: none"> <li>- pteroylmnoglutamic acid</li> </ul> <p><u>VITAMIN B<sub>12</sub></u></p> <ul style="list-style-type: none"> <li>- cyanocobalamin</li> <li>- hydroxocobalamin</li> </ul> <p><u>VITAMIN C</u></p> <ul style="list-style-type: none"> <li>- L-ascorbic acid</li> <li>- sodium-L-ascorbate</li> <li>- calcium-L-ascorbate</li> <li>- potassium-L-ascorbate</li> <li>- L-ascorbyl 6-palmitate</li> </ul>
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## 2. Minerals

<p>Calcium carbonate</p> <p>Calcium chloride</p> <p>Calcium salts of citric acid</p> <p>Calcium gluconate</p> <p>Calcium glycerophosphate</p> <p>Calcium lactate</p> <p>Calcium salts of orthophosphoric acid</p> <p>Calcium hydroxide</p> <p>Calcium oxide</p> <p>Magnesium acetate</p> <p>Magnesium carbonate</p> <p>Magnesium chloride</p> <p>Magnesium salts of citric acid</p> <p>Magnesium gluconate</p> <p>Magnesium glycerophosphate</p> <p>Magnesium salts of orthophosphoric acid</p> <p>Magnesium lactate</p> <p>Magnesium hydroxide</p> <p>Magnesium oxide</p> <p>Magnesium sulphate</p> <p>Ferrous carbonate</p> <p>Ferrous citrate</p>	<p>Ferric ammonium citrate</p> <p>Ferrous gluconate</p> <p>Ferrous fumarate</p> <p>Ferric sodium diphosphate</p> <p>Ferrous lactate</p> <p>Ferrous sulphate</p> <p>Ferric diphosphate(ferric pyrophosphate)</p> <p>Ferric saccharate</p> <p>Elemental iron (carbonyl+electrolytic+ hydrogen reduced)</p> <p>Cupric carbonate</p> <p>Cupric citrate</p> <p>Cupric gluconate</p> <p>Cupric sulphate</p> <p>Copper lysine complex</p> <p>Sodium iodide</p> <p>Sodium iodate</p> <p>Potassium iodide</p> <p>Potassium iodate</p> <p>Zinc acetate</p> <p>Zinc chloride</p> <p>Zinc citrate</p>
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Zinc gluconate	Potassium bicarbonate
Zlactate	Potassium carbonate
Zinc oxide	Potassium chloride
Zinc carbonate	Potassium citrate
Zinc sulphate	Potassium gluconate
Manganese carbonate	Potassium glycerophosphate
Manganese chloride	Potassium lactate
Manganese citrate	Potassium hydroxide
Manganese gluconate	Potassium salts of orthophosphoric acid
Manganese glycerophosphate	Sodium selenate
Manganese sulphate	Sodium hydrogen selenite
Sodium bicarbonate	Sodium selenite
Sodium carbonate	Chromium(III) chloride
Sodium chloride	Chromium(III) sulphate
Sodium citrate	Ammonium molybdate (molybdenum(VI))
Sodium gluconate	Potassium molybdate (molybdenum(VI))
Sodium lactate	Potassium fluoride
Sodium hydroxide	Sodium fluoride
Sodium salts of orthophosphoric acid	

