

# Supplemented food labelling awareness messages

## What are supplemented foods?

Supplemented foods or drinks contain 1 or more supplemental ingredients. Examples of **supplemented foods or drinks** include:



✓ drinks with added caffeine (for example, caffeinated energy drinks)



✓ drinks with added vitamins and minerals



✓ bars with added vitamins and minerals

Supplemented foods or drinks contain 1 or more supplemental ingredients. Examples of **supplemental ingredients** include:

✓ vitamins such as vitamin C and vitamin B<sub>6</sub>

✓ minerals such as calcium and magnesium

✓ amino acids (which are used to make protein) such as L-leucine, glycine and taurine

✓ caffeine

## What are the new supplemented food labelling components that can help people in Canada recognize and distinguish supplemented foods from other foods and products?

› All supplemented foods will show a supplemented food facts table instead of a nutrition facts table. The supplemented food facts table contains the same information as the nutrition facts table, with the following differences:

- a new title: Supplemented Food Facts
- a new 'Supplemented with' section that lists all the supplemental ingredients in the food

Nutrition Facts Valeur nutritive	
Per 1 cup (250 mL) pour 1 tasse (250 mL)	
<b>Calories 110</b>	% Daily Value* % valeur quotidienne*
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Carbohydrate / Glucides 26 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 22 g	22 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 0 mg	0 %
Potassium 450 mg	13 %
Calcium 30 mg	2 %
Iron / Fer 0 mg	0 %
*5% or less is a little, 15% or more is a lot *5 % ou moins c'est peu, 15 % ou plus c'est beaucoup	

different table heading

same core nutrients

same % daily value footnote

Supplemented Food Facts Info-aliment supplémenté	
Per 1 can (473 mL) pour 1 canette (473 mL)	
<b>Calories 160</b>	% Daily Value* % valeur quotidienne*
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Carbohydrate / Glucides 41 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 41 g	41 %
Protein / Protéines 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium 150 mg	7 %
Potassium 60 mg	2 %
Calcium 125 mg	10 %
Iron / Fer 0 mg	0 %
*5% or less is a little, 15% or more is a lot *5 % ou moins c'est peu, 15 % ou plus c'est beaucoup	
<b>Supplemented with / Supplémenté en<sup>†</sup></b>	
Niacin / Niacine 7 mg	44 %
Pantothenate / Pantothénate 8 mg	160 %
Vitamin B <sub>6</sub> / Vitamine B <sub>6</sub> 1 mg	59 %
Vitamin B <sub>12</sub> / Vitamine B <sub>12</sub> 4 µg	167 %
Vitamin C / Vitamine C 225 mg	250 %
Vitamin E / Vitamine E 2 mg	13 %
Magnesium / Magnésium 20 mg	5 %
Caffeine / Caféine 170 mg	
<sup>†</sup> Includes naturally occurring and supplemental amounts <sup>†</sup> Comprend les quantités naturelles et supplémentées	

new section on the supplemental ingredients

new footnote related to the supplemental ingredients



# Supplemented food labelling awareness messages

› **Some** supplemented foods contain supplemental ingredients that could pose a risk to health if:

- consumed in excess by the general population
- consumed by people who are:
  - under the age of 14
  - pregnant or breastfeeding
  - sensitive to caffeine



› These supplemented foods will carry this identifier on the front of the label. That means there's a caution box on the back or side of the package. When you see this identifier, find the caution box to help decide if the food is right for you.

- › **Some** supplemented foods will carry this caution box on the back or the side of the package because of the type or amount of supplemental ingredient in that food. Look for the word 'caution' and read the box to help decide if the food is right for you.
- › The caution box could tell you who the food is not recommended for. Find out if it applies to you.
- › The caution box could tell you to limit how much you eat or drink of the supplemented food so that you don't have too much of any of the supplemental ingredient(s).
- › The caution box could tell you not to eat or drink the supplemented food with other products so that you don't have too much of the same supplemental ingredients.

**Caution:** Not recommended for those under 14 years old, pregnant or breastfeeding women or individuals sensitive to caffeine • Do not drink more than 1 serving per day • Do not drink on the same day as any other supplemented foods or supplements with the same supplemental ingredients.

**Attention :** Déconseillé aux individus de moins de 14 ans, aux femmes enceintes ou qui allaitent ou aux personnes sensibles à la caféine • Ne pas boire plus de 1 portion par jour • Ne pas boire le même jour que d'autres aliments supplémentés ou suppléments contenant les mêmes ingrédients supplémentaires.

## How are the new regulations protecting the health and safety of the people in Canada?



- › Health Canada published regulations for supplemented foods in July 2022. Health Canada now requires manufacturers to show specific labels on supplemented foods to help you make informed health decisions. You may have already seen these new labels. As of January 1<sup>st</sup>, 2026, **all** supplemented foods must have them.

Learn more about supplemented foods and their labels:

[www.canada.ca/en/health-canada/services/food-nutrition/supplemented-foods.html](http://www.canada.ca/en/health-canada/services/food-nutrition/supplemented-foods.html)