

FSSAI issues guidance note on foods for dietary uses for sportspersons

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E-Paper

FSSAI has issued a guidance note on Foods for Special Dietary Uses for Sportspersons (FSDUS). This document is applicable to the sports fraternity, manufacturers, importers, retailers and the general public. The Foods for Special Dietary Uses (FSDU) is covered in the Food, Safety and Standards (Health Supplements, Nutraceuticals, Foods for Special Dietary Uses, Foods for Special Medical Purpose, Functional Foods, and Novel Food) Regulations, 2016, which covers eight categories of foods, namely health supplements, nutraceuticals, food for special dietary use, foods for special medical purposes, specialty foods containing plants or botanicals, foods containing probiotics, foods containing prebiotics and novel foods.



FSSAI stated, “Requirements for such foods as detailed in these regulations pertain to essential composition; claims and labelling provisions. These standards also include the essential composition, requirements related to claims, labelling, permitted use of additives and the permissible limits of contaminants, toxins and residues.” “The regulations do not allow the use of hormones or steroids or psychotropic ingredients in any of the articles of food. Furthermore, these regulations provide various Schedules dealing with use of vitamins and minerals, amino acids, ingredients of plants or botanical origin, nutraceuticals, probiotics and prebiotics in these products,” it added, stating, “The sub-category under

FSDU shall cover FSDU for Sportspersons considering their special needs.” Offering the industry point of view on the guidance note, Dr Bindu Maurya of AFST(I), who is also a food and beverage industry veteran, stated, “The norms directed in the guidance note have been covered extensively and they seem to address everything that was needed.”

According to the guidance note, the FBOs are required to adopt the following practices: Registration and licencing of manufacturer with FSSAI: The manufacturer (domestic or international) should have an Indian registered office with local contact details for addressing consumer grievances. The manufacturing facility should be periodically audited as per the FSSAI Regulations

Labels and claims: FBOs should ensure that the following declarations are printed on label of the package containing FSDU for Sportspersons:

“For sportspersons only”, “Recommended to be used under medical advice or dietetic supervision only”, “The product is not to be used by pregnant, nursing and lactating women or by infants, children under five years and elderly, except when medically advised” ,“The food is not a sole source of nutrition and should be consumed in conjunction with a nutritious diet for the article of food specially prepared for sportsperson”, “The food should be used in conjunction with an appropriate physical training or exercise regime” and “For oral consumption only”.

Authenticity: The manufacturer’s product authentication for the consumer (each individual pack should have an independent marking which the end user can validate on their own); the manufacturer should also ensure that packing is tamper-proof/tamper-evident. The manufacturer should authenticate the sellers/distributors and should publish details of authorised seller through their website or advertisements.

Traceability: The manufacturer should provide complete visibility of the entire supply chain. Date marking: The manufacturer should ensure visibility of expiry/best before date when selling products through online market places.

The guidance note also stated that the following precautions must be taken before claiming that FSDU for sportspersons does not contain any prohibited substance as per WADA:

- Periodical tests, preferably bi-annually, should be conducted by FBO through FSSAI approved labs;
- Repository of Certificate of Analysis (COAs) of periodical tests should be maintained by FBO for ready reference & Control samples should be properly preserved and stored as per the FSS Regulations;
- All FBOs or importers must exercise due diligence and self-regulation while importing FSDU for sportspersons into the country. The importer must ensure that they import only such products which comply with FSSAI-specified standards and regulations,” said the guideline