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HEALTH CANADA PERMITS MILK THISTLE SEED EXTRACT AS SUPPLEMENTAL INGREDIENT

Informing you of important documents that affect your labelling strategies

Health Canada (HC) has amended the List of Permitted Supplemental Ingredients by allowing for the use of milk thistle seed extract (silymarin) as a supplemental ingredient in supplemented foods.

Please follow HC's link to https://www.canada.ca/en/health-canada/services/food-nutrition/legislation-guidelines/acts-regulations/notices-proposal-notices-modification/list-permitted-supplemental-ingredients-enable-use-milk-thistle-seed-extract-silymarin.html for more details on the "Modification to the List of Permitted Supplemental Ingredients to enable the use of milk thistle seed extract (silymarin), Reference number: M-SIS-25-02".

Coming into force: January 30, 2025.

NEW 2025 Training Dates

Canadian Nutrition Labelling Workshop February 4 & 6	**Canadian Front of Package Nutrition Labelling** February 11 & 13
U.S. Food Labelling Under the FDA April 8 & 10	**Understanding Canadian Food Regulations** October 9 & 11
Canadian Food Labelling Workshop October 15 & 17	**Canadian Supplemented Food Regulations** October 22 & 24
Canadian Ingredient Labelling Workshop October 28 & 30	**Canadian Ingredient & Composition Claims** October 29 & 31
Canadian Nutrition Labelling Workshop November 4 & 6	**Canadian Nutrient Content & Health Claims** November 5 & 7
Canadian Front of Package Nutrition Labelling November 12 & 14	**U.S. Food Labelling Under the FDA** November 18 & 20



Hands on **food compliance consulting**, (Canada & US), and language services are provided by Bulcan Foodbev Consultants (BFB Consultants) a division of Legal Suite®

Inc. Some clients need a bit more help from time to time to manage their regulatory affairs. This is where BFB Consultants can provide additional needed help.

Label review services...

- Canadian Food Labelling: Includes all foods and beverages, (e.g. retail, food for further manufacture, foodservice, infant formula, alcoholic beverages, foods for special dietary use, formulated liquid diets, etc.)
- US Food Labeling: Includes all foods under the authority of FDA and USDA. Foods excluded are alcoholic beverages, medical foods and infant formula

Other Regulatory Services...

- CANADA: A host of other compliance services is provided, including assistance with food additive submissions, novel food notices, temporary marketing authorization under the Food and Drug Regulations and the Safe Food for Canadians Regulations.

Translation Services...

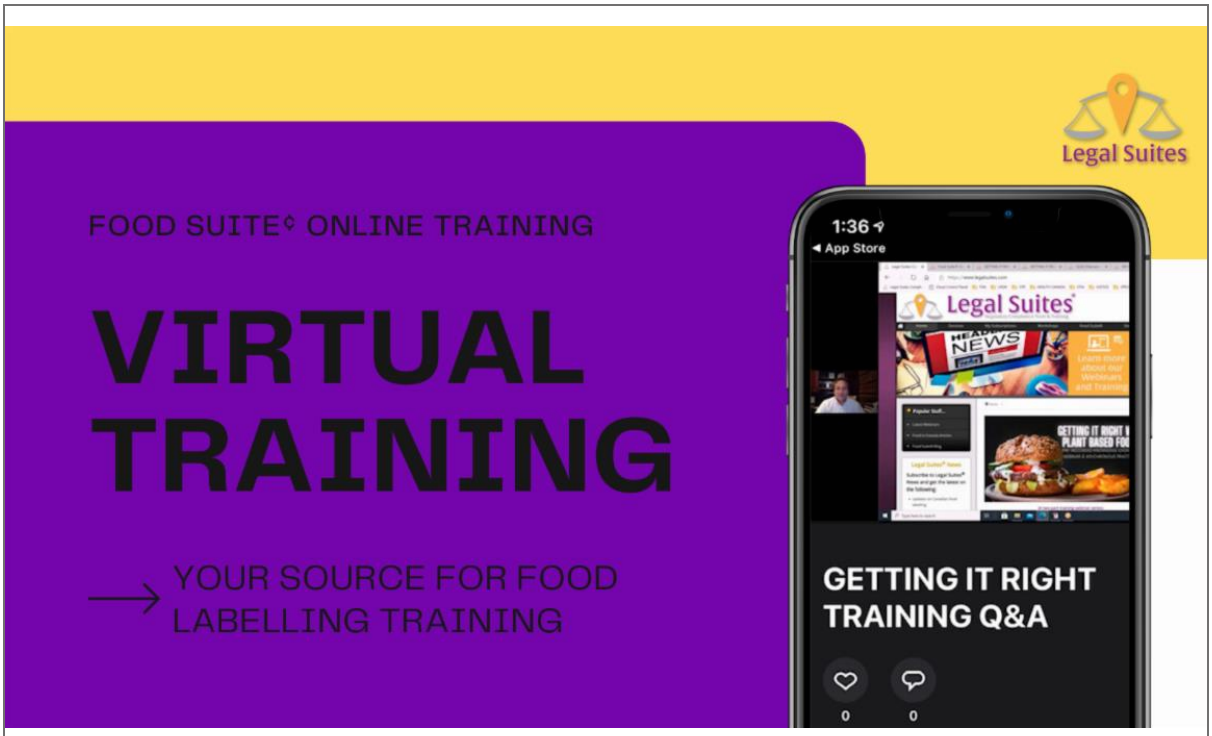
- FRENCH for CANADA
- SPANISH for USA

Email us for more information



Canadian Food Rules on the move!

Super Trainer Gary "aka" Regulatory Food Expert, Gary Gnirss takes you through the timelines of changes as outlined by CFIA and Health Canada.
- New Nutrition and Ingredient Labelling Rules
- Food Labelling Innovation
- Front of Package Labelling
- Supplemented Foods





Getting it Right .. with Plant Based Foods
This is the LITE version of the Food Suite® “Getting it Right” series designed for marketing and advertising teams and executives to help them understand Canadian food labelling and advertising claims.

Learn more



Getting it Right .. with Plant Based Foods
A NEW 2 Part pre-recorded webinar to help you get your Canadian plant-based proteins into compliance. This webinar series is delivered by food regulatory expert Gary Gnirss.

Topics include: **Labelling!, Compositional requirements, Protein claims, Protein ratings, Protein efficiency ratios (PER) and Protein digestibility-corrected amino acid score (PDCAAS), Imitation versus substitute, and more!**

Learn more



Getting it Right...with Flavours, Seasonings, Spices and Herbs
Canadian labelling requirements for flavour labelling can be quite complex.

We all know what marketing wants us to do with our regulations, right?! We all want our products to have a marketing edge without putting ourselves at a compliance disadvantage. We are going to help you do that with this 2-part webinar series.

Learn more



Getting it Right .. with New Canadian Ingredient Labelling

This 2 Part webinar focuses on topics from Health Canada's amendments that were introduced in December of 2016. These amendments are extensive and quite detailed and will be coming into effect on December 14, 2021. Food labelling expert, Gary Gnirss, will exchange his expertise and knowledge of these newest developments in an informative manner.

Learn more



Getting it Right .. with New Canadian Ingredient Labelling

This knowledge exchange portion of this 2 Part webinar will focus on learning how to design a new Nutrition Facts table in compliance with current and new Health Canada regulation amendments to nutrition labelling. Food labelling expert, Gary Gnirss, will exchange his expertise and knowledge of these newest developments in an informative manner.

Learn more

WEBINAR TESTIMONIALS

"Course content is extremely relevant to clarify and explain the ins and outs of nutrition panel composition and use; to meet the requirements of the new regulations coming into force.
\he presenter and his group are second to none when it comes to clear presentation of requirements as well as real life examples so everyone understands.

After the webinar they provide relevant links and printed resource materials which will help build a full library of regulatory information to use to create your panels"

"Gary is truly an expert in Canadian food regulations. There is not a question that he cannot find a solution to.

I would recommend his course to anyone looking to strengthen their understanding of the Canadian regulatory landscape."

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