

Certified for self-care is the only certification created exclusively for companies producing or importing food supplements, sportsnutrition and products for weightloss. Certified companies are audited by an independent party to see how well they comply with regulatory requirements from authorities, the industry guidelines and international guidelines.

Consumers expect food supplements, sportsnutrition and products for weightloss found on the market to be safe and of good quality. A systematic quality work with good communication between all parts involved in the food chain from the supplier of raw material to the place where the product is sold is a must in order to achieve food safety. This work can also lead to a more effective business.

The certificate issued after a successful audit is valid for three years. In order to keep the certificate the company has to participate in yearly revisions and undergo a new full audit every three years. The audits are performed by an independent party, the Swedish Self-care association has given Lloyds Register LRQA the mandate to perform the audits.

Criteria for certification

The criteria for *Certified for self-care* are based on regulatory requirements from the authority, industry guidelines and requirements from a number of well-known international standards, such as ISO 22000, ISO 9001, BRC and IFS. The adopted standard for *Certified for self-care* can be downloaded [here](#) (only available in Swedish).

Why choose *Certified for self-care*?

- Uniquely created for the industry
- Documented work with food safety
- More effective mode of operation
- Sign of quality and trust in products
- Co-workers more engaged and involved in quality assurance
- Sign of a company's effort to improve and evolve
- Security for consumers and retailers

An advantage toward competitors

To create, implement and work according to a quality management system is an effective way to show a documented and serious work with food safety. At the same time, it often means an increase in productivity, decreased costs due to fewer reclamations and products discarded, and more satisfied consumers.

Being certified can also give advantages over competitors because of the requirements often demanded by both retailers and consumers. Certified for self-care can be combined with other standards, one example is ISO 22000.

How to get certified

To be certified according to *Certified for self-care*, please contact Svensk Egenvård at info@svenskegenvard.se. You can also use this address to contact us in case you have questions about the certification or wish to have a proposal detailing the costs for your company to get certified.

Companies wanting to become certified are offered to book a pre-assessment. This service is optional but can help your company to identify areas in need of more work before the audit. For a proposal with costs for a pre-assessment for your company, please contact us on info@svenskegenvard.se

Logotype

A logotype has been created for companies who have been certified according to our standard. The logotype can be used in information about the company, for example in social media, on webpages or when marketing the company.

