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General Rules for Nutrition Labeling of Prepackaged Foods

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Report Highlights:
On October 12, 2011, China's Ministry of Health released the National Food Safety Standard for Nutrition Labeling of Prepackaged Foods (GB 28050-2011). This standard prescribes the basic principles and requirements for the nutrition labeling and claims on pre-packaged foods directly offered to consumers. The standard also applies to the description and explanation of nutrition information on nutrition labeling of pre-packaged foods. China notified the draft standard to the WTO as G/TBT/N/CHN/734 on April 21, 2010.

This report is an INFORMAL translation of the standard.

General Information:

BEGIN TRANSLATION

Standard for Nutrition Labeling of Prepackaged Foods

1. **Scope**

This Standard applies to the description and explanation of nutritional information in nutrition labels of prepackaged foods.

This Standard does not apply to nutrition labeling of health food and prepackaged foods for special dietary uses.

1. **Terms and definitions**

    1. **Nutrition labeling**

Nutrition labeling is a description intended to educate consumers on the nutritional information and properties of a food, which includes, nutrition information, nutrition claims and nutrient function claims. Nutrition labeling is a component of the labeling of prepackaged foods.

    1. **Nutrients**

Nutrients refers to substances in foods that can play specific physiological functions and are needed in growth, development activity, reproduction and the normal metabolism of the human body. Such substances include proteins, fats, carbohydrates, minerals and vitamins, etc.

    1. **Nutritional component**

Nutrients and other substances that have nutritional and (or) physiological function(s) in food. Refer to “Basic Terms of Nutritional Components in Food” (GB/Z21922) for definitions of nutritional components

    1. **Core nutrients**

Core nutrients in a nutrition label are protein, fat, carbohydrate and sodium.

    1. **Nutrition information**

Nutrition information is a standardized table that provides the name of nutritional components, content and percentage in NRV (nutrient reference value).

    1. **Nutrient Reference Value (NRV)**

Nutrient Reference Value (NRV) is a reference value specially used in food nutrition labeling to compare the contents of nutritional components.

    1. **Nutrition Claims**

Nutrition claims refers to the descriptions and claims of the nutritional properties of a food, such as energy value and content of protein, etc. Nutrition claim includes nutrient content claim and nutrient comparative claim.

        1. **Nutrient Content Claims**

Nutrient content claim is a claim that describes the energy value or content of a nutritional component. The diction for nutrient content claim includes "contains," "high," "low," or "no," etc.

        1. **Nutrient Comparative Claims**

The nutrient comparative claim is the claim made after comparing energy value or content of a nutritional component in a well-known food with foods of the same type. Diction for nutrient comparative claim includes "add," "reduce," etc.

    1. **Nutrient Function Claims**

A claim that describes the role of a nutritional component in growth, development and normal physiological function of the human body.

    1. **Rounding Interval**

Rounding interval is the minimum unit value of a rounded numerical value.

1. **Edible Parts**

Edible parts are those remaining after the removal of those non-edible parts from the net weight of pre-packaged foods.

1. **General Requirements**

    1. Any nutrition information presented on a nutrition label of a pre-packaged food should be truthful, objective and free from any deceptive information; it is forbidden to exaggerate the nutritional functions or other functions of the food.

    2. The nutrition label should be in Chinese. If a foreign language is used, its content should be in correspondence with the Chinese part. The size of the foreign letters shall be smaller than the corresponding Chinese characters.

    3. Nutrition information shall be presented in a framed table (unless otherwise specified).The table can be of any size and should be perpendicular to the package baseline; name of table should be "Nutrition Information".

    4. The content of nutritional components of foods shall be indicated by specific values, which are obtained by a calculation using raw materials or by product detection. NRVs for specific nutritional components are listed in Appendix A.

    5. Appendix B lists six types of nutrition labeling formats. Food enterprises may choose any of them in accordance with food nutritional properties, surface of package and shape of package.

    6. A nutrition label shall be provided on the smallest package unit of a prepackaged food that is sold to consumers.

2. **Mandatory labeling items**

    1. Energy value and core nutrient content and their percentages in NRV (nutrient reference value) are mandatory labeling items on a nutrition label. When there are other nutritional components to be claimed, appropriate measures shall be taken to highlight the claims of energy and core nutrients.

    2. As to the nutrition claim or nutrient function claim for other nutritional components other than energy and core nutrients, the contents of the nutritional components and their percentages of NRV shall be listed in the Nutrition Information.

    3. As to prepackaged foods with food nutrition enhancers, the requirement in Clause 4.1 shall be met. In addition, the contents of the nutritional components and percentages of NRV in foods after using nutritional enhancement shall be listed in the Nutrition Information.

    4. The content of trans-fat (fatty acid) shall be listed in the Nutrition Information if ingredients contain hydrogenated fat and (or) partial hydrogenated fat, or it/they are used in the production process.

    5. As to the nutritional components with no specified NRV, only content shall be claimed.

3. **Optional Labeling Items**

    1. Other nutritional components in Table 1 can also be listed in the Nutrition Information besides the mandatory labeling items.

    2. A nutritional component in the food, if in compliance with the content requirements and restrictive conditions in Table C.1, is subject to the content claim. Refer to Table C.1 for method of claim. Any nutritional component can use the comparative claim if its content is in compliance with the content requirements and restrictive conditions in Table C.3. Refer to Table C.3 for method of claim. When a nutritional component meets both the requirements of the content claim and that of the comparative claim, it may be claimed by using both claims or only use the content claim. Refer to

Table C.2 and C.4 for synonymous name of nutrient content claims and comparative claims.

3. One or more standardized function claim(s) listed in Appendix D can be used if the listed value of a nutritional component is in compliance with the requirements and conditions of the content claim or comparative claim. The function claim(s) shall not be deleted, added or combined.

4. **Expressing Method of Nutritional Components**

1. The content level of energy and nutritional components shall be expressed in "amount per 100g" and (or) "amount per 100mL" and (or) "amount per serving". If expressed per serving, the quantity of one serving shall be provided. The size of one serving can be defined according to features of the food or recommended intake amount.

2. The name of the mandatory (optional) labeling nutritional components, their order, labeled unit, rounding interval, and limit value of "0" in the Nutrition Information shall be in compliance with Table 1. Other nutritional components shall be moved up if a certain nutritional component in Table 1 is not labeled.

3. If not included in Table 1, nutritional components listed in GB14880 and nutritional fortification substances permitted by MOH notices shall be labeled; such components or substances shall appear after nutritional components listed in Table 1.

Table 1 Name, order, labeled units for energy and nutritional components, rounding interval and limit value of "0"

Name and order of energy/nutritional components	Labeled unit[a]	Rounding interval	Limit value of "0" (Per 100 g or 100ml)[b]
Energy	kJ	1	≤17 kJ
Protein	g	0.1	≤ 0.5 g
Fat	g	0.1	≤ 0.5 g
Saturated fat (fatty acid)	g	0.1	≤ 0.1 g
Trans fat (fatty acid)	g	0.1	≤ 0.3 g
Monounsaturated fat (fatty acid)	g	0.1	≤ 0.1 g
Polyunsaturated fat (fatty acid)	g	0.1	≤ 0.1 g
Cholesterol	mg	1	≤ 5 mg
Carbohydrate	g	0.1	≤ 0.5 g
Sugar (Lactose c)	g	0.1	≤ 0.5 g
Dietary fiber (or monomer of fiber or soluble dietary fiber or insoluble dietary fiber)	g	0.1	≤ 0.5 g
Sodium	mg	1	≤ 5 mg
Vitamin A	μgRE	1	≤ 8μgRE
Vitamin D	Mg	0.1	≤0.1μg
Vitamin E	mg a-TE	0.01	≤0.28mgα-TE
Vitamin K	μg	0.1	≤1.6μg
Vitamin B1	mg	0.01	≤0.03mg
Vitamin B2	mg	0.01	≤0.03mg
Vitamin B6	mg	0.01	≤0.03mg
Vitamin B12	μg	0.01	≤0.05μg
Vitamin C	mg	0.1	≤2.0mg
Nicotinic acid	mg	0.01	≤0.28mg
Folacin/Folic acid	μg or μg DFE	1	≤8μg

Pantothenic acid	mg	0.01	≤0.10mg
Biotin	μg	0.1	≤0.6μg
Choline	mg	0.1	≤9.0mg
Phosphorus	mg	1	≤14mg
Potassium	mg	1	≤20mg
Magnesium	mg	1	≤6mg
Calcium	mg	1	≤8mg
Iron	mg	0.1	≤0.3mg
Zinc	mg	0.01	≤0.30mg
Iodine	μg	0.1	≤3.0μg
Selenium	μg	0.1	≤1.0μg
Copper	mg	0.01	≤0.03mg
Fluorine	mg	0.01	≤0.02mg
Manganese	mg	0.01	≤0.06mg

[a] Labeled units can be in Chinese or English, or both.
[b] Define it "0"when content of a certain nutritional component is less than or equals to the limit value of "0".The regulations on the limit value of "0" (per 100g or per 100ml) shall also be met when "per serving" expression is adopted.
[c] It can be directly indicated as "lactose" on a nutrition label of milk or milk product.

1. Within the shelf life, error allowance for energy value and content of nutritional components shall be in compliance with provisions in Table 2.

Table 2 Allowed error range for energy value and content of nutritional components

Energy and nutritional components in foods	Allowed error range
Protein, poly-unsaturated fat (fatty acid), monounsaturated fat (fatty acid), carbohydrates, sugars (lactose only), total dietary fiber, soluble dietary fiber or insoluble dietary fiber and their monomer of fiber, vitamins (other than Vitamin D, Vitamin A), minerals (exclude sodium), other enhanced nutritional components	≥80% listed value
Energy, fat, saturated fat (fatty acid), trans fat (fatty acids), cholesterol, sodium, sugars (exclude lactose) in foods	≤120% listed value
Vitamin A and vitamin D in foods	80% ~ 180% listed value

1. **Pre-packaged Foods that are Exempted from the Mandatory Nutrition Labeling**

The prepackaged foods listed below are exempt from mandatory nutrition labeling requirements:

- Fresh food, such as packed raw meat, raw fish, raw vegetables and fruits, eggs, etc;
- Alcoholic beverages that contains 0.5% or more alcohol;
- Packaged food with total surface area ≤100 cm^2, or the largest surface area of the package ≤20 cm^2;
- Non-pre-packed food sold on the site where it is produced;
- Bottled drinking water;
- Prepackaged foods of daily intake amount ≤ 10g or 10ml;
- Other prepackaged foods exempted from nutrition labels according by other laws, regulations or rules;

Pre-packaged foods that are exempt from mandatory nutrition labeling shall follow this Standard if it labels any nutrition information in its product packaging,

Appendix A
NRVs for nutrition labeling of prepackaged food and the using method of NRV

A.1 Nutrient reference value (NRV)

NRVs for energy and 32 nutritional components are listed in Table A.1.

Table A.1 Nutrient Reference Value （NRV）

Nutritional components	NRV	Nutrient	NRV
Energy [a]	8400 kJ	Folacin/Folic acid	400 μg DFE
Protein	60 g	Pantothenic acid	5 mg
Fat	≤60 g	Biotin	30 μg
Saturated fatty acids	≤20 g	Choline	450 mg
Cholesterol	≤300 mg	Calcium	800 mg
Carbohydrate	300 g	Phosphorus	700 mg
Dietary fiber	25 g	Potassium	2000 mg
Vitamin A	800 μg RE	Sodium	2000 mg
Vitamin D	5 μg	Magnesium	300 mg
Vitamin E	14mg a-TE	Iron	15 mg
Vitamin K	80 μg	Zinc	15 mg
Vitamin B1	1. 4 mg	Iodine	150 μg
Vitamin B2	1.4 mg	Selenium	50 μg
Vitamin B6	1.4 mg	Copper	1.5 mg
Vitamin B12	2.4 μg	Fluorine	1 mg
Vitamin C	100 mg	Manganese	3 mg
Nicotinic acid	14 mg		
[a] 8400kJ of energy is equivalent to 2000kcal of energy. The energy value contribution of protein, fat and carbohydrate is 13%, 27% and 60%, respectively, of total energy.			

A.2 Purpose and method of use

NRV is used to compare and describe energy value or the content level of nutritional components. When nutrition claims and the definition of "0" are adopted for expression, NRV may be used as a standard reference value. Express nutrient information in percentage of nutrient reference value (% NRV). The appointed rounding interval for % NRV is 1, such as 1% , 5% , 16%, etc.

A.3 Calculation

The following equation (A.1) is used to calculate nutritional component's percentage in NRV:

NRV% = X / NRV*100%……(A.1)

Where: X is the content of a nutritional component in food;

NRV is the nutrition reference value of this nutritional component.

Appendix B
Formats of nutrition label

B.1 This appendix prescribes formats of nutrition label of prepackaged foods.

B.2 One of the following six formats shall be selected for nutrition labeling.

B.2.1 Label that only expresses energy and core nutrients

See Sample 1 for a nutrition label express only energy and core nutrients.

Sample 1:

Nutrition Information

Items	Per 100g/100ml or per serving	NRV %
Energy	kJ	%
Protein	g	%
Fat	g	%
Carbohydrate	g	%
Sodium	mg	%

B.2.2 label more nutritional components

See sample 2 for a nutrition label with more nutritional components.
Sample 2:

Nutrition Information

Items	Per 100g/100ml or per serving	NRV %
Energy	kJ	**%**
Protein	g	**%**
Fat	g	**%**
----Saturated fat	g	**%**
Cholesterol	mg	**%**
Carbohydrate	g	**%**
---Sugar	g	**%**
Dietary fiber	g	**%**
Sodium	mg	**%**
Vitamin A	μg	**%**
Calcium	mg	**%**

B.2.3 Label with foreign language
See sample 3 for nutrition label with a foreign language.
Sample 3:

营养成分表Nutrition Information

项目/Items	每 100 克（g）或 100 毫升（mL）或每份/per 100 g/100 mL or per serving	营养素参考值 % / NRV %
能量/Energy	kJ	**%**
蛋白质/Protein	g	**%**
脂肪/Fat	g	**%**
碳水化合物 /Carbohydrate	g	**%**
钠/ Sodium	mg	**%**

B.2.4 Horizontal format
See sample 4 for nutrition labels in horizontal format.
Sample 4:

Nutrition Information

Item	Per 100 g/100 mL or per serving	NRV %	Item	per 100 g/100 mL or per serving	NRV %
Energy	kJ	%	Carbohydrate	g	%
Protein	g	%	Sodium	mg	%
Fat	g	%	-	-	%

Note: based on food package, nutritional components can be arranged horizontally from left to right, dividing into two or more columns.

B.2.5 Descriptive format:
For foods with total package surface of less than less than 100cm^2, when nutrition components shall be labeled, they shall be exempt from using a table format and omit the NRV information. Based on the package, nutritional components can be arranged horizontally from left to right, or vertically up to down, as in sample 5.
Sample 5:
Nutrition Information /100g: Energy XX kJ, protein XX g, fat XX g, carbohydrate XX g, sodium XX mg.

B.2 .6 Label with nutrition claims and/or nutrition function claims:
See sample 6 for nutrition labels with nutrition claims and/or nutrition function claims.
Sample 6:

Nutrition Information

Items	Per 100g/100ml or per serving	NRV %
Energy	kJ	%
Protein	g	%
Fat	g	%
Carbohydrate	g	%
Sodium	mg	%

Nutrition claim, such as: Low fat XX.
Nutrition function claim, such as: Energy from fat shall not exceed 30% of total energy for a daily diet.
Nutrition claim and nutrition function claim can be printed on any part of the label, but their font size shall not exceed that of product name and trademark.

Appendix C
Requirements, Conditions and Synonyms for Nutrient Content Claim and Comparative Claim of Emerge and Nutritional Components

Table C.1 provides for requirements and conditions for nutrient content claim and comparative claim of emerge and nutritional components.
Table C.2 provides for synonyms for nutrient content claim of energy and nutritional components.
Table C.3 provides for requirements and conditions for nutrient comparative claim of energy and nutritional components.
Table C.4 provides for synonyms for nutrient comparative claim of energy and nutritional components.

Table C.1 Requirements and conditions for nutrient content claim and comparative claim of emerge and nutritional components

Items	Content claim	Requirements [a]	Restrictive conditions
Energy	No energy	≤17 kJ/100g (solid) or 100ml (liquid)	Energy from fat ≤ 50% of total energy
	Low energy	≤170 kJ/100g solid ≤80 kJ/100ml liquid	
Protein	Low protein	Energy from protein ≤ 5% of total energy	Total energy per 100g/ml or per serving
	Origin of protein, or contains protein	Content per 100g ≥ 10% NRV Content per 100ml ≥ 5% NRV or content per 420 kJ ≥ 5% NRV	
	High, or rich in protein	Content per 100g ≥ 20% NRV Content per 100ml ≥ 10% NRV or content per 420 kJ ≥ 10% NRV	
Fat	No fat or does not contain fat	≤0.5 g/100g (solid) or 100ml (liquid)	
	Low fat	≤3 g/100g solid; ≤1.5 g/100ml liquid	
	Lean	Fat content ≤10%	Refer to livestock and poultry only
	Skim	Liquid milk and yoghurt:	Refer to dairy products only

		fat content ≤0.5%; milk powder: fat content ≤1.5%.	
	None or does not contain saturated fat	≤0.1 g/ 100g (solid) or 100ml (liquid)	Refer to sum of saturated fat and trans fat
	Low saturated fat	≤1.5 g/100g solid ≤0.75 g /100mL liquid	1. Refer to sum of saturated fat and trans fat 2. Saturated fat provided energy is less than 10% of total energy
	None or does not contain trans fatty acids	≤0.3 g/100g (solid) or 100ml (liquid)	
Cholesterol	None or does not contain cholesterol	≤5 mg/100g (solid) or 100ml (liquid)	Should comply with both content claims and restrictive conditions of low saturated fat
	Low cholesterol	≤20m g /100g solid; ≤10m g /100ml liquid.	
Carbohydrate (Sugar)	Sugar free or sugar excluded	≤ 0.5 g /100g (solid) or 100ml (liquid)	
	Low sugar	≤ 5 g /100g (solid) or 100ml (liquid)	
	Low lactose	Lactose content ≤ 2g/100g (ml)	Refers to dairy products only
	No lactose	Lactose content ≤ 0.5 g/100g (ml)	
Dietary fiber	Source of dietary fiber or contains dietary fiber	≥3 g/ 100g (solid) ≥1.5 g/ 100ml (liquid) or ≥1.5 g /420 kJ	Total content of dietary fiber should comply with the content requirement; or at least one of soluble dietary fiber, insoluble dietary fiber and monomer of fiber complies with the requirement.
	High or rich in dietary fiber or good source of dietary fiber	≥6 g/ 100g (solid) ≥3 g/ 100ml (liquid) or ≥3 g /420 kJ	
Sodium	No sodium or does not contain sodium	≤5 mg /100g or 100ml	The “sodium” can be replaced by “salt”, such as “low salt”, “less salt”, etc.
	Very low sodium	≤40 mg /100g or 100ml	
	Low sodium	≤120 mg /100g or 100ml	
Vitamin	Source of vitamin x or contains vitamin x	≥15% NRV for every 100 g ≥7.5% NRV for every 100 ml or ≥5% NRV for every 420kJ	Contains “multivitamins” refers to that content of 3 or more vitamins comply with the requirements of the claim “containing”
	High or rich in vitamin x	≥30% NRV for every 100 g ≥15% NRV for every 100 ml or ≥10% NRV for every 420kJ	Rich in “multivitamins” refers to content of 3 or more vitamins complying with requirements of the claim “rich in”
Mineral (exclude sodium)	Source of x or contains s	≥15% NRV for every 100 g ≥7.5% NRV for every 100 ml or ≥5% NRV for every 420kJ	Contains “minerals” refer to that content of 3 or more minerals comply with the requirements of the claim “containing”
	High or rich in x	≥30% NRV for every 100 g ≥15% NRV for every 100 ml or ≥10% NRV for	Rich in “minerals” refers to content of 3 or more minerals complying with requirements of the claim “rich in”

		every 420kJ	

[a] When use “per serving” as the food unit, claim is allowed only when content meets the content requirements per 100 g (ml).

Table C.2 Synonymous name of content claim

Standard	Synonymous	Standard	Synonymous
Does not contain, no	0, no, 100 % does not contain, without, none, 0%	Contain, source	Provide, contains, have
Very low	Very little	Rich in, high	Good source, contains rich, rich xx, provides (contains) high xx
Low	Less, less oil [a]		

[a] “less oil” refers to low fat claim only.

Table C.3 Requirements and conditions for comparative claim of energy and nutritional components

Comparative claim	Requirement	Conditions
Energy reduced	Reduces energy by 25% or more in comparison with referenced food	XX food (food for comparison) should be food of the same type or kind consumers are familiar with.
Protein increased or reduced	Increases or reduces protein by 25% or more in comparison with referenced food	
Fat reduced	Reduces fat by 25% or more in comparison with referenced food	
Cholesterol reduced	Reduces cholesterol by 25% or more in comparison with referenced food	
Carbohydrate increased or reduced	Increases or reduces carbohydrate by 25% or more in comparison with referenced food	
Sugar reduced	Reduces sugar by 25% or more in comparison with referenced food	
Dietary fiber increased or reduced	Increases or reduces dietary fiber by 25% or more in comparison with referenced food	
Sodium reduced	Reduces sodium by 25% or more in comparison with referenced food	
Mineral increased or reduced (sodium excluded)	Increases or reduces mineral by 25% or more in comparison with referenced food	
Vitamin x increased or reduced	Increases or reduces vitamin x by 25% or more in comparison with referenced food	

Table C.4 Synonymous name of comparative claim

Standard	Synonymous	Standard	Synonymous
Increase	Increased x% (x times)	Reduce	X % (x times) less
	x% (x times) more		Reduced, reduced by x % (x times)
	Add, add x% (x times)		Reducing, reducing X % (X times)

	x% (x times) higher		Decrease, decrease by X % (X times)
	Contains x% (x times) more		X % (X times) lower
	Increased x%, (x times), etc.		Decreased by X % (X times), etc.

Appendix D
Standard nutrient function claim of energy and nutritional components

D.1 Appendix D provides for the standard terms of energy and nutrient function claims.

D.2 Energy

The human body needs energy to maintain life activities.

The body growth and all activities need energy.

Appropriate energy could maintain good health.

Excessive intake of energy and insufficient exercise are related with overweight and obesity.

D.3 Protein

Protein is the major component of the human body and provides various kinds of amino acids.

Protein is essential to human activities, and contributes to tissue formation and growth.

Protein is conducive to formation and formation or repairing of human tissue.

Protein contributes to tissue formation and growth.

Protein is a major nutrient for tissue formation and growth.

D.4 Fat

Fat could provide high energy.

Energy from fat of daily diet should not exceed 30% of total energy.

Fat is an important component of the human body.

Fat helps the absorption of fat-soluble vitamins.

Fat provides the amino acids that human body needs.

D.4.1 Saturated fat

Saturated fat could promote absorption of cholesterol in foods.

Excessive intake of saturated fat is harmful to health.

Excessive intake of saturated fat will increase cholesterol; therefore, intake of saturated fat should be less than 10% of total daily energy.

D.4.2 Trans fatty acid

Daily intake of trans fatty acid should not exceed 2.2g; excessive intake of trans fatty acid is harmful to health.

Intake of trans fatty acid should be less than 1% of total daily energy; excessive intake of trans fatty acid is harmful to health.

Excessive intake of trans fatty acid will increase cholesterol in blood and increase risk of cardiovascular disease.

D.5 Cholesterol

For adults, daily intake of cholesterol should not exceed 300mg.

D.6 Carbohydrate

Carbohydrate is the basic substance for human life, and the major source of energy.

Carbohydrate is the major source of energy for human.

Carbohydrate is the major source for blood sugar formation.

Carbohydrate should take about 60% of total energy in diet.

D.7 Dietary fiber

Dietary fiber helps maintain normal function of intestines.

Dietary fiber is low energy substance.

D.8 Sodium

Sodium adjusts water balance of body, hence the acid-base balance.

Daily intake of salt should not exceed 6g for adults.

Excessive intake of sodium is harmful to health.

D.9 Vitamin A

Vitamin A helps maintain the scotopia (darkness visual acuity).

Vitamin A helps maintain health of skin and mucosa.

D.10 Vitamin D

Vitamin D facilitates absorption of calcium.
Vitamin D is good to bone and tooth health.
Vitamin D helps formation of bones.

D.11 Vitamin E

Vitamin E features anti-oxidation function.

D.12 Vitamin B1

Vitamin B1 is an indispensible component for energy metabolism.
Vitamin B1 helps maintain normal physiological function of neural system.

D.13 Vitamin B2

Vitamin B2 helps maintain the health of skin and mucosa.
Vitamin B2 is an indispensible component for energy metabolism.

D.14 Vitamin B6

Vitamin B6 helps metabolism and use of protein.

D.15 Vitamin B12

Vitamin B12 helps formation of RBC.

D.16 Vitamin C

Vitamin C helps maintain the health of skin and mucosa.
Vitamin C helps maintain the health of bones and gum.
Vitamin C facilitates absorption of iron.
Vitamin C has anti-oxidation efficacy.

D.17 Nicotinic acid

Nicotinic acid helps maintain the health of skin and mucosa.
Nicotinic acid is an indispensable component for energy metabolism.
Nicotinic acid helps maintain the health of neural system.

D.18 Folic acid

Folic acid helps development of brain and neural system for embryo.
Folic acid helps the formation of RBC.
Folic acid helps the development of embryo.

D.19 Pantothenic acid

Pantothenic acid is essential for energy metabolism and tissue formation.

D.20 Calcium

Calcium is the major component for human bone and tooth; many physiological functions require the participation of calcium.
Calcium is the major component of bone and tooth, and it maintaining bone density.
Calcium helps development of bone and tooth.
Calcium makes the bone and tooth firmer.

D.21 Magnesium

Magnesium is an essential component for energy metabolism, tissue formation and bone growth.

D.22 Iron

Iron is an important component for RBC formation.
Iron is an essential element for RBC formation.
Iron is essential for production of hemoglobin.

D.23 Zinc

Zinc is an essential element for children growth.
Zinc helps improve appetite.
Zinc helps maintain skin health.

D.24 Iodine

Iodine is essential for normal function of thyroid.

END OF TRANSLATION