

Mandatory food enrichment

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■ Mandatory food enrichment

The following tables show the status with regard to mandatory food enrichment at the end of 1999, replacing those published as a supplement to Nutriview 1/96. Our aim has been to include all countries worldwide where such regulations are in force. The foods currently used for mandatory enrichment and included in this overview are cereal products, dairy products, fats and oils, and sugar. Regulations for enrichment of salt, infant formulas and foods for special dietary uses ("dietetic foods") also exist, but are not shown here. Foods enriched on a voluntary basis (e.g. non-staples such as breakfast cereals, beverages and snacks) are not included, although the amounts permitted may also be regulated.

As regulations are regularly amended, the status in a particular country may be different from that shown. The information provided here represents the best of the authors' knowledge and neither they nor the publisher can take responsibility for the validity of the legal requirements listed. This table should be considered a work-in-progress, and readers who have more current and/or accurate information are encouraged to notify the Nutriview editor.

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Terminology

The following definitions of widely used expressions may provide a clearer understanding of food enrichment terminology.

<i>Food:</i>	A nourishing substance, solid or liquid, taken into the body to sustain life, provide energy or promote growth.
<i>Staple food:</i>	A basic item of food used regularly by most of the population.
<i>Substitute food:</i>	A food designed to resemble a common food in appearance, texture, flavour and odour, and intended as a complete or partial replacement for that food.
<i>Nutrient:</i>	A constituent of food that supports growth, movement or protection of the body.
<i>Essential nutrient:</i>	A nutrient that cannot be synthesized in the body from other sources. If lacking in the diet, characteristic biochemical or physiological changes occur.
<i>Macronutrient</i>	A nutrient required in more than trace amounts (proteins, fats, carbohydrates, some minerals).
<i>Micronutrient:</i>	A nutrient required only in minute quantities daily (vitamins, trace elements, most minerals).
<i>Enrichment:</i>	Addition of essential nutrients to a food.
<i>Nutrifaction:</i>	Addition of essential nutrients to improve the nutritional value of a food.
<i>Restoration:</i>	Addition of essential nutrients to replace losses that occur during food manufacture, storage and handling.
<i>Fortification:</i>	Addition of essential nutrients to levels higher than those naturally found in a food.
<i>Standardization:</i>	Addition of essential nutrients to a food to compensate for naturally occurring variations in nutrient levels.
<i>Supplementation:</i>	Provision of micronutrients in a pharmaceutical dosage form usually in situations requiring amounts higher than those normally supplied by the diet.

Enrichment criteria

Food enrichment should preferably be under government control; proper application of regulations should be monitored and strictly enforced. This is important to ensure that nutrient levels are adequate and safe (neither too low nor too high) and that the target population is reached economically. Other foods than those listed may be enriched. The selection must be made carefully for each population according to the following criteria:

- The food should be consumed basically by all people in the target population.
- The daily per-capita intake should be stable and uniform.
- The fortified food should be stable under standard conditions of storage and use.
- The added nutrients should be physiologically available from the food.
- The added nutrients should not increase the risk of excessive intake or toxic effects.
- Enrichment should not produce undesirable changes to the organoleptic characteristics of the food.
- Enrichment should not increase the price of the food substantially.
- Enrichment should be economically feasible through an industrial process.

The main reasons for adding nutrients to foods are:

- To restore losses due to processing, storage and handling.
- As a public health measure to correct a recognized dietary deficiency.
- To improve overall nutritional quality of the food supply.

Explanatory notes to the tables:

- Figures in parentheses indicate that addition is optional.
- To simplify comparisons all amounts are shown in the same units (not necessarily those stipulated in original mandate).
- Conversion factors: 1000IU vitamin A = 300 µg RE = 1.8mg beta-carotene; 1000IU vitamin D = 25 µg cholecalciferol.

Table 1: Cereals

Country	Product	Mandate	Nutrient	Amount to be added
USA	Enriched wheat flour Enriched bromated wheat flour Enriched self-rising wheat flour	21 CFR 137.165 21 CFR 137.160 21 CFR 137.185	Vitamin B1	6.4 mg/kg
			Vitamin B2	4.0 mg/kg
			Niacin	52.9 mg/kg
			Folic acid	1.54 mg/kg
			Iron	44.1 mg/kg
			Calcium	(2.11 g/kg)
USA	Enriched bread, rolls, buns	21 CFR 136.115	Vitamin B1	4.0 mg/kg
			Vitamin B2	2.43 mg/kg
			Niacin	33.1 mg/kg
			Folic acid	0.95 mg/kg
			Iron	27.6 mg/kg
			Calcium	(1.32 g/kg)
USA	Enriched farina	21 CFR 137.305	Vitamin B1	4.41–5.51 mg/kg
			Vitamin B2	2.65–3.31 mg/kg
			Niacin	35.3–44.1 mg/kg
			Folic acid	1.54–1.91 mg/kg
			Vitamin D	(≥550 IU/kg)
			Iron	≥28.7 mg/kg
			Calcium	(≥1.10 g/kg)
USA	Enriched macaroni products Enriched noodle products Enriched vegetable macaroni products Enriched vegetable noodle products	21 CFR 139.115 21 CFR 139.155 21 CFR 139.135 21 CFR 139.165	Vitamin B1	8.82–11.0 mg/kg
			Vitamin B2	3.75–4.85 mg/kg
			Niacin	59.5–75.0 mg/kg
			Folic acid	2.0–2.64 mg/kg
			Vitamin D	(550–2200 IU/kg)
			Iron	28.7–36.4 mg/kg
USA	Enriched macaroni products with fortified proteins	21 CFR 139.117	Vitamin B1	11.0 mg/kg
			Vitamin B2	4.85 mg/kg
			Niacin	75.0 mg/kg
			Iron	36.4 mg/kg
			Calcium	(1.38 g/kg)
USA	Enriched nonfat milk macaroni products	21 CFR 139.122	Vitamin B1	8.82–11.0 mg/kg
			Vitamin B2	3.75–4.85 mg/kg
			Niacin	59.5–75.0 mg/kg
			Folic acid	2.0–2.64 mg/kg
			Iron	28.7–36.4 mg/kg
USA	Enriched corn meals	21 CFR 137.260	Vitamin B1	4.41–6.62 mg/kg
			Vitamin B2	2.65–4.0 mg/kg
			Niacin	35.3–52.9 mg/kg
			Folic acid	1.54–2.2 mg/kg
			Vitamin D	(550–2200 IU/kg)
			Iron	28.7–57.3 mg/kg
			Calcium	1.10–1.65 g/kg
USA	Enriched rice	21 CFR 137.350	Vitamin B1	4.41–8.82 mg/kg
			Vitamin B2	2.65–5.29 mg/kg
			Niacin	35.3–70.6 mg/kg
			Folic acid	1.54–3.08 mg/kg
			Vitamin D	(550–2200 IU/kg)
			Iron	28.7–57.3 mg/kg
			Calcium	(1.10–2.20 g/kg)

Table 1: Cereals

Country	Product	Mandate	Nutrient	Amount to be added			
Canada	Flour White flour Enriched flour Enriched white flour	Food and Drugs Act and Regulations B.13.001	Vitamin B1	6.4 mg/kg			
			Vitamin B2	4.0 mg/kg			
			Vitamin B6	(3.1 mg/kg)			
			Niacin	53 mg/kg			
			Folic acid	1.5 mg/kg			
			Pantothenic acid	(13 mg/kg)			
			Iron	44 mg/kg			
			Magnesium	(1.9 g/kg)			
Canada	Enriched bread	Food and Drugs Act and Regulations B.13.022	Vitamin B1	4.0 mg/kg			
			Vitamin B2	2.4 mg/kg			
			Vitamin B6	(1.4 mg/kg)			
			Niacin	33 mg/kg			
			Folic acid	1.0 mg/kg			
			Pantothenic acid	(6.0 mg/kg)			
			Iron	27.6 mg/kg			
			Magnesium	(0.9 g/kg)			
Canada	Enriched precooked rice	Food and Drugs Act and Regulations B.13.010.1	Vitamin B1	4.5 mg/kg			
			Vitamin B6	6.0mg/kg			
			Niacin	42 mg/kg			
			Folic acid	0.16 mg/kg			
			Pantothenic acid	12 mg/kg			
			Iron	16 mg/kg			
			Bolivia	Wheat flour	Decreto Supremo No. 24420 (26/11/96)	Vitamin B1	4.45 mg/kg
						Vitamin B2	2.65 mg/kg
Niacin	35.6 mg/kg						
Folic acid	1.5 mg/kg						
Iron	60 mg/kg						
Chile	Wheat flour	Reglamento Sanitario de los Alimentos Art. 350 (13/05/97)	Vitamin B1	6.3 mg/kg			
			Vitamin B2	1.3 mg/kg			
			Niacin	13.0 mg/kg			
			Folic acid	2.0 mg/kg (proposed)			
			Iron	30.0 mg/kg			
Chile	Pasta	Reglamento Sanitario de los Alimentos Art. 363 (13/05/97)	Vitamin B1	(9.0 mg/kg)			
			Vitamin B2	(3.0 mg/kg)			
			Niacin	(57.0 mg/kg)			
			Iron	(30.0 mg/kg)			
Colombia	Wheat flour	Legislation passed in 1996	Vitamin B1	6.0 mg/kg			
			Vitamin B2	4.0 mg/kg			
			Niacin	55 mg/kg			
			Folic acid	1.54 mg/kg			
			Iron	44 mg/kg			
Costa Rica	Wheat flour	Decreto 123 (28/07/58) Art. 1 to 31; Decreto No. 7 (05/05/67), revised in 1997	Vitamin B1	6.0 mg/kg			
			Vitamin B2	4.0 mg/kg			
			Niacin	55 mg/kg			
			Folic acid	1.5 mg/kg			
			Iron	60 mg/kg			
Dominican Republic	Wheat flour	Comienza a acatar Dec 92, revised in 1997	Vitamin B1	6.0 mg/kg			
			Vitamin B2	4.0 mg/kg			
			Niacin	55 mg/kg			
			Folic acid	1.5 mg/kg			
			Iron	60 mg/kg			
Ecuador	Wheat flour	Legislation passed in 1996	Vitamin B1	4.0 mg/kg			
			Vitamin B2	7.0 mg/kg			
			Niacin	40 mg/kg			
			Folic acid	0.6 mg/kg			
			Iron	55 mg/kg			

Table 1: Cereals

Country	Product	Mandate	Nutrient	Amount to be added
El Salvador	Wheat flour	NSD 34030/Decr. No. 426 (30/11/67), revised in 1996	Vitamin B1 Vitamin B2 Niacin Folic acid Iron	4.0 mg/kg 2.5 mg/kg 45 mg/kg 1.3 mg/kg 55 mg/kg
Guatemala	Wheat flour	Decr. 44/92/Acuerdo Legislativo 11/92, revised in 1993	Vitamin B1 Vitamin B2 Niacin Folic acid Iron Calcium	4.0–6.0 mg/kg 2.5–3.5 mg/kg 35–40 mg/kg 0.35–0.45 mg/kg 55–65 mg/kg 1.0–1.1 g/kg
Guatemala	Pasta	Coguanor NGO 34 176 (06/86)	Vitamin B1 Vitamin B2 Niacin Iron	8.8–11.0 mg/kg 3.7–4.8 mg/kg 59.5–74.9 mg/kg 26.8–36.8 mg/kg
Honduras	Wheat flour	Decreto No. 307 (17/05/1960) (05/09/61), revised in 1997	Vitamin B1 Vitamin B2 Niacin Folic acid Iron	4.4 mg/kg 2.6 mg/kg 35.6 mg/kg 1.5 mg/kg 60 mg/kg
Nicaragua	Wheat flour	Legislation passed in 1997	Vitamin B1 Vitamin B2 Niacin Folic acid Iron	6.0 mg/kg 3.5 mg/kg 40 mg/kg 1.3 mg/kg 60 mg/kg
Panama	Wheat flour	Decreto 258 - Art. 22 (20/07/62), revised in 1997	Vitamin B1 Vitamin B2 Niacin Folic acid Iron	6.0 mg/kg 4.0 mg/kg 55 mg/kg 1.5 mg/kg 60 mg/kg
Paraguay	Wheat flour	Decreto 20830 (28/4/98)	Vitamin B1 Vitamin B2 Niacin Folic acid Iron	4.5 mg/kg 2.5 mg/kg 35 mg/kg 3.0 mg/kg 45 mg/kg
Peru	Wheat flour	DS No. 004-96-SA (8/96)	Iron	30.0 mg/kg
Trinidad and Tobago	Wheat flour	Caricom Standard 1997	Iron	16.4–36.4 mg/kg
Venezuela	Wheat flour (for bread and pasta)	Decreto 1993	Vitamin B1 Vitamin B2 Niacin Iron	1.5 mg/kg 2.0 mg/kg 20.0 mg/kg 20.0 mg/kg
Venezuela	Precooked corn (maize) flour	Decreto No. 2.492 (20/08/92)	Vitamin B1 Vitamin B2 Niacin Vitamin A Iron	3.1 mg/kg 2.5 mg/kg 51.0 mg/kg 9500 IU/kg 50.0 mg/kg
UK	Flour	Flour and Bread Regulations 1984	Vitamin B1 Niacin Folic acid Iron Calcium	≥2.4 mg/kg ≥16.0 mg/kg ?? ≥16.5 mg/kg 2.35–3.9 g/kg
Nigeria	Enriched flour	Food and Drugs Decree 1974 (No. 35) Cereal and Bakery Products Regulation 1980	Vitamin B1 Vitamin B2 Niacin Iron Calcium	4.5–5.5 mg/kg 2.7–3.3 mg/kg 35.5–44.4 mg/kg 28.9–36.7 mg/kg (1.11–1.44 g/kg)

Table 1: Cereals

Country	Product	Mandate	Nutrient	Amount to be added
South Africa	Enriched maize meal	Act 54, 1979	Vitamin B2 Niacin	2.5 mg/kg 25 mg/kg
Australia	Flour, wholemeal and mixtures of these for making bread	Australian Food Standard Code Part B (B1)	Vitamin B1	≥6.4 mg/kg
Bahrain	Enriched and enriched treated wheat flour	Bahraini Standard 194/1994	Vitamin B1 Vitamin B2 Niacin Vitamin D Iron Calcium	≥6.38 mg/kg ≥3.96 mg/kg ≥52.91 mg/kg ≥551.15 IU/kg ≥36.30 mg/kg ≤2.115 g/kg
Indonesia	Wheat flour		Iron	60 ppm
Saudi Arabia	Enriched wheat and enriched treated flour	Saudi Arabian Standards SSA 219/1994 (Folic acid included since January 2000)	Vitamin B1 Vitamin B2 Niacin Folic acid Vitamin D Iron Calcium	≥6.38 mg/kg ≥3.96 mg/kg ≥52.91 mg/kg 1.5 mg/kg ≥551.15 IU/kg ≥36.30 mg/kg ≤2.115 g/kg

Table 2: Dairy products

Country	Product	Mandate	Nutrient	Amount to be added
USA	Fortified nonfat dry milk (reconstituted)	21 CFR 131.127	Vitamin A Vitamin D	2115 IU/L 425 IU/L
USA	Evaporated milk	21 CFR 131.130	Vitamin A Vitamin D	(4225 IU/L) 845 IU/L
Canada	Whole milk	Food and Drugs Act and Regulations B.08.004	Vitamin D	300–400 IU per reasonable daily intake
Canada	Skimmed milk Partly skimmed milk	Food and Drugs Act and Regulations B.08.004	Vitamin A Vitamin D	1200–2500 IU/kg 300–400 IU/kg
Canada	Evaporated milk	Food and Drugs Act and Regulations B.08.010	Vitamin D Vitamin C	300–400 IU/kg 60–75 mg/kg
Brazil	Dried skim milk for complementary food programs	Portaria MS No. 975 (17/09/90)	Vitamin A Vitamin D	15000–25000 IU/kg 2000–2400/kg
Guatemala	Skim milk	Norma Coguanor NGO-34041 (02/91)	Vitamin A Vitamin D	2000–3000 IU/L 400–600 IU/L
Honduras	Milk	Standard of the Industry	Vitamin A Vitamin D	2000/L 400/L
Mexico	Sterilized low-fat milk	Reglamento de la Ley General de Salud, Art. 259 (18/01/88)	Vitamin A Vitamin D	4000 IU/L 400 IU/L
Mexico	Pasteurized low-fat milk	Reglamento de la Ley General de Salud, Art. 262 (18/01/88)	Vitamin A Vitamin D	4000 IU/L 400 IU/L
Mexico	Evaporated whole and low-fat milk	Reglamento de la Ley General de Salud, Art. 328 (18/01/88)	Vitamin A Vitamin D	4000 IU/L 400 IU/L
Venezuela	Dried milk powder	Covenin 1981	Vitamin A Vitamin D	4000 IU/L 400 IU/L

Table 2: Dairy products

Country	Product	Mandate	Nutrient	Amount to be added
Malaysia	Evaporated/unsweetened condensed milk Condensed/sweetened condensed milk Filled milk/evaporated or condensed filled milk	Food Act 1983 and Food Regulations 1985, Amendment 1990	Vitamin A	≥6700 IU/kg
Philippines	Filled milk, sweetened or unsweetened	Administrative order No. 132 s. 1970	Vitamin A Vitamin D	≥4866 IU/kg (≥973 IU/kg)
Thailand	Sweet condensed milk	MOPH notification No. 149 (1993)	Vitamin A	11000 IU/kg

Table 3: Fats and oils

Country	Product	Mandate	Nutrient	Amount to be added
USA	Margarine	21 CFR 166.110	Vitamin A	33000 IU/kg
Canada	Margarine	Food and Drugs Act and Regulations B.09.016	Vitamin A Vitamin D Vitamin E	≥33000 IU/kg ≥5300 IU/kg (0.6 IU/g linoleic acid)
Chile	Margarine	Reglamento Sanitario de los Alimentos, Art. 263 (13/05/97)	Vitamin A Vitamin D	30000 IU/kg (3000 IU/kg)
Colombia	Margarine	Resolución 11488/84 Artículo 52 (22/08/84)	Vitamin A Vitamin D	30000 IU/kg 3000 IU/kg
Ecuador	Margarine	Norma: INEN 282	Vitamin A Vitamin D	20000–30000 IU/kg 2000–4000 IU/kg
El Salvador	Margarine	Norma	Vitamin A	15 000 IU/kg
Guatemala	Margarine	Norma Coguanor NGO 34176 (06/86)	Vitamin A	15000–50000 IU/kg
Honduras	Margarine	Standard of the Industry	Vitamin A Vitamin D	35000 IU/kg 1500 IU/kg
Mexico	Margarine/spreads	Reglamento de la Ley General de Salud, Art. 651 (18/01/88)	Vitamin A Vitamin D	20000 IU/kg 2000 IU/kg
Peru	Margarine	Norma ITINTEC	Vitamin A Vitamin D	30000 IU/kg 3000 IU/kg
Belgium	Margarine		Vitamin A Vitamin D	22500–27000 IU/kg 2500–3000 IU/kg
Denmark	Margarine		Vitamin A	25200 IU/kg
Netherlands	Margarine		Vitamin A Vitamin D	≥20000 IU/kg ≥3000 IU/kg
Portugal	Margarine	NP 897–1983	Vitamin A	18000 IU/kg
UK	Margarine	Margarine Regulations 1967	Vitamin A Vitamin D	24000–30000 IU/kg 2800–3520 IU/kg
Sweden	Margarine		Vitamin A Vitamin D	≥30000 IU/kg ≥3000 IU/kg
Turkey	Table margarine		Vitamin A Vitamin D	20000 IU/kg 1000 IU/kg
South Africa	Margarine		Vitamin A Vitamin D	20000–40000 IU/kg 1000 IU/kg
Australia	Table margarine	Australian Food Standard Code Part G (G2)	Vitamin A Vitamin D	≥28300 IU/kg ≥2200 IU/kg

Table 3: Fats and oils

Country	Product	Mandate	Nutrient	Amount to be added
India	Vanaspati	Prevention of Food Adulteration Act 1954 (37 of 1954) and PFA Rules 1955	Vitamin A	≥25000 IU/kg
India	Margarine		Vitamin A	≥30000 IU/kg
Indonesia	Margarine	DG of FDA Decree No. 02240/B/SK/VII/91	Vitamin A	25000–35000 IU/kg
			Vitamin D	2500–3500 IU/kg
Malaysia	Table margarine	Food Act 1983 and Food Regulations 1985, Amendment 1990	Vitamin A	25000–35000 IU/kg
			Vitamin D	2500–3500 IU/kg
New Zealand	Table margarine		Vitamin A	>28300 IU/kg
			Vitamin D	≥2200 IU/kg
Pakistan	Oil products (ghee, butter oil)		Vitamin A	33000 IU/kg
Philippines	Margarine	Administrative order No. 243 s. 1975	Vitamin B1	(≥88.0 mg/kg)
			Vitamin A	≥33000 IU/kg
			Vitamin D	(≥3300 IU/kg)
Singapore	Margarine	Food Regulation 91	Vitamin A	≥28300 IU/kg
	Table margarine		Vitamin D	≥2200 IU/kg

Table 4: Sugar

Country	Product	Mandate	Nutrient	Amount to be added
Costa Rica	Sugar	Regulation exists (but not enforced)	Vitamin A	50000 IU/kg
El Salvador	Sugar	Decreto No. 843 (14/04/94)	Vitamin A	50000 IU/kg
Guatemala	Sugar	Decreto No. 56-74 (28/06/74)	Vitamin A	50000 IU/kg
Honduras	Sugar	Decreto No. 385 (07/10/76)	Vitamin A	50000 IU/kg
Nicaragua		Legislation passed in 1999	Vitamin A	50000 IU/kg
Panama	Sugar	Decreto No. 385 (07/10/76) (Not enforced)	Vitamin A	50000 IU/kg
Zambia	Sugar (refined, white, yellow, brown, golden)	Statutory Instrument No. 155 (18/12/1998)	Vitamin A	≥33300 IU/kg