

Food Supplements Guidelines

Food supplements should not be used as a substitute for a varied diet.

Food supplements as the name implies are concentrated sources of nutrients or other substances with a nutritional or physiological effect whose purpose is to supplement the normal diet.

Consumers must always consult with their doctor, a pharmacist or a person with other suitable qualifications as may be laid down by the Food Safety Commission, prior to consuming food supplements.

Not all botanical ingredients in food supplements are safe (e.g. concentrated extracts, essential oils, extracts from bark, root, leaf etc.).

Taking too much of a vitamin can be dangerous. Some vitamins dissolve in water i.e. 'water soluble', and any excess that your body doesn't need will be excreted by your body via urine. In case of fat soluble vitamins (A, D, E and K) excess of the latter cannot be excreted by the body and a buildup of vitamins can occur if taken in excess.

Consumers must ensure that they are buying food supplements from a reputable source, especially when buying online (e.g. Food and Drug Administration approved food supplements).

Vulnerable groups should be aware of the possible side effects of food supplements, or contraindications for their use.

Certain ingredients in food supplements may interact with medicines and/or other foods the consumer may be taking.

Effervescent (fizzy) vitamin supplements contain approximately a gram of salt per tablet. Therefore, you might want to consider changing to a non-effervescent alternative, especially if you have been advised to limit your salt intake.

Consumers taking food supplements together with their medicines should inform a doctor, pharmacist or a nutritionist.

The recommended daily dose of a food supplement should never be exceeded.

Consumers should be advised that if they are taking more than one supplement, they have to make sure that they are not doubling up on any nutrients.

Food supplements should be stored safely out of the reach and sight of young children.

Unlike medicines, food supplements are not tested by accredited laboratories and/or official bodies e.g. FDA.

The manufacturer or importer who places food supplements on the local market is solely responsible for the quality and safety of the product.

Linji Gwida dwar is-Supplimenti tal-Ikel

Is-supplimenti tal-ikel m'għandhomx jintużaw bħala sostitut għal dieta varjata.

Is-supplimenti tal-ikel huma sors ta' nutrienti kkoncentrati jew sustanza oħra b'effett nutrittiv u fisjologiku li jghin biex isostni dieta bbilancjata.

Il-konsumaturi għandhom dejjem jikkonsultaw mat-tabib tagħhom, spizjar jew persuna bi kwalifiki oħra xierqa kif stabbilit mill-Kummissjoni dwar is-Sikurezza ta' l-Ikel, qabel ma jikkunsmaw is-supplimenti tal-ikel.

Mhux l-ingredjenti botanici kollha li jinsabu fis supplimenti tal-ikel huma siguri (ez: estratti koncentrati, zjut volatili essenzjali, estratti mill-qoxra tas-sigra, gheruq, weraq etc.)

Jekk wiehed jiehu doza iktar ta' vitamini milli suppost huwa perikoluz. Jezistu tip ta' vitamini li jinhallu fl-ilma u zzejjed minn dawn il-vitamini il-gisem kapaci jehles minnhom mal-urina. Jezistu wkoll tip ta vitamini li jinhallu fix-xaham (A, D, E, K) u zzejjed minn dawn il-vitamini il-gisem mhux kapaci jehles minnhom. Għalhekk dawn iwasslu għall-effett tossiku fuq il-gisem.

Il-konsumatur irid ikun cert li qed jixtri supplimenti tal-ikel minn sors affidabbli, speċjalment meta jixtri online (ez: supplimenti tal-ikel approvati mill-FDA).

Gruppi vulnerabbli għandhom ikunu konxji ta' xi effetti sekondarji possibli tas-supplimenti tal-ikel jew kontraindikazzjoni għall-uzu tagħhom.

Certu ingredjenti fis-supplimenti tal-ikel jistghu jinteragixxu ma' medicini u/jew ikel li l-konsumatur ikun qieghed jiehu.

Supplimenti ta' l-ikel effervexxenti fihom madwar gramma melh f'kull pillola. Jekk xi hadd ġie mitlub li jsegwi dieta baxxa fil-melh hu importanti li jiehu supplimenti ta l-ikel mhux effervexxenti.

Konsumaturi li jiehdu supplimenti tal-ikel kif ukoll xi medicini jridu jinfurmaw lit- tabib, spizjar jew nutrizzjonista.

Id-doża rakkomandata ta' kuljum ta' supplement tal-ikel m'għandha qatt tinqabeż.

Jekk il-konsumatur qed jiehu iktar minn supplement wiehed ta' l-ikel, ma għandux jikkonsma prodott iehor li għandu l-istess ingredjent tas-supplement l-iehor.

Is-supplimenti tal-ikel għandhom jinzammu f'post sikur fejn ma jintlaħqux u fejn ma jistghux jarawhom it-tfal žgħar.

Is-supplimenti tal-ikel mhumieħ ittestjati minn laboratorji akkreditati u/jew korpi uffiċjali bħalma jsir bil-medicini eż. FDA.

Il-manufattur jew l-importatur li jqieghed fuq is-suq is-supplimenti tal-ikel hu biss responsabbli għall-kwalità u s-sikurezza tal-prodott.