



СПХФУ
САНКТ-ПЕТЕРБУРГСКИЙ ХИМИКО-
ФАРМАЦЕВТИЧЕСКИЙ УНИВЕРСИТЕТ



Regulatory aspects for food supplements in the Russian Federation

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**FOOD SUPPLEMENTS or
Biologically active additives to food (BAAs) –**
natural and/or identical to natural biologically active
substances as well as probiotic microorganisms
intended to be consumed together with food or
introduced into the content of food products





The drug is a formulation in a dosage form used for the prevention, diagnostic, and treatment of the disease, rehabilitation, to preserve, prevent or terminate pregnancy

Eurasian Economic Union (EAEU)



Market in 2024 (billions USD)

	Russia	EAEU
Food supplements	2.3	2,6
Medicinal preparations	22.4	33,6

Laws regarding food supplements in Russia

Federal

- ✓ 52-FZ, «On the sanitary and epidemiological well-being of the population»;
- ✓ 323-FZ, «On the basics of protecting the health of citizens in the Russian Federation »
- ✓ 29-FZ “On the quality and safety of food”;
- ✓ 38-FZ «About advertising»
- ✓ FL № 2300–1 «On the protection of consumer rights»

Laws regarding food supplements in Russia

Technical regulation of the customs Eurasian Economic Union

- ✓ 021/2011, establish requirements for individual types of food products, their production, testing, storage, transportation;
- ✓ 022/2011, determine the order of product labeling;
- ✓ 005/2011, establish uniform packaging requirements for all member countries of the Customs Union.

Laws regarding food supplements in Russia

Resolution of the Government of the Russian Federation

- ✓ №2463 dated 31.12.2020, establish the rules for the sale of retail products;
- ✓ №886 dated 31.05.2023, about the rules for labeling food supplements;
- ✓ №1944 dated 21.11.2023, contain a list of cases in which the sale of food supplements is prohibited

Laws regarding food supplements AAs in Russia

Sanitary rules and norms (SanPin), :

- ✓ 2.3.2.1290-03, contains requirements for the organization of production of food supplements;
- ✓ 2.3.2.1324-03, establish storage conditions for food products

ФЕДЕРАЛЬНОЕ АГЕНТСТВО
ПО ТЕХНИЧЕСКОМУ РЕГУЛИРОВАНИЮ И МЕТРОЛОГИИ



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ГОСТ Р
56202—
2014

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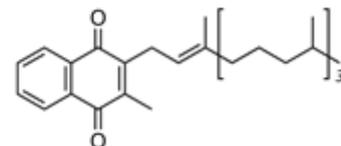
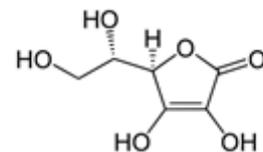
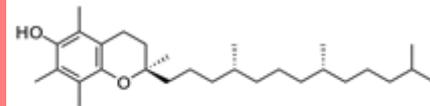
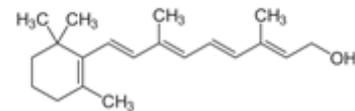
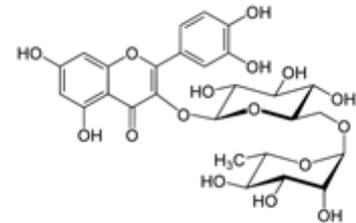
GOST 56202-2014
Food products
specialized
Biologically active food
additives
Production requirements
in accordance
with the principles of
Good Manufacturing
Practices

TECHNICAL REGULATION OF THE CUSTOMS UNION

TR CU 021/2011

Concerning Safety of Food Products

Na
Ca
K
I
Mg
Fe
Zn
Se
...



List of Plants and Plant Derivatives, Products of Animal Origin, Microorganisms, Mushrooms and substances Prohibited for Use in food supplements

1.1 Plants and Plant Derivatives Containing Psychotropic, Narcotic, Potent or Poisonous Substances:

No.	Russian plant name	Latin plant name	Plant parts
*		See <i>Catha edulis</i> Forsk.	-
1.		<i>Abrus precatorius</i> L.	Seeds
2.		<i>Gratiola officinalis</i> L.	Epigeal portion
*		See <i>Tamus communis</i> L.	-
3.		<i>Adenanthera</i> L.	All species, all parts
*		See <i>Senecio</i> L.	-
4.		<i>Adlumia fugosa</i> Greene	All parts

Plants and plant derivatives prohibited for inclusion into monocomponent food supplements

No.	Plant name	Latin plant name	Plant parts
1		<i>Arali elata</i> (Miq.) Seem. = <i>Arali mandshurica</i> Rupr. et Maxim.	All parts
2		<i>Pygeum africanum</i>	Bark
3		<i>Valeriana</i> L.	All species, root and rhizome
4		<i>Ginkgo biloba</i> L.	Epigeal portion
5		<i>Gymnema sylvestre</i>	All parts
6		<i>Dioscorea villosa</i>	Rhizome
7		Ginseng	All species, all parts
8		<i>Oplopanax elatus</i> Nakai = <i>Echinopanax elatus</i> Nakai	All parts
9		<i>Hypericum</i> L.	All species, all parts
10		<i>Ruscus aculeatus</i> (Butcher 's Broom)	All parts
11		<i>Pausinystalia yohimbe</i> (K. Schum.) Pierre ex Beile	All parts



**«All things are
poison, and nothing
is without poison;
only the dose makes
it so that a thing is
not a poison»**

The content of biologically active substances obtained from plants and/or their extracts **in the daily dose of food supplements should be from 10 to 50% of their single therapeutic dose** determined when using these substances as medicine.



**МИНИСТЕРСТВО
ЗДРАВООХРАНЕНИЯ
РОССИЙСКОЙ ФЕДЕРАЦИИ**



**ФЕДЕРАЛЬНАЯ
СЛУЖБА
ПО НАДЗОРУ В СФЕРЕ
ЗДРАВООХРАНЕНИЯ**

Starting with September 1, 2025, the Ministry of Public Health, in agreement with Rospotrebnadzor establishes a list of food supplements. Medical doctors can prescribe food supplements from the above list to patients if there are indications for their use.



OCTOBER 8-10, 2025, SAINT-PETERSBURG, RUSSIA

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Thanks for your kind attention