



The Government of the Republic of the Union of Myanmar

Ministry of Health

Department of Food and Drug Administration

Directive (16/2022)

According to Ministry of Health's executive committee meeting No. (14 /20

Limits of Vitamins and Minerals in Health Supplement (Food Category - 18) for Adults are specified as follows.

Maximum Levels of Vitamins and Minerals for Adult

| Vitamins and Minerals | ASEAN Maximum Levels as Health Supplement |
|------------------------------|--|
| Vitamin A (Retinol) | 1.5 mg/day (5,000 IU/day) |
| Vitamin D | 0.025 mg/day (1,000 IU/day) |
| Vitamin E | 536 mg/day (800 IU/day) |
| Vitamin K | 0.12 mg/day |
| Vitamin C | 1,000 mg/day |
| Vitamin B1 | 100 mg/day |
| Vitamin B2 | 40 mg/day |
| Vitamin B6 | 100 mg/day |
| Folic acid | 0.9 mg/day |
| Vitamin B12 | 0.6 mg/day |
| Biotin | 0.9 mg/day |
| Nicotinic acid | 15 mg/day |
| Nicotinamide | 450 mg/day |
| Pantothenic acid | 200 mg/day |
| Calcium | 1,200 mg/day |
| Phosphorous | 800 mg/day |
| Magnesium | 350 mg/day |
| Boron | 6.4 mg/day |
| Chromium | 0.5 mg/day |
| Copper | 2 mg/day |
| Iodine | 0.15 mg/day |

| | |
|-------------------|-------------|
| Iron | 15 mg/day |
| Manganese | 3.5 mg/day |
| Molybdenum | 0.36 mg/day |
| Selenium | 0.2 mg/day |
| Zinc | 15 mg/day |

Reference: ASEAN Annex X. General Principles for Establishing Maximum Levels of Vitamins and Minerals in Health Supplements. Version-4.

Department of Food and Drug Administration



The Government of the Republic of the Union of Myanmar

Ministry of Health

Department of Food and Drug Administration

Directive (17 /2022)

According to Ministry of Health's executive committee meeting No. (14 /2022), Limits of Vitamins and Minerals in Health Supplement (Food Category - 18) for Infants, Children and Teenagers are specified as follows.

Maximum Levels of Vitamins and Minerals for Infants, Children and Teenagers

| Vitamins/ Minerals | Age Group | Maximum Levels of Vitamins and Minerals for Infants, Children and Teenagers |
|-----------------------|-------------|--|
| Vitamin A | 0-6 Months | 375 µg RE/ day ^(a) |
| | 7-12 Months | 400 µg RE/ day ^(a) |
| | 1-3 Years | 400 µg RE/ day ^(a) |
| | 4-6 Years | 450 µg RE/ day ^(a) |
| | 7-9 Years | 500 µg RE/ day ^(a) |
| | 10-12 Years | 600 µg RE/ day ^(a) |
| | 13-15 Years | 600 µg RE/ day ^(a) |
| | 16-18 Years | 600 µg RE/ day ^(a) |
| Vitamin D | 0-6 Months | 10 µg/ day ^(b) |
| | 7-12 Months | 10 µg/ day ^(b) |
| | 1-3 Years | 10 µg/ day ^(b) |
| | 4-6 Years | 10 µg/ day ^(b) |
| | 7-9 Years | 10 µg/ day ^(b) |
| | 10-12 Years | 10 µg/ day ^(b) |
| | 13-15 Years | 10 µg/ day ^(b) |
| | 16-18 Years | 10 µg/ day ^(b) |

| | | |
|------------------|-------------|---|
| Vitamin E | 0-6 Months | 2.7 mg α -TE/day ^(a) |
| | 7-12 Months | 2.7 mg α -TE/day ^(a) |
| | 1-3 Years | 5 mg α -TE/day ^(a) |
| | 4-6 Years | 5 mg α -TE/day ^(a) |
| | 7-9 Years | 7 mg α -TE/day ^(a) |
| | 10-12 Years | 10 mg α -TE/day (M) ^(a) , 7.5 mg α -TE/day (F) ^(a) |
| | 13-15 Years | |
| | 16-18 Years | |
| | | |
| Vitamin K | 0-6 Months | 5 μ g/ day ^(a) |
| | 7-12 Months | 10 μ g/ day ^(a) |
| | 1-3 Years | 15 μ g/ day ^(a) |
| | 4-6 Years | 20 μ g/ day ^(a) |
| | 7-9 Years | 25 μ g/ day ^(a) |
| | 10-12 Years | 35-55 μ g/ day ^(a) |
| | 13-15 Years | 35-55 μ g/ day ^(a) |
| | 16-18 Years | 35-55 μ g/ day ^(a) |
| Vitamin C | 0-6 Months | 25 mg/ day ^(a) |
| | 7-12 Months | 30 mg/ day ^(a) |
| | 1-3 Years | 30 mg/ day ^(a) |
| | 4-6 Years | 30 mg/ day ^(a) |
| | 7-9 Years | 35 mg/ day ^(a) |
| | 10-12 Years | 65 mg/ day ^(c) |
| | 13-15 Years | 65 mg/ day ^(c) |
| | 16-18 Years | 65 mg/ day ^(c) |

| | | |
|------------------------------------|-------------|---|
| Vitamin B1 (Thiamine) | 0-6 Months | 0.3 mg/ day ^(b) |
| | 7-12 Months | 0.3 mg/ day ^(b) |
| | 1-3 Years | 0.5 mg/ day ^(a) |
| | 4-6 Years | 0.6 mg/ day ^(a) |
| | 7-9 Years | 0.9 mg/ day ^(a) |
| | 10-12 Years | 1.2 mg/ day (M) ^(a) , 1.1 mg/ day (F) ^(a) |
| | 13-15 Years | 1.2 mg/ day (M) ^(a) , 1.1 mg/ day (F) ^(a) |
| | 16-18 Years | 1.2 mg/ day (M) ^(a) , 1.1 mg/ day (F) ^(a) |
| Vitamin B2 (Riboflavin) | 0-6 Months | 0.5 mg/ day ^(b) |
| | 7-12 Months | 0.5 mg/ day ^(b) |
| | 1-3 Years | 0.5 mg/ day ^(b) |
| | 4-6 Years | 0.6 mg/ day ^(a) |
| | 7-9 Years | 0.9 mg/ day ^(a) |
| | 10-12 Years | 1.3 mg/ day (M) ^(a) , 1 mg/ day (F) ^(a) |
| | 13-15 Years | 1.3 mg/ day (M) ^(a) , 1 mg/ day (F) ^(a) |
| | 16-18 Years | 1.3 mg/ day (M) ^(a) , 1 mg/ day (F) ^(a) |
| Vitamin B3 (Niacin) | 0-6 Months | 5.4 mg NE/ day ^(b) |
| | 7-12 Months | 5.4 mg NE/ day ^(b) |
| | 1-3 Years | 6 mg NE/ day ^(a) |
| | 4-6 Years | 8 mg NE/ day ^(a) |
| | 7-9 Years | 12 mg NE/ day ^(a) |
| | 10-12 Years | 16 mg NE/ day ^(a) |
| | 13-15 Years | 16 mg NE/ day ^(a) |
| | 16-18 Years | 16 mg NE/ day ^(a) |

| | | |
|------------------------------------|-------------|---|
| Vitamin B6 (Pyridoxine) | 0-6 Months | 0.1 mg/ day ^(a) |
| | 7-12 Months | 0.3 mg/ day ^(a) |
| | 1-3 Years | 0.5 mg/ day ^(a) |
| | 4-6 Years | 0.6 mg/ day ^(a) |
| | 7-9 Years | 1 mg/ day ^(a) |
| | 10-12 Years | 1.3 mg/ day (M) ^(a) , 1.2 mg/ day (F) ^(a) |
| | 13-15 Years | 1.3 mg/ day (M) ^(a) , 1.2 mg/ day (F) ^(a) |
| | 16-18 Years | 1.3 mg/ day (M) ^(a) , 1.2 mg/ day (F) ^(a) |
| Vitamin B9 (Folate) | 0-6 Months | 80 µg DEF/ day ^(a) |
| | 7-12 Months | 80 µg DEF/ day ^(a) |
| | 1-3 Years | 150 µg DEF/ day ^(a) |
| | 4-6 Years | 200 µg DEF/ day ^(a) |
| | 7-9 Years | 300 µg DEF/ day ^(a) |
| | 10-12 Years | 400 µg DEF/ day ^(a) |
| | 13-15 Years | 400 µg DEF/ day ^(a) |
| | 16-18 Years | 400 µg DEF/ day ^(a) |
| Vitamin B12 | 0-6 Months | 0.4 µg/ day ^(a) |
| | 7-12 Months | 0.7 µg/ day ^(a) |
| | 1-3 Years | 0.9 µg/ day ^(a) |
| | 4-6 Years | 1.2 µg/ day ^(a) |
| | 7-9 Years | 1.8 µg/ day ^(a) |
| | 10-12 Years | 2.4 µg/ day ^(a) |
| | 13-15 Years | 2.4 µg/ day ^(a) |
| | 16-18 Years | 2.4 µg/ day ^(a) |

| | | |
|--------------------------------------|-------------|------------------------------|
| Vitamin B5 (Pantothenate) | 0-6 Months | 1.7 mg/ day ^(a) |
| | 7-12 Months | 1.8 mg/ day ^(a) |
| | 1-3 Years | 2 mg/ day ^(a) |
| | 4-6 Years | 3 mg/ day ^(a) |
| | 7-9 Years | 4 mg/ day ^(a) |
| | 10-12 Years | 5 mg/ day ^(a) |
| | 13-15 Years | 5 mg/ day ^(a) |
| | 16-18 Years | 5 mg/ day ^(a) |
| Vitamin B7 (Biotin) | 0-6 Months | 5 µg/ day ^(a) |
| | 7-12 Months | 6 µg/ day ^(a) |
| | 1-3 Years | 8 µg/ day ^(a) |
| | 4-6 Years | 12 µg/ day ^(a) |
| | 7-9 Years | 20 µg/ day ^(a) |
| | 10-12 Years | 25 µg/ day ^(a) |
| | 13-15 Years | 25 µg/ day ^(a) |
| | 16-18 Years | 25 µg/ day ^(a) |
| Calcium | 0-6 Months | 500 mg/ day ^(b) |
| | 7-12 Months | 500 mg/ day ^(b) |
| | 1-3 Years | 500 mg/ day ^(a) |
| | 4-6 Years | 600 mg/ day ^(a) |
| | 7-9 Years | 700 mg/ day ^(a) |
| | 10-12 Years | 1,300 mg/ day ^(a) |
| | 13-15 Years | 1,300 mg/ day ^(a) |
| | 16-18 Years | 1,300 mg/ day ^(a) |

| | | |
|------------------|------------------------|--|
| Magnesium | 0-6 Months | 26 mg/ day (Breast-fed) ^(a) , 36 mg/ day (Formula-fed) ^(a) |
| | 7-12 Months | 54 mg/ day ^(a) |
| | 1-3 Years | 60 mg/ day ^(a) |
| | 4-6 Years | 76 mg/ day ^(a) |
| | 7-9 Years | 100 mg/ day ^(a) |
| | 10-12 Years | 230 mg/ day (M) ^(a) , 220 mg/ day (F) ^(a) |
| | 13-15 Years | 230 mg/ day (M) ^(a) , 220 mg/ day (F) ^(a) |
| | 16-18 Years | 230 mg/ day (M) ^(a) , 220 mg/ day (F) ^(a) |
| Iodine | 0-6 Months | 90 µg/ day ^(a) |
| | 7-12 Months | 90 µg/ day ^(a) |
| | 1-3 Years | 90 µg/ day ^(a) |
| | 4-6 Years | 90 µg/ day ^(a) |
| | 7-9 Years | 120 µg/ day ^(a) |
| | 10-12 Years | 120 µg/ day ^(a) |
| | 13-15 Years | 150 µg/ day ^(a) |
| | 16-18 Years | 150 µg/ day ^(a) |
| Iron | Bioavailability | 7.5% |
| | 0-6 Months | Neonatal iron stores are sufficient to meet the iron requirement for the first 6 months in full-term infants. Premature infants and low birth weight infants require additional iron |
| | 7-12 Months | 12.4 mg/day ^(c) |
| | 1-3 Years | 7.7 mg/day ^(c) |
| | 4-6 Years | 8.4 mg/day ^(c) |
| | 7-9 Years | 11.9 mg/day ^(c) |
| | 10-12 Years | 19.5 mg/day (M) ^(c) , 18.7 mg/day (non-Menstruating) ^(c) , 43.6 mg/day (Menstruating) ^(c) |
| | 13-15 Years | |
| | 16-18 Years | 25.1 mg/ day (M) ^(c) , 41.3 mg/ day (F) ^(c) |

| | Bioavailability | Moderate |
|-----------------|-----------------|---|
| | Zinc | 0-6 Months |
| 7-12 Months | | 4.1 mg/ day ^(a) |
| 1-3 Years | | 4.8 mg/ day ^(c) |
| 4-6 Years | | 5.7 mg/ day ^(c) |
| 7-9 Years | | 6 mg/ day ^(c) |
| 10-12 Years | | 8.6 mg/ day (M) ^(a) , 7.2 mg/ day (F) ^(a) |
| 13-15 Years | | |
| 16-18 Years | | |
| | | |
| Selenium | 0-6 Months | 6 µg/ day ^(a) |
| | 7-12 Months | 10 µg/ day ^(a) |
| | 1-3 Years | 17 µg/ day ^(a) |
| | 4-6 Years | 22 µg/ day ^(a) |
| | 7-9 Years | 21 µg/ day ^(a) |
| | 10-12 Years | 32 µg/ day (M) ^(a) , 26 µg/ day (F) ^(a) |
| | 13-15 Years | 32 µg/ day (M) ^(a) , 26 µg/ day (F) ^(a) |
| | 16-18 Years | 32 µg/ day (M) ^(a) , 26 µg/ day (F) ^(a) |
| Copper | 0-6 Months | — |
| | 7-12 Months | — |
| | 1-3 Years | — |
| | 4-6 Years | — |
| | 7-9 Years | — |
| | 10-12 Years | — |
| | 13-15 Years | — |
| | 16-18 Years | — |

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|------------------|-------------|---|
| Chloride | 0-6 Months | - |
| | 7-12 Months | - |
| | 1-3 Years | - |
| | 4-6 Years | - |
| | 7-9 Years | - |
| | 10-12 Years | - |
| | 13-15 Years | - |
| | 16-18 Years | - |
| Fluoride | 0-6 Months | - |
| | 7-12 Months | - |
| | 1-3 Years | - |
| | 4-6 Years | - |
| | 7-9 Years | - |
| | 10-12 Years | - |
| | 13-15 Years | - |
| | 16-18 Years | - |
| Manganese | 0-6 Months | - |
| | 7-12 Months | - |
| | 1-3 Years | - |
| | 4-6 Years | - |
| | 7-9 Years | - |
| | 10-12 Years | - |
| | 13-15 Years | - |
| | 16-18 Years | - |

| | | |
|-------------------|-------------|---|
| Molybdenum | 0-6 Months | - |
| | 7-12 Months | - |
| | 1-3 Years | - |
| | 4-6 Years | - |
| | 7-9 Years | - |
| | 10-12 Years | - |
| | 13-15 Years | - |
| | 16-18 Years | - |
| Phosphorus | 0-6 Months | - |
| | 7-12 Months | - |
| | 1-3 Years | - |
| | 4-6 Years | - |
| | 7-9 Years | - |
| | 10-12 Years | - |
| | 13-15 Years | - |
| | 16-18 Years | - |

References:

- (a) Vitamin and Mineral Requirements in Human Nutrition, 2nd edition. WHO (2005).
- (b) Myanmar Basic Healthcare Services Manual, Ministry of Health. (2013).
- (c) Recommended Dietary Allowances: Harmonization in Southeast Asia. International Life Science Institute (ILSI). (2005)

Vitamins and Minerals Conversion Table

| Vitamin A | | |
|--|---|--|
| International unit (IU) | 1 IU retinol | = 0.3 µg of retinol |
| | 1 IU retinol | = 0.6 µg of β-carotene |
| | 1 IU retinol | = 3 IU β-carotene |
| | 1 µg RAE | = 1 µg pre-formed Vitamin A (retinol) |
| New Unit of measure (USFDA changed in 2019) | 1 µg RAE | = 2 µg supplement β-carotene |
| | 1 µg RAE | = 12 µg dietary β-carotene |
| | 1 µg RAE | = 24 µg of other dietary provitamins A carotenoids (α-carotene or β-cryptoxanthin) |
| | 1 IU pre-formed Vitamin A (retinol) | = 0.3 µg retinol |
| Based on dietary source (From IU to µg RAE) | 1 IU supplement β-carotene | = 0.3 µg retinol |
| | 1 IU dietary β-carotene | = 0.05 µg retinol |
| | 1 IU dietary provitamin A carotenoids: α-carotene or β-cryptoxanthin | = 0.025 µg retinol |
| | 1 IU pre-formed Vitamin A (retinol) | = 0.3 µg retinol |
| Vitamin D | | |
| International units (IU) | 40 IU | = 1 µg |
| New unit of measure (USFDA changed in 2019) | 1 IU | = 0.025 µg |
| Based on dietary source (From IU to µg) | 1 IU Vitamin D ₂ (ergocalciferol) | = 0.025 µg |
| | 1 IU Vitamin D ₃ (cholecalciferol) | = 0.025 µg |
| | 1 IU Vitamin D (ergocalciferol + cholecalciferol) | = 0.025 µg |
| Vitamin E | | |
| New unit of measure (USFDA Changed in 2019) | 1 mg α-tocopherol (label claim) | = 1 mg of natural α-tocopherol |
| | 1 mg α-tocopherol (label claim) | = 2 mg of synthetic α-tocopherol |
| Based on dietary source (From IU to mg α-tocopherol label Claim) | 1 IU of natural Vitamin E including its ester forms (RRR-α-tocopheryl acetate and RRR-α-tocopheryl succinate) | = 0.67 mg α-tocopherol |
| | 1 IU of synthetic Vitamin E including its ester forms (all-rac-α-tocopheryl acetate and | = 0.9 mg α-tocopherol |

| | <i>all rac-α-tocopheryl succinate)</i> | |
|---------------|--|--------------------------------|
| Folate | 1 μ g DFE | = 1 μ g folates |
| | 1 μ g DFE | = 0.6 μ g folic acid |
| Niacin | 1 mg NE | = 1 mg niacinamide |
| | 1 mg NE | = 1 mg inositol hexanicotinate |
| | 1 mg NE | = 1 mg niacin |
| | 1 mg NE | = 60 mg tryptophan |

μ g: microgram; **mg:** milligram; **RAE:** Retinol Activity Equivalent; **DFE:** Dietary Folate Equivalent; **NE:** Niacin Equivalent.

Department of Food and Drug Administration

Attached 1 (Unofficial translation to English Language)

The Republic of the Union of Myanmar
Ministry of Health
Myanmar Food and Drug Board of Authority
Directive (8/2022)
1383 Kawza year, 4th waning moon of Pyartho
20th January, 2022

Myanmar Food and Drug Board of Authority uses the power given under article 13(b) of National food law, announce this directive with the purpose of; to give information concerning quality, safety and health of prepackaged foods to consumer who can choose properly, to implement labelling of prepackaged food which is manufactured, processed, packaged, stored, distributed, sold, imported, exported, displayed, promoted in the market to comply with local and international standards and to support traceability mechanism.

Directive for labelling of prepackaged foods

Chapter 1

Name, Relevance and Definition

1. This shall be called "Directive for labelling of prepackaged foods."
2. This order is related to labeling of all packaged food intended to sell to the consumer and catering services.
3. The terms used in this order must have the identical meaning as in the National Food Law. The definition of the terms are as follows.
 - a. "Consumer" means persons and families purchasing and receiving food in order to meet their personal needs.
 - b. "Container" means any packaging of food for delivery as a single item, whether by completely or partially enclosing the food and includes wrappers. A container may enclose several units or types of packages when such is offered to the consumer.
 - c. "Lot or Batch Number" means the code number or other identification methods used to identify the origin of the products.
 - d. "Date of Manufacture" means the date on which the food becomes the product as described. It doesn't mean the shelf life of the product.
 - e. "Date of Packaging" means the date on which the food is placed in the container in which it will be ultimately sold. It doesn't mean the shelf life of the product.
 - f. "Use-by-Date or Expiration Date" means the last date of offer for sale/ or the last date to be consumed for the product, even after the prod to the consumer after which there remains a reasonable storage period in the home.
 - g. "Catering" means preparation and provision of food for the purpose of immediate consumption or take out at the restaurants, banquet hall, hotel, airplane, training schools, university, hospital and other similar places or at festival and charity places.
 - h. "Processing Aid" means a substance or material, not including apparatus or utensils, and not consumed as a food ingredient by itself, intentionally used in the processing of raw materials, foods or its ingredients, to fulfil a certain technological purpose during treatment or processing and which may result in the non-intentional but unavoidable presence of residues or derivatives in the final product.
 - i. "Ingredient" means any substance, including a food additive, used in the manufacture or preparation of a food and present in the final product although possibly in a modified form.
 - j. "Lot, Batch" means the specific amount of product group manufactured under the same circumstance and situation.
 - k. "Best Before Date or Best Quality before Date" means the date that allows the product to be sold without affecting the quality of the products if the product is

remained unopened and kept under the circumstance as described in the label. However, the product could remain in acceptable condition to be consumed even after the date.

- i. "Food Business Operator" means the person or organization involved in the food production, modification, packaging, distribution, store, selling, importing, exporting, marketing directly and indirectly. The small and medium business owners that operated food production also fall under this category.
- m. "Claim" means any representation which states, suggests or implies that a food has particular qualities relating to its origin, nutritional properties, nature, processing, composition or any other quality.
- n. "Food for special dietary uses" mean food that is specially modified and made to fulfil the dietary needs due to the needs of specific physical, biological or disease, or a physical disability. Such food should be modified and produced differently from the regular food of the same origin in terms of structure.
- o. "Label" means any tag, brand, mark, pictorial or other descriptive matter, written, printed, stenciled, marked, embossed or impressed on, or attached to, a container of food.
- p. "Prepackaged food" means food that is packaged or made up in advance in a container, ready for offer to the consumer, or for catering purposes. The term does not apply to the immediate packaging of the food at the point of buying, the temporary packaging of the food by the seller at the point of selling or for the purpose of delivering from one place to another.
- q. CODEX standard means the standards imposed by CODEX Alimentarius Commission.

Chapter 2

General Labelling Principles

4. The following principles must be followed to label prepackaged food.
 - a. In regards to the food's appearance and properties, product descriptions that may cause wrong perception, wrong description, description of wrong definition or have two meanings must be avoided.
 - b. Descriptions or similar indications, either in text or picture or other format, that may cause the consumer to think or wrongly assume that this product is related to another product must be avoided.
 - c. In terms of defining the Brand and Trademark, the text, terms, usage, picture, illustration, self-identification, logo or similar definition of the following meaning must be avoided.
 - i. Facts prohibited by the law, rules or by an organization not to be included in brand.
 - ii. Using the food name as required by the paragraph 5 (a) of this order as the brand name of the product. (For example, Black Olive Oil, Black Sesame Tea, Honey Yogurt etc.)
 - d. In describing the information in the brand,
 - i. Firmly attach or print or in combination with the catered food on the packaging.
 - ii. If the packaging is coated with an extra layer, the extra layer should include the brand labeling instructions. Otherwise, it must be transparent that the description on the original packaging must not be covered by the extra package and must be seen clearly.
 - iii. The food name and net weight should be described clearly on the product front.
 - e. The language used in product description
 - i. Either Myanmar language or the language accepted by the consumer as long as it is not opposed to the requirements described in other laws. More than one language could be used.