



# Activities/Resources on Functional Ingredients/Health Claims in SEA/Asia

---

*E-Siong Tee, PhD*

*Vice-President, Federation of Asian Nutrition Societies*

*International Life Sciences Institute SEA Region*

## **Sharing some activities/resources**

- **International Life Sciences Institute (ILSI SEA Region)**
  - ❖ **Monograph on functional foods**
  - ❖ **Series of seminars and workshops on nutrition labelling and claims in SEA**
  - ❖ **Regulatory status of permitted health claims in SEA**
  
- **Federation of Asian Nutrition Societies (FANS)**
  - ❖ **Technical Guide for the Evaluation of Scientific Evidence of Health Function Claims for Foods and Ingredients**

# Harmonisation of divergent regulations in SEA



- Efforts by International Life Sciences Institute (ILSI) SEA Region to **promote harmonize nutrition labelling and claims regulations** in the for the past 20 years
  - ❖ Series of **12 seminars and workshops** from 2001
  - ❖ Attended by **regulatory officials from ASEAN member states academia, industry experts**
  - ❖ **Discussed harmonisation of nutrition labelling regulations and health claims**
  - ❖ **13<sup>th</sup> seminar and workshop on 23-24 September 2025, in Kuala Lumpur**



## Regulatory status of **health claims\*** permitted in Southeast Asia countries

Country	Nutrient function claims	Other function claims	Disease risk reduction claims
Indonesia	✓1	✓5	NA
Malaysia	✓2	✓6	NA
Philippines	NA	NA	NA
Singapore	✓3	✓7	✓9
Thailand	✓4	✓8	✓10
Vietnam	NA	NA	NA

1 = 56 nutrient function claims involving 20 vitamins and minerals

2 = 24 nutrient function claims involving 9 vitamins and 5 minerals

3 = 123 nutrient function claims for 30 vitamins, minerals and protein, lactose and dietary fibre

4 = 129 nutrient function claims involving 29 vitamins and minerals

5 = 11 other function claim for 5 non-nutrients (dietary fibre, isomaltulose, sucromalt, xylitol, phytosterol)

6 = 43 other function claims for 22 “other food components “ (non-nutrients)

7 = 17 other function claims for 12 “other food components” (non-nutrients)

8 = 6 categories of nutrients/other components and dietary conditions

9 = 3 categories of chronic diseases, involving several nutrients or food groups

10 = 2 statements related to dietary component (Na and SFA)

*\*The three types of health claims permitted in the countries are according to the definition of Codex Alimentarius Guidelines (CAC-GL 23-1997)*

## Regulatory **framework for application** for new nutrition and health claims

Country	Documented system			No documented system
	Established expert review committee	Application form published	Scientific evidence required	
Indonesia	✓	✓	✓	
Malaysia	✓	✓	✓	
Philippines				✓
Singapore	✓	✓	✓	
Thailand	✓	✓	✓	
Vietnam				✓

- **Regulatory status** on the use and the health claims for functional ingredients / bioactives permitted in SEA is **unclear and not documented**
- A **review** was thus conducted to document the regulatory status (**Tee & Chan, 2022**)

Mal J Nutr 28(3): 461-505, 2022

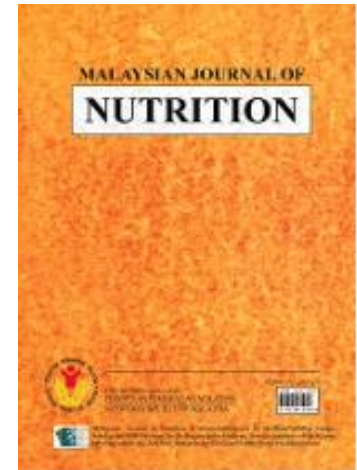
## **REVIEW**

### **Regulatory status of bioactive non-nutritional food components in Southeast Asian countries**

**E-Siong Tee\* & Pauline Chan**

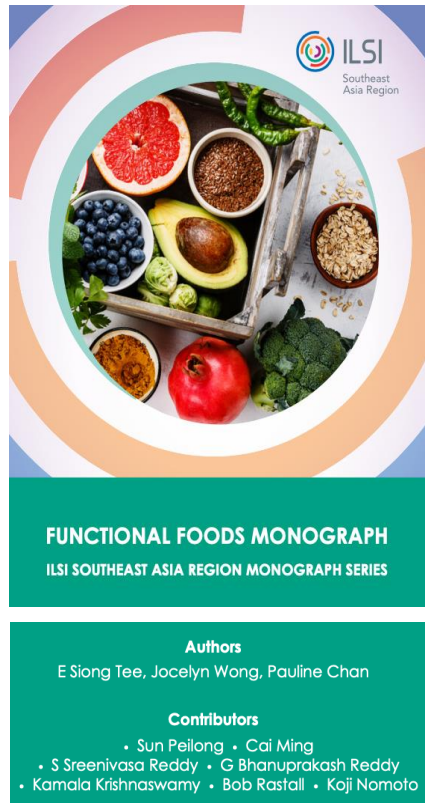
*International Life Science Institute (ILSI) Southeast Asia Region, Singapore*

<https://doi.org/10.31246/mjn-2022-review-28-3>



- **Indonesia updated Reg 1/2021 with Reg 1/2022**

# ILSI Monograph on Functional foods (2017, 2018, 2019, 2021)



Originally Published: December 2017  
Revised: August 2018, December 2019, October 2021

Copyright © 2021 International Life Sciences Institute (ILSI) Southeast Asia

## Table of Contents

<b>Introduction</b>	<b>4</b>
<b>Addressing Functional Foods in Asia</b> <b>- ILSI SEA Region's Initiatives</b>	<b>5</b>
<b>Chapter 1: Essential Characteristics and</b> <b>Attributes of Functional Foods</b>	<b>7</b>
<b>Chapter 2: Current Regulatory Status of</b> <b>Functional Foods and Health Claims in Southeast Asia</b>	<b>10</b>
<b>Chapter 3: Scientific Substantiation of Health Claims</b> <b>- Regulatory Framework and Review Process</b>	<b>17</b>
<b>Chapter 4: Case Studies on Functional Foods in Southeast Asia</b>	<b>25</b>
<b>- Case Study 1. Mushroom: Nature and Bioactivities</b> <b>of Lentinula Edodes</b>	
<b>- Case Study 2. Turmeric: Health Benefits (<i>Curcumin, Longa, Linn</i>)</b>	
<b>- Case Study 3. Prebiotics: Inulin-type Fructans</b>	
<b>- Case Study 4: Probiotics: From Current Concept to Development</b> <b>of Future Prospects</b>	

# ILSI guidelines for scientific substantiation and regulatory framework for health claims

## Appendix 1: Guidelines for the Scientific Substantiation of Nutrition and Health Claims for Foods / Functional Foods

### 1. Types of studies required for substantiation of claims

- Studies should preferably be conducted on the whole functional foods in the form to be consumed rather than on extracted components.
- Foods containing added functional food ingredient(s) may not need individual studies to be conducted if they can show bioequivalency compared to the primary study conducted.
- Nutrient function claims\* may be permitted based on authoritative statements from recognized health authorities and accepted texts.
- Scientific intervention

## Appendix 3: Regulatory Framework for Nutrition Labeling and Claims for Food - Harmonization in the Southeast Asia Region

### 1. Establish National Expert Committee on Nutrition and Health Claims

- Establish terms of reference
- Seek approval from appropriate authorities
- Select members based on discipline and experience – aim for multiagency, multidisciplinary

### 2. Make provisions for nutrition/health claims in existing food regulations

# Review of Nutrition Labelling, Nutrition & Health claims in Asia



## EDITORS

Dr Tee E Siong  
Ms Pauline Chan  
ILSI SEA Region

## CONTRIBUTING ILSI ENTITIES

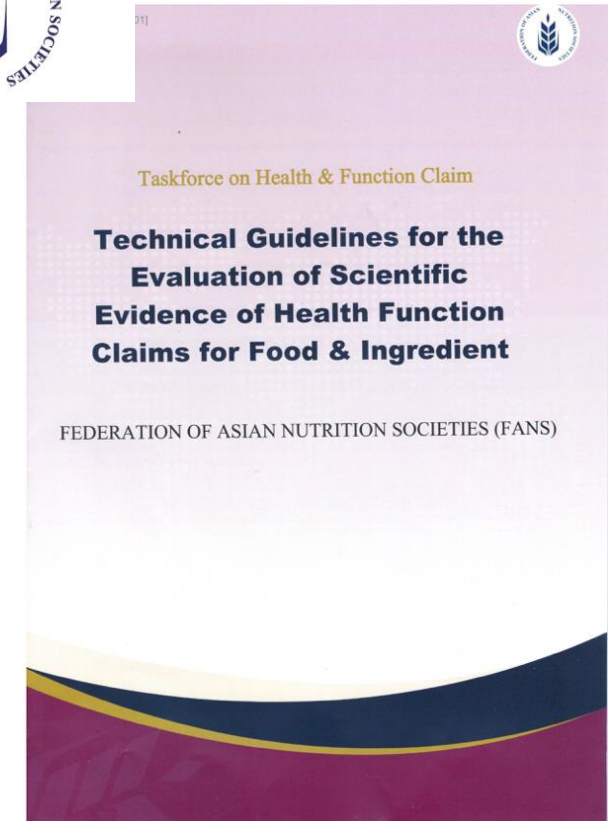
ILSI Focal Point in China  
ILSI Japan  
ILSI Korea  
ILSI Southeast Asia Region  
ILSI Taiwan

2022

## TABLE OF CONTENTS

INTRODUCTION .....	4
STATUS OF NUTRITION LABELING, NUTRITION AND HEALTH CLAIMS REGULATION - CODEX ALIMENTARIUS AND SELECTED ASIAN COUNTRIES AND REGIONS .....	5
Chapter 1: <b>Codex Alimentarius</b> .....	6
Chapter 2: <b>China</b> .....	21
Chapter 3: <b>Hong Kong, China</b> .....	42
Chapter 4: <b>Japan</b> .....	62
Chapter 5: <b>Korea</b> .....	88
Chapter 6: <b>Southeast Asia Region</b> .....	105
6.1 <b>Indonesia</b> .....	106
6.2 <b>Malaysia</b> .....	133
6.3 <b>Philippines</b> .....	159
6.4 <b>Singapore</b> .....	168
6.5 <b>Thailand</b> .....	193
Chapter 7: <b>Taiwan</b> .....	215
DISCUSSION AND CONCLUSION .....	239

- Technical Guideline published by Federation of Asian Nutrition Societies Task Force on Nutrition and Health Claims (FANS-TF-HFC 2025 [01])
- Key contributors:
  - ❖ Prof Yuexin Yang (FANS President)
  - ❖ Dr E Siong Tee (FANS President-Elect)
  - ❖ Prof Guiju Sun (Dongnan University)
  - ❖ Dr Jin Zhu (Beijing Academy of Science & Technology)
- Scope:
  - ❖ The document specifies the principles, literature collection methods, evaluation procedures, strength of evidence, and recommendations for **scientific evidence evaluation of the relationship between function food ingredients and health claims**; as well as requirements for evidence report formats
- Traditional **herb-based claims**
  - ❖ For traditional herbs, mostly there are **no sufficient literature, evidence evaluation is difficult**. The functional evaluation of a single herb or food may refer to the **consumption history** and the functions described in the **document of government authorized traditional medicine materials**, eg various government approved novel food or the Pharmacopoeia



Accepted for publication in:  
International Journal for Vitamin and Nutrition Research.



SAVE THE DATE !

# 12 – 15 September 2027

<https://acn2027.org.my>



SUBSCRIBE



for future updates!

# 15<sup>th</sup> ASIAN CONGRESS OF NUTRITION



**Kuala Lumpur Convention Centre,  
Kuala Lumpur, Malaysia**

**STRENGTHENING REGIONAL NETWORKS FOR NUTRITION ACTION**

Organised by:



Under the auspices of:



Supported by:



Meet in *Malaysia*  
BE Greater, Together.