

## Safe food supplements, sport- and weight loss products

Svensk Egenvård strives to ensure that the food supplements, sport- and weight loss products that are available on the Swedish market are safe, of high quality and that consumers are provided with appropriate and adequate labelling on the products. Our work to ensure the safety of these products is based on national industry guidelines, certification and labelling assessment.

By law, food supplements and sport- and weight loss products are food. It is always the responsibility of the food business operator that the food fulfills all legal requirements. This applies to production as well as import and selling. In excess of the food control performed by the municipal Environment and Health Protection Committees the food business operator (producer, importer or seller of a food) should have an organized self-inspection in accordance with the food legislation.

In cooperation with the industry and in consultation with concerned authorities, Svensk Egenvård has developed national guidelines and a certification system for food supplements and sport- and weight loss products. Certification in line with the national industry guidelines "Safe food supplements for consumers" and "Safe sport- and weight loss products for consumers" enables the company to prove that it continuously pursues improvements to ensure the safety of products. Svensk Egenvård also offers advisory services to ensure that the products are appropriate and adequately labelled.

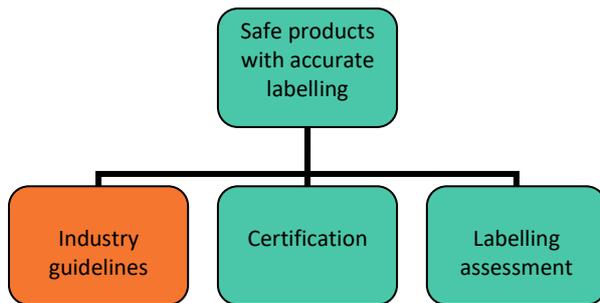
The requirements for food supplements and sport- and weight loss products are stated in the food legislation, and in the sector's national industry guidelines. To verify the compliance of companies with legislation and industry guidelines, retailers should impose requirements on certification and labelling assessment.

Requirements	Verification	Verification
<b>National industry guidelines for food supplements and sport- and weight loss products</b>	<b>Certification of "Systems for safe food supplements, sport- and weight loss products"</b>	<b>Labelling assessment of food supplements, sport- and weight loss products</b>
EC regulations 852/2004, 853/2004, 882/2004 and 178/2012 etc	National industry guidelines, ISO 9001:2008, ISO 22000:2005, global standards for food safety and International food standard (IFS).	EU regulation 1169/2011, LIVSFS 2003:9, EU regulation 609/2013, EG regulation 1924/2006, EU regulation 432/2012 etc
The guideline details the various requirements for selling products and describes how the food business shall achieve these requirements.	This means that the company commits to work in accordance with the established criteria and that it can prove this. The criteria for certification are based on the national industry guidelines.	This means that the company receives a second opinion about its product labelling. Manufacturers, importers and retailers are equally responsible for ensuring appropriate and adequate labelling.

**For more information** see Fact sheet 1 about national industry guidelines, Fact sheet 2 about certification and Fact sheet 3 about labelling. Fact sheets and more information about national industry guidelines, certification and about labelling is found on [www.svenskegenvard.se](http://www.svenskegenvard.se)

## Industry guidelines

Svensk Egenvård believes that the safety of food supplements, sport- and weight loss products sold in Sweden should be a matter of course. If anyone is careless, it has negative implications for the entire industry. Accordingly, Svensk Egenvård has developed industry guidelines for food supplements and for sport- and weight loss products.



It is important that consumers are not at risk of falling ill due to food supplements or sport- and weight loss products. For example, safe products must be non-toxic and not cause discomfort and illness in the short or long term, e.g. as a result from hazardous bacteria, undeclared allergenic substances or foreign objects. Placing safe products on the market requires knowledge and procedures.

### What is the purpose of the industry guidelines?

The national industry guidelines "Safe food supplements for consumers" and "Safe sport- and weight loss products for consumers" are aimed at ensuring that the products marketed in Sweden are as safe as possible for consumers.

All operations in which food supplements and sport- and weight loss products are handled must have a system for food safety in place known as self-inspection. The business operator is responsible for ensuring that the products sold are safe, accurately labelled and have the correct composition. Members of Svensk Egenvård that import or produce food supplements and/or sport- and weight loss products for the Swedish market are expected to fulfil and comply with the industry guidelines.

### What is a national industry guideline?

Many requirements in EC regulations describe an objective without specifying how this will be achieved. A national industry guideline is the industry's own description of how companies can

achieve legislative requirements. In a national industry guideline, many of the solutions presented can be highly specific so that they are easy to apply. It is important to clarify that the aim of the industry guideline is not to make promises regarding the quality or safety of individual products.

### Who developed the industry guidelines?

Efforts to compile a joint interpretation of the prevailing legislation were made by Svensk Egenvård along with representatives for importers and producers in the self-care market, pharmacy actors, the food retail and health stores.

The industry guidelines have been established by the Swedish National Food Agency and are available on the websites of Svensk Egenvård and the Swedish National Food Agency.

### How is compliance with the industry guidelines monitored?

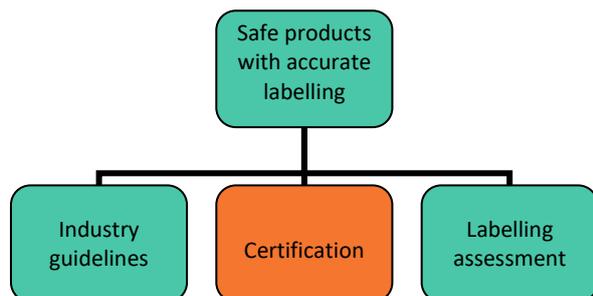
Compliance with the industry guidelines is a mandatory membership requirement in Svensk Egenvård. Svensk Egenvård has developed a certification programme called "System for safe food supplements, sport- and weight loss products for consumers." Certifying your company is voluntary.

In connection with official food controls, the authority (environmental and health protection office in each municipality) must consider the content of the national industry guidelines in their control, regardless of whether the company is a member of Svensk Egenvård or not. Naturally, companies that are not members in Svensk Egenvård can also use the industry guidelines to comply with best practice.

More information on the industry guidelines is available on Svensk Egenvård's website, [www.svenskegenvard.se](http://www.svenskegenvard.se) and the National Food Agency's website, [www.slv.se](http://www.slv.se)

## Certification

Food safety places demand on all operators in the food chain. However, if safety is to become a reality, monitoring, a systematic approach and documentation are required.



Safe food products are demanded by authorities, consumers, producers and retail traders. Establishing and adhering to a management system is an efficient way for stakeholders to demonstrate a documented and serious effort in the area of food safety. At the same time, it could enhance the efficiency of production.

### What does certification entail?

To be certified means that the producing/supplying/importing company undertakes to comply with established criteria. To obtain certification, an independent party monitors compliance with the industry guidelines and food legislation. The certified company will be controlled regularly to ensure that it maintains its internal know-how and that it remains in compliance with the criteria for certification. This is achieved through annual audit visits. The certification is also limited in time and the "System for safe food supplements, sport- and weight loss products for consumers" certification is valid for a three-year period. This means that if the company wants to retain its certification, a renewed audit with the same scope as the first audit must be conducted after three years.

### What operations can be certified?

Importers and producers can be certified. Certification of food supplement and/or sport- and weight loss product operations in accordance with these criteria may vary in scope and may be made in relation to one or more of the items below:

- Sells, imports or exports products to or from other EU countries
- Imports or exports products from third countries (countries outside the EU)
- Develops and/or allows other companies to produce products that are sold under the company's own brand (EVM)
- Packages or manufactures products

### What are the criteria for certification?

Svensk Egenvård has, jointly with LRQA Sverige AB, developed certification criteria that are based on the industry guidelines but also on a number of internationally recognised food standards. The certification criteria can be obtained from both Svensk Egenvård and LRQA Sverige AB. The criteria include the responsibility of management and the company, supplier evaluation, purchasing, import, raw material and product descriptions, labelling and traceability, storage, transport and documentation.

### Who implements the certification?

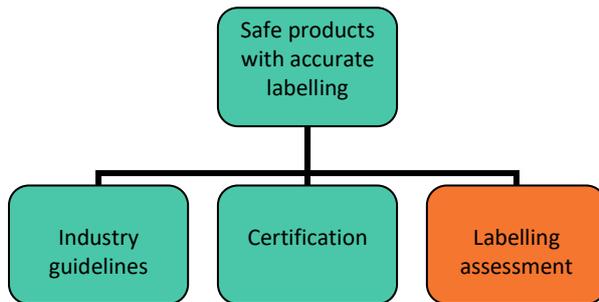
LRQA Sverige AB is part of the Lloyd's Register Group and works with the independent certification of management systems. The audits are performed by auditors who are authorised specialists.

More information about certification is available on Svensk Egenvård's website, [www.svenskegenvard.se](http://www.svenskegenvard.se)



## Labelling

Labelling of a product is an important tool for guiding the consumer. Regardless of whether the labelling information is voluntary or mandatory, it must be accurate and not misleading. This is the responsibility of the manufacturer, importer and retailer.



Labelling is an important part of food integrity. This means that the product must reflect what is stated on the label in terms of content and any claims made. The label on a package should contain information needed by the consumer to make a wise and conscious choice. Responsibility for the accuracy of the label lies firstly with the manufacturer or importer of the food, but the retailer is also responsible.

### What claims can be made about the product?

In the EU, the aim is to regulate claims on food packaging, including food supplements and sport- and weight loss products, so that marketing is conducted in a serious manner and to ensure that the health claims made are scientifically substantiated. This is covered in Regulation (EC) No 1924/2006 on nutrition and health claims made on foods.

Food legislation also places demand on the accuracy of claims stated on foods, including food supplements and sport- and weight loss products, and it is not permitted to make medicinal claims on foods. The claims stated on packaging are the responsibility of the manufacturer/sales company and shall comply with Regulation 1924/2006.

### How is a review conducted?

The labelling review conducted by Svensk Egenvård is known as a second opinion. The review is made in dialogue with the job requester and could for instance inform about mandatory particulars that are missing or when the information is presented in a way that could mislead the consumer.

Following the review, a written statement is received, known as a labelling assessment, stating that the product's packaging complies with applicable labelling legislation.

Note that the assessment only applies to packaging received. Consequently, no assessment is made of effect and safety and the responsibility that the product is correctly classified lies on the supplier.

Svensk Egenvård assumes that the supplier responsible has reported all ingredients and that the supplier, through a self-inspection programme, has ensured that the product does not contain forbidden ingredients, additives, vitamins or mineral substances. The company's compliance with a management system for safe food supplements, sport – and weight loss products is checked in connection with Svensk Egenvård's certification.

### Who should you turn to?

For labelling review, send an e-mail, with a current layout proposal of the packaging, label and product information leaflet, if included in the packaging, to the labelling assessor at Svensk Egenvård.

Svensk Egenvård's labelling review can be used by members of Svensk Egenvård, as well as non-member companies. However, the issued labelling assessment may not be used in marketing.

More information about labelling assessment is available on Svensk Egenvård's website, [www.svenskegenvard.se](http://www.svenskegenvard.se)