NSF International Standard for Dietary Supplements —

Dietary supplements

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5.3.7 Food Allergen Claims

Raw materials and finished products which claim the absence of specific allergens shall be evaluated in accordance with 7.5 and/or 8. Raw materials and finished products shall not contain specific proteins or other analyte(s) associated with the allergen at levels above the method detection limits.

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7.5 Test methods for food allergens

The methods listed in this section indicate current practices. As technology and allergen testing advances, or certain tests are found to be more appropriate for certain sample matrices, alternate validated techniques may be employed.

7.5.1 Gluten

Testing shall be performed based on the RIDASCREEN Gliadin Enzyme Immunoassay for the quantitative analysis of gliadins and corresponding prolamines. The typical detection level for the testing of raw ingredients and finished products is 20 ppm or less.

7.5.2 Test method for plant species DNA (soy, corn, etc.)

Testing shall be performed based on the Real Time Polymerase Chain Reaction (PCR) method or equivalent. For testing raw ingredients and finished products using Qualitative analysis, the typical PCR limit of detection is 25 ppm or 25 μg/g of DNA.

7.5.3 Milk

Testing shall be performed based on Enzyme Immunoassay for the quantitative analysis of dairy allergens casein and β-lactoglobulin. The typical detection level for the testing of raw ingredients and finished products are 0.5 ppm and 5 ppm, respectively.

7.5.4 Other food allergens

The most appropriate method shall be used to confirm claims for the product under evaluation. The source of these methods may include AOAC International, USP, EPA, FDA, AHP, European, German, Japanese Pharmacopoeia monographs, industry standards, etc. The selected method is to be scientifically valid and suitable for the purpose of analysis of the specific sample type being tested. An existing method may need to be modified to better suit the sample under test or improved technology may allow for a more accurate and precise method to be developed. The use of any modified or new method shall require that an assessment be performed which includes evaluation of the specificity, linearity, reproducibility, accuracy, spike recovery, and method detection limit (if applicable).

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