
Quality and safety of food supplements : which approach to maintain a proportionate control to real and perceived risk ?

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Abstract

Consumption of food supplements, which provide a concentration of nutrients or other substances, has become increasingly common in France. These products are used for slimming, relieving stress, boosting energy or for athletes. While they are often perceived as harmless, in some cases they can expose the consumer to health risks.

What are fundamentals to know about food supplements and what are the recommendations?

The fundamentals of dietary supplements (CA)

The issues related to it, and the difference with drugs

Regulations governing FS

The concept of HACCP

The controls that are made during the production chain, the risk management

Posterior controls and nutrivi-gilance

New elements/New events

Real or perceived risk: the influence of new health applications. (TiO₂, nanos, preservatives ...)

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