



TO: Joint Committee on Dietary Supplements

FROM: Paula Brown, Chairperson

DATE: May 19, 2015

SUBJECT: Proposed revision to NSF/ANSI 173 – *Dietary Supplements* (173i51r1)

On behalf of the issue proponent, Jacob Larson, enclosed is ballot draft 1 for NSF/ANSI 173, Issue 51 – Caffeine. Please review the proposal and return your ballot **by the due date of June 9, 2015** via the NSF Online Workspace.

When adding comments, please identify the section number/name for your comment and add all comments under one comment number where possible. If you need additional space, please upload a word or pdf version of your comments online via the browse function.

Purpose

The purpose of this ballot is to propose add language specifying maximum caffeine levels per serving in NSF/ANSI 173.

Background

Due to the increase in the number of dietary supplements that contain caffeine, coupled with the increasing amounts of caffeine being added, there is a need to set a limit and verify the amount of caffeine present. After reviewing data, as well as policies, of other groups such as Health Canada, AHPA and EFSA, the Caffeine Task Group has determined that a caffeine limit of 200 mg/serving is appropriate. Also, for products that recommend multiple doses per day, a limit of 400 mg/day is being recommended, as it has not been associated with adverse effects in the general population.

Public Health Impact

These changes will have no negative impact on public health.

If you have any questions feel free to contact me.

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NSF International Standard for Dietary Supplements —

Dietary supplements

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5.6 Caffeine

Supplements containing caffeine or making a caffeine claim shall be tested to verify the label claim is correct and that the recommended dose does not exceed 200 mg/serving. For products that suggest multiple daily doses, a daily limit of 400 mg/day is the maximum allowed under this standard.

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