

FORMULATED SUPPLEMENTARY SPORTS FOODS

Foods must comply with the *Food Act 2003 (NSW)* and the *Australia New Zealand Food Standards Code*. In particular, the composition and labelling of Formulated Supplementary Sports Foods must meet the requirements of Standard 2.9.4 of the *Food Standards Code*.

Definition

Formulated Supplementary Sports Foods (FSSFs) are foods formulated to help sports people achieve specific nutritional or performance goals, including supplements which are mixed and consumed pre-workout.

Food versus therapeutic good

The *Food Act 2003* (the Act) and *Food Standards Code* (the Code) only apply to food, including supplements that are mixed and consumed while training. They do not apply to therapeutic goods. Supplements in tablet form are usually classed as therapeutic goods.

It is important to know which supplemented products are foods and which are therapeutic goods. As a general rule, if a product is a

powder that is mixed with water or some other food to be consumed as part of a diet to achieve specific nutritional or performance goals, it is a food. If in doubt, contact *Food Standards Australia New Zealand (FSANZ)* or the *Therapeutic Goods Administration (TGA)*.

Ingredients

Standard 2.9.4 of the Code allows various amino acids, vitamins and other ingredients to be added to Formulated Supplementary Sports Foods. Other parts of the Code also control what can be added to these foods. Suppliers must ensure that what they sell complies with the Code, is safe, suitable and properly labelled.

Substances such as 1,3-dimethylamylamine (DMAA), also known as methylhexanamine, are not suitable for use in food. DMAA is

sometimes described on labels as geranium oil (root or stem) extract or geranamine.

Recent research has shown DMAA is not a component of the geranium oil or extracts. The *Food and Drug Administration (FDA)* has taken action to withdraw dietary supplements with DMAA in the US as their safety has not been established.

Some plants or fungi, or their derivatives, are also prohibited or restricted. They either cannot be added to food or can only be added in very limited circumstances. Synthetic versions of these substances are not suitable for use in food.

Some substances cannot be added to Formulated Supplementary Sports Foods because there is no permission to add them. Citrulline, an amino acid, and caffeine fall into this category.

The Code places a limit on the amount of some substances that can be added to Formulated Supplementary Sports Foods. For example, β -alanine is limited to 1.2 g (or 1200 mg) per one-day quantity.



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Labelling

It is important that competing athletes are aware of all of the ingredients in a particular supplement. Product labels must include an ingredients list, a nutrition information panel (NIP) and the address of the Australian supplier of the product.

- therapeutic goods – www.tga.gov.au/what-are-therapeutic-goods
- sports nutrition and supplements www.ausport.gov.au/ais/nutrition

Penalties

Officers can issue on-the-spot fines, or in more serious cases court prosecution may be undertaken, for breaches of the Code. Higher penalties apply for other offences (e.g. where a food is unsuitable or unsafe).

Food business operators are ultimately responsible for ensuring that the food they sell is safe, properly labelled and complies with the Code.

More information

- visit the Food Authority's website www.foodauthority.nsw.gov.au/industry
- phone the helpline on 1300 552 406

About the NSW Food Authority: The NSW Food Authority is the government organisation that helps ensure NSW food is safe and correctly labelled. It works with consumers, industry and other government organisations to minimise food poisoning by providing information about and regulating the safe production, storage, transport, promotion and preparation of food.

Note: This information is a general summary and cannot cover all situations. Food businesses are required to comply with all of the provisions of the Food Standards Code and the *Food Act 2003* (NSW).



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