

Attachment

Health Food Raw Materials Directory (First Batch)
Nutrition Supplement Raw Materials Directory
(draft)

NO.	Name of Raw Material	Daily Intake Amount			Function (Health Care Function)	Raw Material Requirements of Recorded Product		
		Scope of the Crowd	Daily Minimum Amount	Daily Maximum Amount		Name of the Compound	The Quality Standard Basis	Application Scope of the Compound
1	Calcium (Calculation in Ca,mg)	1-3 years old	120	400	Supply calcium	Calcium carbonate	GB1898-2007	All people
		4-6 years old	160	550		Calcium acetate	GB15572-1995	people aged moer than 4 years old
		7-10 years old	200	700		Calcium Chloride	GB22214-2008	All people
		11-13 years old	240	800		Calcium citrate	GB17203-1998	All people
		14-17 years old	200	700		Calcium citrate	Chinese Pharmacopoeia	All people
		Adult	200	800		Calcium Gluconate	GB15571-2010	All people
		Pregnant Woman	200	700		Calcium Lactate	GB6226-2005	people aged moer than 4 years old
		Nursing Mothers	200	700		Calcium monophosphate	GB1889-2004	All people
						Calcium phosphate monobasic	GB25559-2010	All people
						Calcium phosphates	GB25558-2010	All people
						Calcium sulfate	GB1892-2007	All people
						L - calcium lactate	GB25555-2010	All people
2	Magnesium (Calculation in Mg, mg)	1-3 years old	/	/	Supply magnesium	Magnesium chloride	GB25584-2010	All people
		4-6 years old	32	160				
		7-10 years old	45	220		Magnesium carbonate	GB25587-2010	All people
		11-13 years old	60	300		Magnesium sulfate	GB29207-2012 or Chinese Pharmacopoeia	All people
		14-17 years old	65	320				
		Adult	65	400		Magnesia	Chinese Pharmacopoeia	All people
		Pregnant Woman	75	370				
		Nursing Mothers	70	330				
		1-3 years old	/	/		Potassium carbonate	GB25588-2010	people aged moer than 4

3	Potassium (Calculation in K, mg)				Supply potassium	Potassium carbonate	GB25560-2010	years old
		4-6 years old	240	1200		Potassium phosphate dibasic	GB25561-2010	All people
		7-10 years old	300	1500		Potassium dihydrogen phosphate	GB25560-2010	All people
		11-13 years old	400	1900		Potassium chloride	GB25585-2010	All people
		14-17 years old	450	2200		Potassium citrate	GB14889-1994	All people
		Adult	400	2500		Potassium citrate	Chinese Pharmacopoeia	All people
		Pregnant Woman	400	2000				
		Nursing Mothers	500	2400				
4	Manganese (Calculation in Mn, mg)	1-3 years old	/	/	Supply manganese	Manganese sulphate	GB29208-2012	All people
		4-6 years old	0.4	1.3				
		7-10 years old	0.6	2.0				
		11-13 years old	0.8	2.7				
		14-17 years old	0.9	3.0				
		Adult	0.9	4.5				
		Pregnant Woman	1.0	3.3				
		Nursing Mothers	1.0	3.2				
5	Iron (Calculation in Fe, mg)	1-3 years old	1.8	6.0	Supply iron	Ferrous fumarate	Chinese Pharmacopoeia	All people
		4-6 years old	2.0	7.0		Ferrous gluconate	Chinese Pharmacopoeia	All people
		7-10 years old	2.5	9.0		Ferrous sulfate	GB29211-2012 or Chinese Pharmacopoeia	All people
		11-13 years old	3.5	11.0				
		14-17 years old	3.5	12.0				

		Adult	4.0	16.0		Ferrous lactate	GB6781-2007	people aged moer than 4 years old
		Pregnant Woman	5.5	16.0				
		Nursing Mothers	5.0	16.0		Ferrous succinate	National Drug Standard WS1-(X-005)-2001Z	people aged moer than 4 years old
6	Zinc (Calculation in Zn, mg)	1-3 years old	0.8	2.7	Supply zinc	Zinc sulfate	GB25579-2010	All people
		4-6 years old	1.1	3.7				
		7-10 years old	1.4	4.7		Zinc citrate	Chinese Pharmacopoeia	All people
		11-13 years old	2.0	6.5				
		14-17 years old	2.2	7.0		Zinc gluconate	GB8820-2010	All people
		Adult	2.5	12.0				
		Pregnant Woman	2.0	6.5		Zinc oxide	Chinese Pharmacopoeia	All people
		Nursing Mothers	2.4	8.0				
7	Selenium (Calculation in Se, ?g)	1-3 years old	/	/	Supply selenium	Sodium selenite	SFDA Standard YBH1548-2004	All people
		4-6 years old	6	20				
		7-10 years old	8	30				
		11-13 years old	11	40				
		14-17 years old	12	50				
		Adult	12	60		Selenious yeast	National Drug Standard WS1-(x-005)- 99Z	people aged moer than 4 years old
		Pregnant Woman	13	50				
		Nursing Mothers	16	60				
		1-3 years old	/	/				

8	Cuprum (Calculation in Cu, mg)	4-6 years old	0.08	0.27	Supply cuprum	Copper sulfate	GB29210-2012	All people
		7-10 years old	0.10	0.34				
		11-13 years old	0.14	0.48				
		14-17 years old	0.16	0.55				
		Adult	0.16	1.00				
		Pregnant Woman	0.18	0.60				
		Nursing Mothers	0.28	0.90				
9	Vitamin A(Calculation in retinol, ?g)	1-3 years old	60	200	Supply vitamin A	Vitamin A	GB14750-2010	people aged moer than 4 years old
		4-6 years old	70	240		Retinyl palmitate (Palmitic acid vitamin A)	GB29943-2013	All people
		7-10 years old	100	340				
		11-13 years old	130	430		Vitamin A acetate	GB14750-2010	All people
		14-17 years old	160	450				
		Adult	160	800		All trans beta—Carotene	GB8821-2011	All people
		Pregnant Woman	150	500			GB28310-2012 (fermentation method)	
		Nursing Mothers	260	900				
10	Vitamin D (Calculation in D ₂ or D ₃ , ?g)	1-3 years old	1.5	7.0	Supply vitamin D	Vitamin D ₂ (Ergot calciferol)	GB14755-2010	All people
		4-6 years old	1.5	7.0				
		7-10 years old	1.5	7.0				
		11-13 years old	1.5	7.0				
		14-17 years old	1.5	7.0				

		Adult	2.0	15.0		Vitamin D ₃ (cholecalciferol)	Chinese Pharmacopoeia	All people
		Pregnant Woman	1.5	7.0				
		Nursing Mothers	1.5	7.0				
11	Vitamin B ₁ (Calculation in thiamine, mg)	1-3 years old	0.12	0.40	Supply vitamin B ₁	Thiamin hydrochloride	GB14751-2010	All people
		4-6 years old	0.16	0.80				
		7-10 years old	0.20	1.00				
		11-13 years old	0.26	1.20				
		14-17 years old	0.32	1.50				
		Adult	0.26	3.00				
		Pregnant Woman	0.30	1.40				
		Nursing Mothers	0.30	1.50				
12	Vitamin B ₂ (Calculation in riboflavin, mg)	1-3 years old	0.12	0.40	Supply vitamin B ₂	Riboflavin	GB14752-2010	All people
		4-6 years old	0.14	0.70				
		7-10 years old	0.20	1.00				
		11-13 years old	0.26	1.30				
		14-17 years old	0.30	1.40		Riboflavin—5' — phosphate sodium	GB28301-2012	All people
		Adult	0.28	3.00				
		Pregnant Woman	0.30	1.40				
		Nursing Mothers	0.30	1.50				
		1-3 years old	0.12	0.40				

13	Vitamin B ₆ (Calculation in pyridoxine, mg)	4-6 years old	0.14	0.70	Supply vitamin B ₆	Pyridoxine hydrochloride	GB14753-2010	All people
		7-10 years old	0.20	1.00				
		11-13 years old	0.26	1.30				
		14-17 years old	0.28	1.40				
		Adult	0.30	3.00				
		Pregnant Woman	0.45	2.20				
		Nursing Mothers	0.38	1.90				
14	Vitamin B ₁₂ (Calculation in cyanide cobalt, cobalt amino acid/hydroxyl amino acid, ?g)	1-3 years old	0.20	0.70	Supply vitamin B ₁₂	Vitamin B ₁₂	Chinese Pharmacopoeia	All people
		4-6 years old	0.24	1.20				
		7-10 years old	0.32	1.60				
		11-13 years old	0.42	2.10				
		14-17 years old	0.48	2.40				
		Adult	0.48	5.00				
		Pregnant Woman	0.58	2.90				
		Nursing Mothers	0.64	3.20				
15	Niacin (Calculation in niacin, mg)	1-3 years old	1.2	4.0	Supply niacin	Nicotinic acid (Nicotinamide)	GB14757-2010	All people
		4-6 years old	1.6	5.5				
		7-10 years old	2.2	7.0				
		11-13 years old	2.8	9.0				
		14-17 years old	3.2	10.0				

		Adult	3.0	13.0				
		Pregnant Woman	2.4	8.0				
		Nursing Mothers	3.0	10.0				
16	Folic acid (Calculation in pteroylglutamic acid, ?g)	1-3 years old	30	110	Supply folic acid	Folic Acid (Pteroylmonoglutamic acid)	GB15570-2010	All people
		4-6 years old	40	130				
		7-10 years old	50	170				
		11-13 years old	70	240				
		14-17 years old	80	270				
		Adult	80	400				
		Pregnant Woman	120	400				
		Nursing Mothers	110	370				
17	Biotin (Calculation in biotin, ?g)	1-3 years old	3.4	11.0	Supply biotin	D—biotin	National Drug Standard WS-10001- (HD-1052)-2002	All people
		4-6 years old	4.0	20.0				
		7-10 years old	5.0	25.0				
		11-13 years old	7.0	35.0				
		14-17 years old	8.0	40.0				
		Adult	8.0	80.0				
		Pregnant Woman	8.0	40.0				
		Nursing Mothers	10.0	50.0				
		1-3 years old	40	140				

18	Choline (Calculation in choline, mg)	4-6 years old	50	200	Supply choline	Choline bitartrate	National Drug Standard WS-10001-(HD-1050)-2002	All people
		7-10 years old	60	300				
		11-13 years old	80	350				
		14-17 years old	100	400				
		Adult	100	800				
		Pregnant Woman	85	400				
		Nursing Mothers	105	500				
19	Vitamin C (Calculation in ascorbic acid, mg)	1-3 years old	8	27	Supply vitamin C	Vitamin C (ascorbic acid)	GB14754-2010	All people
		4-6 years old	10	50				
		7-10 years old	13	65		Calcium—L—ascorbate	GB15809-1995	All people
		11-13 years old	18	90				
		14-17 years old	20	100		Sodium—L—ascorbate	GB16313-1996	All people
		Adult	20	200				
		Pregnant Woman	23	115				
		Nursing Mothers	30	150		Calcium ascorbate	GB15809-1995	All people
20	Vitamin K (Calculation in K ₁ , ?g)	1-3 years old	/	/	Supply vitamin K	Vitamin K ₁	Chinese Pharmacopoeia	All people
		4-6 years old	8	27				
		7-10 years old	10	33				
		11-13 years old	14	47				
		14-17 years old	15	50				

		Adult	16	80				
		Pregnant Woman	16	53				
		Nursing Mothers	17	57				
21	Pantothenic acid (Calculation in pantothenic acid, mg)	1-3 years old	0.4	1.4	Supply pantothenic acid	Calcium pantothenate	Chinese Pharmacopoeia	All people
		4-6 years old	0.5	2.5				
		7-10 years old	0.7	3.5				
		11-13 years old	0.9	4.5				
		14-17 years old	1.0	5.0				
		Adult	1.0	10.0				
		Pregnant Woman	1.2	6.0				
		Nursing Mothers	1.4	7.0				
22	Vitamin E (Calculation in alpha tocopherol, mg)	1-3 years old	/	/	Supply vitamin E	Natural vitamin E (D - alpha tocopherol)	GB19191-2003	All people
		4-6 years old	1.4	7.0				
		7-10 years old	1.8	9.0		Natural vitamin E (D - alpha tocopheryl acetate)	GB19191-2003	All people
		11-13 years old	2.6	13.0				
		14-17 years old	2.8	14.0		Natural vitamin E (D - alpha succinate tocopherol)	GB19191-2003	All people
		Adult	2.8	30.0				
		Pregnant Woman	2.8	14.0		Vitamin E (dl - alpha tocopheryl acetate)	GB14756-2010	All people
		Nursing Mothers	3.4	17.0		Vitamin E (dl - alpha tocopherol)	GB29942-2003	All people