



## Health & Safety Department (Registration & Permits Section)

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 حكومة دبي GOVERNMENT OF DUBAI	<b>Organization Unit:</b>	<b>Health &amp; Safety Department</b>	<b>الوحدة التنظيمية:</b>	 بلدية دبي Dubai Municipality
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### Document History Log

Any modification to the document must be reviewed and approved as per the corporate policies and procedures of document control

Version #	Date	Prepared/reviewed by	Modifications summary
V 1.0	7 <sup>th</sup> June 2021	Registration & Permits Section	Issue - Version 1
V 2.0	4 <sup>th</sup> May 2024	Registration & Permits Section	Adding the new logo of both Dubai Government & Dubai Municipality



Issue Date: 4 <sup>th</sup> May 2024	OPEN DATA / بيانات مفتوحة	Version # (2.0)
Superseded Issue Date: 7 <sup>th</sup> June 2021		Page 2 of 30

 حكومة دبي GOVERNMENT OF DUBAI	<b>Organization Unit:</b>	<b>Health &amp; Safety Department</b>	<b>الوحدة التنظيمية:</b>	 بلدية دبي Dubai Municipality
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## Contents

<b>1. Introduction</b>	5
<b>2. Purpose</b>	5
<b>3. Legislations</b>	5
<b>4. Definitions</b>	6
<b>5. Scope &amp; Health Supplements Classifications</b>	6
5.1 Products Classifications (within the scope)	6
5.2 Products Categories (out of the scope)/ Not considered as health supplements products	7
<b>6. Safety &amp; Quality Specifications</b>	9
<b>7. Product Label Principles:</b>	10
7.1 General Label requirements:	10
7.2 General principles for claims:	11
<b>8. Registration of Health Supplements</b>	13
8.1 Who Should Apply for Registration?	14
8.2 Criteria of Applicant	14
8.3 Responsibility of Applicant	14
8.4 Amendments or Change in Registration Particulars	15
8.5 Validity of Product Registration	15
<b>9. Required Documents for Registration of Health supplement (Product Dossier)</b>	15
9.1 Free Sale Certificate (FSC):	15
9.2 Ingredient report:	15
9.3 Analysis report:	16
9.4 Good Manufacturing Practices (GMP):	16
9.5 Laboratory Test Report:	16
9.6 Other documents:	17

Issue Date: 4 <sup>th</sup> May 2024	OPEN DATA / بيانات مفتوحة	Version # (2.0)
Superseded Issue Date: 7 <sup>th</sup> June 2021		Page 3 of 30

 حكومة دبي GOVERNMENT OF DUBAI	<b>Organization Unit:</b>	<b>Health &amp; Safety Department</b>	<b>الوحدة التنظيمية:</b>	 بلدية دبي Dubai Municipality
	<b>Document title:</b>	Technical Guidelines for Health Supplements	<b>اسم الوثيقة:</b>	
	<b>Doc Ref:</b>	DM-HSD-GU29-TGHS2	<b>رمز الوثيقة:</b>	

<b>10. Importation of Health Supplements</b>	17
<b>11. Market Compliance &amp; Enforcements</b>	17
11.1 Market control action:	17
11.2 Advertisement	18
11.3 Product Recall	18
11.4 Violations & Penalty	18
<b>12. References</b>	19
<b>13. Annexes</b>	20
13.1 Annex 1: Maximum limit allowance of Ingredients: Vitamins, Minerals and other ingredients	20
13.2 Annex 2: Lab tests guidance and specifications	25
13.3 Annex 3: Banned / Not Applicable Ingredients	26
13.4 Annex 4: Prohibited Claims	29

 حكومة دبي GOVERNMENT OF DUBAI	<b>Organization Unit:</b>	<b>Health &amp; Safety Department</b>	الوحدة التنظيمية:	 بلدية دبي Dubai Municipality
	<b>Document title:</b>	Technical Guidelines for Health Supplements	اسم الوثيقة:	
	<b>Doc Ref:</b>	DM-HSD-GU29-TGHS2	رمز الوثيقة:	

## 1. Introduction

Dubai Municipality, Health & Safety Department prepared this guideline based on the Local Order No. 11, 2003.

The purpose of this guideline is to improve the free movement of health supplement products within Dubai, while ensuring a high level of safety and protection of human health.

## 2. Purpose



The purpose of this guideline is to improve the functioning of Dubai market through the harmonization of the rules on the making available on the market and the use of Health Supplement products, while ensuring a high level of protection of both human and animal health and the environment.

Health supplement products should neither be made available on the market nor used unless authorized in accordance with this Regulation.

## 3. Legislations

It is difficult for Dubai Municipality to perform its duties and specialties as an institutional organization without having a legislative system that regulates its activities, draws the framework of its relationship with the local community and gives legitimacy to its actions. Therefore, the decree issued regarding the municipality foundation has contained a provision on giving it the authority and power to issue orders, regulations and decisions. Current legislative law that applies to health supplements found in: Legislative order No. 30/2008 and local order No. 11/2003 concerning Public Health and Safety of the society in the Emirate of Dubai.

Issue Date: 4 <sup>th</sup> May 2024	OPEN DATA / بيانات مفتوحة	Version # (2.0)
Superseded Issue Date: 7 <sup>th</sup> June 2021		Page 5 of 30

 حكومة دبي GOVERNMENT OF DUBAI	<b>Organization Unit:</b>	<b>Health &amp; Safety Department</b>	الوحدة التنظيمية:	 بلدية دبي Dubai Municipality
	<b>Document title:</b>	Technical Guidelines for Health Supplements	اسم الوثيقة:	
	<b>Doc Ref:</b>	DM-HSD-GU29-TGHS2	رمز الوثيقة:	

## 4. Definitions



Definition	Meaning
<b>Health Supplements</b>	Health supplement is a product intended for ingestion that contains a dietary ingredient intended to add further nutritional value to supplement the diet.
<b>Dietary ingredient</b>	An ingredient intended for use in a dietary supplement to supplement the diet by increasing the total dietary intake, or a concentrate, metabolite. Constituent, or extract.

## 5. Scope & Health Supplements Classifications

### 5.1 Products Classifications (within the scope)

- ✚ Health supplements contain one or more or combinations of dietary ingredients that may be natural or partially synthesized or both, with exact dose of:
  - Vitamins:** Organic substances made by plants and animals, which are then eaten by humans.  
 There are 13 vitamins: A, C, D, E, K and the B vitamins (Thiamin, Riboflavin, Niacin, Pantothenic acid, Biotin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, and Folate).
  - Minerals:** Inorganic substances that are not made by living things found naturally in soil and water and are absorbable by plants, which are then eaten by people and other animals.  
 Examples: Iron, Calcium and Potassium.
  - Amino acids:** Organic compounds that combine to form proteins, classified as:
    - Essential Amino acids: Histidine, Isoleucine, Leucine, Lysine, Methionine, Phenylalanine, Threonine, Tryptophan and Valine.
    - Nonessential Amino acids: Alanine, asparagine, Aspartic acid, and Glutamic acid.
    - Conditional Amino acids: Arginine, Cysteine, Glutamine, Tyrosine, Glycine, Ornithine, Proline, and Serine.

Issue Date: 4 <sup>th</sup> May 2024	OPEN DATA / بيانات مفتوحة	Version # (2.0)
Superseded Issue Date: 7 <sup>th</sup> June 2021		Page 6 of 30

 حكومة دبي GOVERNMENT OF DUBAI	<b>Organization Unit:</b>	<b>Health &amp; Safety Department</b>	الوحدة التنظيمية:	 بلدية دبي Dubai Municipality
	<b>Document title:</b>	Technical Guidelines for Health Supplements	اسم الوثيقة:	
	<b>Doc Ref:</b>	DM-HSD-GU29-TGHS2	رمز الوثيقة:	

- **Essential Fatty acids:** Polyunsaturated fatty acid needed to support body health that is synthesized by plants but not by the human body.  
Examples: Alpha-linolenic acid (an omega-3 fatty acid) and Linoleic acid (an omega-6 fatty acid).
- **Botanicals & Herbs:** Botanical is a plant or plant part, while Herbs are a subset of botanicals.
- **Enzymes**
- **Pre-and probiotics**

🌐 Health supplements manufactured in one of the following pharmaceutical dosage forms:

- Tablets
- Capsules
- Soft gels
- Gel caps
- Liquids
- Powders

#### **Note:**

- Health supplements must be labeled as such and intended for human use only.
- Health supplements products shall not be intended to treat, diagnose, prevent, or cure any disease.



### **5.2 Products Categories (out of the scope)/ Not considered as health supplements products**

- **Conventional Food:** The term conventional food falls into the same definition as food, including fortified food. This category is used by the general population for everyday use and is consumed for taste, aroma, and nutritive value.
- **Food for special dietary uses:** Are those specially processed or formulated to satisfy particular dietary requirements which exist because of a particular physical or physiological condition and/or specific disease and disorders and which are presented as such.

Examples:

- Infant formulae and follow-on formulae
- Processed cereal –based foods and baby foods for infants and young children
- Food intended for use in energy-restricted diets for weight reduction



Issue Date: 4 <sup>th</sup> May 2024	OPEN DATA / بيانات مفتوحة	Version # (2.0)
Superseded Issue Date: 7 <sup>th</sup> June 2021		Page 7 of 30

 حكومة دبي GOVERNMENT OF DUBAI	<b>Organization Unit:</b>	<b>Health &amp; Safety Department</b>	<b>الوحدة التنظيمية:</b>	 بلدية دبي Dubai Municipality
	<b>Document title:</b>	Technical Guidelines for Health Supplements	<b>اسم الوثيقة:</b>	
	<b>Doc Ref:</b>	DM-HSD-GU29-TGHS2	<b>رمز الوثيقة:</b>	

- Foods for medical purposes: They are processed or formulated and intended for the dietary management of patients and to be used under medical supervision. They are intended for the exclusive or partial feeding of patients with limited, impaired or disturbed capacity to take, digest, absorb, metabolize or excrete ordinary foodstuffs or certain nutrient.

Examples:



- Formula for low birth-weight infants and pre-term infants.
- Medical nutrition products in case of food allergies, weight loss during cancer treatment, stroke and neurological disorders.
- Meal replacement: Calorie-controlled, prepackaged product in the form of bar or beverage (ready to drink or powder), that replaces a regular meal.
- Ayurvedic products
- Chinese medicine products
- Traditional medicine products
- Lozenges for the Throat: lozenges intended to be used for soothing , calming , treating of the throat do not fall under health supplement category
- Protein bars and shakes intended to be for snacks /nutritional purposes.
- Oral rehydration solutions intended for children with any indications.
- Products indicated for vomiting /diarrhea.
- products indicated for sleeping.
- products indicated for sexual enhancement.
- Illustrations that suggest any symptomatic relive such as points/dots on body are not accepted to be added to the label.
- Probiotics for less than 2 years old
- Supplements intended for post bariatric surgery individuals.
- Products indicated for hangover/afterparty.

 حكومة دبي GOVERNMENT OF DUBAI	<b>Organization Unit:</b>	<b>Health &amp; Safety Department</b>	الوحدة التنظيمية:	 بلدية دبي Dubai Municipality
	<b>Document title:</b>	Technical Guidelines for Health Supplements	اسم الوثيقة:	
	<b>Doc Ref:</b>	DM-HSD-GU29-TGHS2	رمز الوثيقة:	

## 6. Safety & Quality Specifications

- Health supplements shall:
  - Not contain any other active substances except those stated on the label.
  - Not contain any human part substance derived from any part of the human body.
  - Not exceed the limits for microbial contamination and toxic heavy metals as specified in Annex 2.
  - Not contain any substance above the limit specified in the list of restricted substances, such as for Vitamins and Minerals shown in Annex 1.
  - Not contain any substances specified in the list of prohibited ingredients shown in Annex 3.
  - Not contain agents that can lead to animal-transmissible diseases such as Transmissible Spongiform Encephalopathy (TSE), if they contain ingredients derived from animal sources.
  - Be of acceptable standards of quality in terms of product stability, have adequate shelf-life period, proper packaging, and labeling, and are manufactured according to Good Manufacturing Practice (GMP) standard.
  
- Maximum limit allowance of ingredients- Annex 1  
 Maximum allowed limits for Vitamins and Minerals in health supplements are specified in Annex 1.
  
- Lab tests guidance and specifications – Annex 2  
 Certain quality and safety tests should be done for health supplements depending on the product category and they shall comply with tests specifications laid down in Annex 2.  
 Tests will be requested during the product assessment stage.
  
- Banned Ingredients- Annex 3  
 Prohibited ingredients in health supplement products are listed in Annex 3, and it may be subjected to revision on frequent basis.

Issue Date: 4 <sup>th</sup> May 2024	OPEN DATA / بيانات مفتوحة	Version # (2.0)
Superseded Issue Date: 7 <sup>th</sup> June 2021		Page 9 of 30

 حكومة دبي GOVERNMENT OF DUBAI	<b>Organization Unit:</b>	<b>Health &amp; Safety Department</b>	الوحدة التنظيمية:	 بلدية دبي Dubai Municipality
	<b>Document title:</b>	Technical Guidelines for Health Supplements	اسم الوثيقة:	
	<b>Doc Ref:</b>	DM-HSD-GU29-TGHS2	رمز الوثيقة:	

## 7. Product Label Principles:

### 7.1 General Label requirements:

The followings are the required components that must be declared in clear English and/or Arabic language:

- **Brand Name:** A trademark or trade name.
- **Product Name:** A trademark or trade name cannot be used to replace the name of the Product.
- **Manufacturer detail:** Name, Address, Web address of Manufacturer or Agent acting in UAE.
- **Country of Origin:** should be clearly indicated to avoid any misleading for the customers, should be clearly mentioned as (e.g. Made in , Manufactured in , Packed in United Arab Emirates. USA, France ...etc)
- **Ingredients:** Name of active and inactive ingredients (in INCI names or Botanical names).

#### **Note:**

It's recommended that internationally accepted nomenclature to be used for ingredient names. For example, the name of plants or animals from which the active ingredient is derived should be declared in a scientific name.



- **Pack size**
- **Production & Expiry Dates:** must be clearly indicated on the label using non-removable printing or non-removable stickers.
- **Storage Condition:** to be clearly indicated mentioning any other specific storage conditions than normal if any.
- **Dosage and Instruction of Use:** recommended daily dosage should be clearly indicated.
- **Product indications / intended use**
- **Health warning:** it can be general or specific to the product type/ingredient.
- **Identification Code:** (Barcode) to be clear and unique for each product.
- **Batch Number:** batch or Lot identification number to be indicated clearly on the label.

#### **Note:**

The following components should not be available on the product label:

- **Inconsistent Illustrations :** Pictures, illustration which are inconsistent with the prevailing social customs and values shall not be used.

Issue Date: 4 <sup>th</sup> May 2024	OPEN DATA / بيانات مفتوحة	Version # (2.0)
Superseded Issue Date: 7 <sup>th</sup> June 2021		Page 10 of 30

 حكومة دبي GOVERNMENT OF DUBAI	<b>Organization Unit:</b>	<b>Health &amp; Safety Department</b>	<b>الوحدة التنظيمية:</b>	 بلدية دبي Dubai Municipality
	<b>Document title:</b>	Technical Guidelines for Health Supplements	<b>اسم الوثيقة:</b>	
	<b>Doc Ref:</b>	DM-HSD-GU29-TGHS2	<b>رمز الوثيقة:</b>	

- **Medical Claims:** any claims related to prevention, treatment or curing of any type of diseases must not be presented or referred to on the labels, brochures, leaflets, or advertisements or in any other way.

### **Additional Notes:**

- Must not be represented for use as conventional food or as a sole item of a meal or the diet.
- All products labeled as a dietary supplement carry a supplement facts panel (active ingredient per serving, and other added ingredient).
- Vitamins and minerals present in the product should be declared in the labeling in numerical form plus as a % DV.

<b>Supplement Facts</b>		
Serving Size: 2 Capsules Servings Per Container: 30		
	Amount Per Serving	% Daily Value
Chromium (as chromium picolinate)	200 mcg	571%
<i>Garcinia cambogia</i> fruit rind extract (providing 250 mg HCA)	500 mg	*
Green coffee bean extract (providing 90 mg chlorogenic acids and 150 mg natural caffeine)	367 mg	*
Green tea leaf extract (providing 90 mg EGCG)	200 mg	*
L-Citrulline	100 mg	*
L-Tyrosine	100 mg	*
Capsicum fruit extract (Capsimax™) (providing 2 mg capsaicinoids)	50 mg	*
Black pepper fruit extract (BioPerine®)	10 mg	*

\* Daily value not established.

Other ingredients: Gelatin, rice flour, magnesium stearate and silica.

Typical multiple vitamin/mineral with additional ingredients

<b>Supplement Facts</b>		
Serving Size: One Tablet		
One Tablet Contains:	%DV	
Vitamin A (50% as retinyl acetate and 50% as beta-carotene)	5000 IU	100%
Vitamin C (as ascorbyl palmitate)	15 mg	25%
Thiamine (as Thiamine mononitrate)	12 mg	800%
Niacin (as niacinamide)	60 mg	300%
Copper (as cupric oxide)	1 mg	50%
Potassium (as potassium chloride)	10 mg	<1%
Boron (as aspartate)	200 mcg	*
Tyrosine (as L-Tyrosine)	100 mg	*
Taurine	100 mg	*
Licorice (root) Glycyrrhiza glabra	50 mg	*
Milk Thistle extract (seed) Silybum Marianum (80% Silymarin)	50 mg	*

\* Daily Value (DV) not established



Other Ingredients: Sucrose, Cellulose, Lactose monohydrate, Dibasic Calcium Phosphate, Hydroxypropyl Cellulose, Ethylcellulose, Castor oil, Glucose, Carmel color, Gelatin, Silicon Dioxide, Sodium Lauryl Sulfate, FD&C Yellow #5 Lake (Tartrazine), Propylene Glycol, Titanium Dioxide.

## **7.2 General principles for claims:**

### **Allowed claims:**

Claim: is any representation that states, suggests, or implies that a product has characteristics relating to its origin, nutritional or health properties, nature, production, processing, composition, indication or any other quality.

Issue Date: 4 <sup>th</sup> May 2024	OPEN DATA / بيانات مفتوحة	Version # (2.0)
Superseded Issue Date: 7 <sup>th</sup> June 2021		Page 11 of 30

 حكومة دبي GOVERNMENT OF DUBAI	<b>Organization Unit:</b>	<b>Health &amp; Safety Department</b>	الوحدة التنظيمية:	 بلدية دبي Dubai Municipality
	<b>Document title:</b>	Technical Guidelines for Health Supplements	اسم الوثيقة:	
	<b>Doc Ref:</b>	DM-HSD-GU29-TGHS2	رمز الوثيقة:	

A health supplement claim can be divided into the following:

- I. Health claim
- II. Structure/function claim

### I. Health claim

Health claim means any representation that states, suggests, or implies that a relationship exists between a product or a constituent of that product and health.

**Note:**

Any health to be supported by sound and sufficient scientific evidence to substantiate the claim, provide truthful and non-misleading information for consumer, where the function of each ingredient is supported and documented in standard reference texts.

Health claims include nutrient-support claims and general health claims that are intended for:

- General health maintenance and well-being.
- Vitamin and/or mineral supplementation, such claims are permitted only when the relevant vitamin and mineral used in the product amounts to > 30% the RDA value.
- Nutritional supplementation beyond normal nutritional value from food.

Examples of health claims include:



- Support good health and growth
- Supplementing nutrition
- Strengthen body
- Relieve general tiredness, weakness

### II. Structural /Functional health claims

Means the role of a nutrient or dietary ingredient intended to affect the normal structure or function of the human body.

Structural /Functional health claims must be adequately substantiated through ingredient-based evidence, and when necessary, product-based evidence.

Issue Date: 4 <sup>th</sup> May 2024	OPEN DATA / بيانات مفتوحة	Version # (2.0)
Superseded Issue Date: 7 <sup>th</sup> June 2021		Page 12 of 30

 حكومة دبي GOVERNMENT OF DUBAI	<b>Organization Unit:</b>	<b>Health &amp; Safety Department</b>	<b>الوحدة التنظيمية:</b>	 بلدية دبي Dubai Municipality
	<b>Document title:</b>	Technical Guidelines for Health Supplements	<b>اسم الوثيقة:</b>	
	<b>Doc Ref:</b>	DM-HSD-GU29-TGHS2	<b>رمز الوثيقة:</b>	

Examples of functional health claims include:

- General support maintenance of healthy functions
- Supports healthy function of the human body such as maintaining health joints, support natural physiological processes e.g., immune system, circulation, etc
- Manage mild discomfort associated with menopausal symptoms
- Assist in maintaining joint mobility

#### **Prohibited claims:**

Health supplements must not be labelled, advertised or promoted for any specific medicinal purpose, i.e. treatment or prevention , implied or otherwise, of any disease or disorder , including its related condition . A list of examples of prohibited diseases and disorders and other prohibited claims are listed in Annex 4.

## 8. Registration of Health Supplements



Since consumer safety is the primary principle of Health Supplements registration, its process allows the Registration and Permits Section to gather adequate information to assess the safety of Health supplement products. It is necessary to emphasize that no health supplement product shall be manufactured, imported, exported, advertised, sold, or distributed in Dubai unless it has been registered in Montaji system in accordance with Dubai Municipality regulation.

According to Local Order No. 11 / 2003. Dubai Municipality regulates the manufacture, sale, and importation of health supplements by requiring that all health supplement products to be registered prior to placing in Dubai market; as well by requiring the individuals running the activities related to health supplements to be licensed in Dubai or other emirates.

#### To apply for the service:

- Login to [www.montaji.dm.gov.ae](http://www.montaji.dm.gov.ae)
- Choose Services
- Consumer Product Registration Service (Montaji)
- Run Service.

Issue Date: 4 <sup>th</sup> May 2024	OPEN DATA / بيانات مفتوحة	Version # (2.0)
Superseded Issue Date: 7 <sup>th</sup> June 2021		Page 13 of 30

 حكومة دبي GOVERNMENT OF DUBAI	<b>Organization Unit:</b>	<b>Health &amp; Safety Department</b>	الوحدة التنظيمية:	 بلدية دبي Dubai Municipality
	<b>Document title:</b>	Technical Guidelines for Health Supplements	اسم الوثيقة:	
	<b>Doc Ref:</b>	DM-HSD-GU29-TGHS2	رمز الوثيقة:	

### 8.1 Who Should Apply for Registration?

Individuals who import or locally manufacture health supplements, or have products imported or manufactured on their behalf are responsible for applying to have their products registered. The following should make an application for registration of a health supplement product:

○ Local Manufactures:

Local manufacturers in Dubai are advised to contact the Registration & Permits section for proper registration of health supplement. Agents of local manufacturers are to take the necessary steps to ensure that health supplement products intended for the Local market are registered before the manufactured products are placed into Dubai market.

○ Agent:

Agents of foreign manufacturers are to take the necessary steps to ensure that health supplement intended for the local market are registered before consignments of such products are imported to Dubai.



### 8.2 Criteria of Applicant

Applicant for product registration must be a company incorporated in Dubai or have a warehouse in Dubai and have a trade license in Dubai indicating activities related to health supplement.

### 8.3 Responsibility of Applicant

- The applicant shall be responsible for the product, its safety, performance, and all information supplied in support of his application for registration of the product.
- The health supplement placed on the market must not cause damage to human health when applied under normal or reasonably foreseeable conditions of use, taking account, in particular, of the product's presentation, its labeling, instructions for its use and disposal, warning statements as well as any other indication or information provided by the manufacturer or his authorized agent or by any other person responsible for placing the product on the market.
- The provision of such warnings shall not, in any event, exempt any person from compliance with the other requirements laid down in this Guideline.

Issue Date: 4 <sup>th</sup> May 2024	OPEN DATA / بيانات مفتوحة	Version # (2.0)
Superseded Issue Date: 7 <sup>th</sup> June 2021		Page 14 of 30

 حكومة دبي GOVERNMENT OF DUBAI	<b>Organization Unit:</b>	<b>Health &amp; Safety Department</b>	الوحدة التنظيمية:	 بلدية دبي Dubai Municipality
	<b>Document title:</b>	Technical Guidelines for Health Supplements	اسم الوثيقة:	
	<b>Doc Ref:</b>	DM-HSD-GU29-TGHS2	رمز الوثيقة:	

#### **8.4 Amendments or Change in Registration Particulars**

After a health supplement Product has been registered, any subsequent amendment in particulars of the application relating to the Biocide product must be notified or approved by the Registration and Permits Section.

#### **8.5 Validity of Product Registration**

The registration of a health supplement product shall be valid for 5 years as extension for renewal to be reviewed.

## 9. Required Documents for Registration of Health supplement (Product Dossier)

To proceed with registration of a Health supplement Product with Dubai Municipality – Health & Safety Department – Registration & Permits Section, the product must fulfill all the below documents:

#### **9.1 Free Sale Certificate (FSC):**

A document to indicate that the health supplements are legally sold or distributed in the market freely without restriction in the country of origin. This certificate must be issued by the regulatory authorities in the country of origin (e.g. health authorities or recognized bodies such as the Chamber of Commerce), and should be valid at the time of submission and request.



#### **Note:**

If the product name to be marketed in Dubai is different from the FSC, confirmation letter from product owner is required. A Certificate of Free Sales is a document to indicate that the product is freely sold in the country of origin.

#### **9.2 Ingredient report:**

A document to declare in details all the ingredients in chemical name and Chemical Abstracts Service CAS (for chemical ingredient only, e.g. preservatives etc.) in weight. If the dietary ingredient is a botanical, the scientific

Issue Date: 4 <sup>th</sup> May 2024	OPEN DATA / بيانات مفتوحة	Version # (2.0)
Superseded Issue Date: 7 <sup>th</sup> June 2021		Page 15 of 30

 حكومة دبي GOVERNMENT OF DUBAI	<b>Organization Unit:</b>	<b>Health &amp; Safety Department</b>	الوحدة التنظيمية:	 بلدية دبي Dubai Municipality
	<b>Document title:</b>	Technical Guidelines for Health Supplements	اسم الوثيقة:	
	<b>Doc Ref:</b>	DM-HSD-GU29-TGHS2	رمز الوثيقة:	

name of the plant and the name of the plant part used should be declared. If the dietary ingredient is Amino Acids Then Amino Acid profile should be declared

This certificate must be issued by the manufacturer in the country of origin of the product. It should be signed and stamped by the R&D department in at the manufacturer.

### **9.3 Analysis report:**

A document to declare in detail physical, chemical, and microbiological analysis of product.

This certificate must be issued by the manufacturer in the country of origin of the product. It should be signed and stamped by the R&D department in at the manufacturer.

### **9.4 Good Manufacturing Practices (GMP):**

A document to defines quality measures for both production and quality control and defines general measures to ensure that processes necessary for production and testing are clearly defined, validated, reviewed, and documented, and that the personnel, premises and materials are suitable for the production of health supplements.

This certificate must be issued from certified bodies in the country of origin of the product and needs to be valid at the time of submission.



In case GMP is not issued, other manufacturing quality certificates from certified bodies can be submitted.

### **9.5 Laboratory Test Report:**

A document to declare in detail the result of laboratory test for health supplement product. This report needs to be issued by a certified lab and accredited test methods.

A detailed list of laboratory tests will be listed in Annex 2.

Issue Date: 4 <sup>th</sup> May 2024	OPEN DATA / بيانات مفتوحة	Version # (2.0)
Superseded Issue Date: 7 <sup>th</sup> June 2021		Page 16 of 30

 حكومة دبي GOVERNMENT OF DUBAI	<b>Organization Unit:</b>	<b>Health &amp; Safety Department</b>	<b>الوحدة التنظيمية:</b>	 بلدية دبي Dubai Municipality
	<b>Document title:</b>	Technical Guidelines for Health Supplements	<b>اسم الوثيقة:</b>	
	<b>Doc Ref:</b>	DM-HSD-GU29-TGHS2	<b>رمز الوثيقة:</b>	

### 9.6 Other documents:

Any other document may be requested during the registration process when necessary.

Examples:

- HALAL certificate, to specify the source of animal ingredient and needs to be issued from recognized Islamic society in the country of origin.
- Organic certificate, to indicate the source ingredient and needs to be issued recognized bodies in the country of origin.
- Clinical studies to proof certain claims or statistics mentioned on the label and needs to be issued from recognized bodies in the country of origin.
- Safety assessment report for a specific ingredient in the combination and/or for the overall product.

## 10. Importation of Health Supplements

Label Health supplement categories shall be registered prior to import or export process (refer to Consumer products Import and Re-export procedures and requirement guideline)

## 11. Market Compliance & Enforcements



### 11.1 Market control action:

Consistent with Dubai municipality regulation of health supplements, the Dubai Municipality is authorized to require premarket approval through the current registration program ( Montaji ).

Market compliance assured by establishments' inspection program covers the following:

- Status of product registration
- Physical conformity of products
- Sampling for related laboratory testing

Issue Date: 4 <sup>th</sup> May 2024	OPEN DATA / بيانات مفتوحة	Version # (2.0)
Superseded Issue Date: 7 <sup>th</sup> June 2021		Page 17 of 30

 حكومة دبي GOVERNMENT OF DUBAI	<b>Organization Unit:</b>	<b>Health &amp; Safety Department</b>	<b>الوحدة التنظيمية:</b>	 بلدية دبي Dubai Municipality
	<b>Document title:</b>	Technical Guidelines for Health Supplements	<b>اسم الوثيقة:</b>	
	<b>Doc Ref:</b>	DM-HSD-GU29-TGHS2	<b>رمز الوثيقة:</b>	

Dubai Municipality is responsible to ensure health and safety of products that are traded or promoted in local market of Dubai and action will be considered as per the current enforced rules for violated establishments and products.

### **11.2 Advertisement**

Any related advertisement or promotional activity needs pre-approval through (Montaji system), for example: brochures, newspaper & magazines, promotional campaigns, social media, TV & media, outdoor and indoor advertisements.

#### **Note:**

The following cases does not require Dubai Municipality approval:

- Product sales subject to conditions, gifts, prizes, discount coupons, etc.
- Free distribution of products or samples of registered products.



### **11.3 Product Recall**

The product recall is promptly and efficiently retrieving Batch/ Bar Code of the product that does not comply with health and safety requirements, or that may have an undesirable effect on consumers. Recalls can be initiated at the request of the Dubai Municipality, or other relevant authorities to recall the product.

### **11.4 Violations & Penalty**

Individuals who contravene any of the provisions of the guidelines and regulations will be charged as violated by Local Order No. 11 / 2003.



Issue Date: 4 <sup>th</sup> May 2024	OPEN DATA / بيانات مفتوحة	Version # (2.0)
Superseded Issue Date: 7 <sup>th</sup> June 2021		Page 18 of 30

 حكومة دبي GOVERNMENT OF DUBAI	<b>Organization Unit:</b>	<b>Health &amp; Safety Department</b>	<b>الوحدة التنظيمية:</b>	 بلدية دبي Dubai Municipality
	<b>Document title:</b>	Technical Guidelines for Health Supplements	<b>اسم الوثيقة:</b>	
	<b>Doc Ref:</b>	DM-HSD-GU29-TGHS2	<b>رمز الوثيقة:</b>	

## 12. References

- Ministry of Health and Prevention (UAE)
- EU Directive 2002/46/EC on food supplements
- Nutrient Reference Values for Australia and New Zealand Including Recommended Dietary Intakes 2006 (updated in March and September 2017)
- Natural Health Products Regulations (SOR/2003-196)
- Dietary Supplement Health and Education Act of 1994 ("DSHEA")
- Dietary Supplement and Nonprescription Drug Consumer Protection Act.
- FDA Food Safety Modernization Act.
- Health supplements regulations – Singapore

For (suggestions, comments, and complaints)	For further information
<ul style="list-style-type: none"> <li>▪ Unified interactive platform that connects Dubai Government and its customers: The 04 Platform <a href="https://04.gov.ae/">https://04.gov.ae/</a></li> <li>▪ ① Dubai Municipality - Call Center (24/7): 800900</li> </ul>	<ul style="list-style-type: none"> <li>▪ ✉ <a href="mailto:montaji@dm.gov.ae">montaji@dm.gov.ae</a></li> <li>▪ ① Dubai Municipality - Call Center (24/7): 800900</li> </ul>



 حكومة دبي GOVERNMENT OF DUBAI	Organization Unit:	<b>Health &amp; Safety Department</b>	الوحدة التنظيمية:	 بلدية دبي Dubai Municipality
	Document title:	Technical Guidelines for Health Supplements	اسم الوثيقة:	
	Doc Ref:	DM-HSD-GU29-TGHS2	رمز الوثيقة:	

## 13. Annexes

### 13.1 Annex 1: Maximum limit allowance of Ingredients: Vitamins, Minerals and other ingredients



- List of Vitamins

Life Stage Group	Vitamin Upper Limit		
	Vitamin A	Vitamin D	Vitamin B1 Thiamin
0-6 months	600 µg/day	25 µg /day	-
7-12 months	600 µg/day	38 µg /day	-
1-3 yr	600 µg/day	80 µg/day	100 mg/day
4-8 yr	900 µg/day	80 µg/day	100 mg/day
9-13 yr	1,700 µg/day	100 µg/day	100 mg/day
14-18 yr	2,800 µg/day	100 µg/day	100 mg/day
Men	3,000 µg/day	100 µg/day	100 mg/day
Women	3,000 µg/day	100 µg/day	100 mg/day
Life Stage Group	Vitamin B2 Riboflavin	Niacin as nicotinic acid (Vitamin B3)	Niacin as nicotinamide*
0-12 months	-	-	-
1-3 yr	100 mg/day	10 mg/day	150 mg/day
4-8 yr	100 mg/day	15 mg/day	250 mg/day
9-13 yr	100 mg/day	20 mg/day	500 mg/day
14-18 yr	100 mg/day	30 mg/day	750 mg/day
Men	100 mg/day	500 mg/day*	900 mg/day
Women	100 mg/day	500 mg/day*	900 mg/day
Life Stage Group	Vitamin B6	Vitamin B12	Folic Acid
0-12 months	-	-	-
1-3 yr	30 mg/day	1000 µg/day	300 µg/day
4-8 yr	40 mg/day	1000 µg/day	400 µg/day
9-13 yr	60 mg/day	1000 µg/day	600 µg/day
14-18 yr	80 mg/day	1000 µg/day	800 µg/day
Men	100 mg/day	1000 µg/day	1,000 µg/day
Women	100 mg/day	1000 µg/day	1,000 µg/day

 حكومة دبي GOVERNMENT OF DUBAI	<b>Organization Unit:</b>	<b>Health &amp; Safety Department</b>	<b>الوحدة التنظيمية:</b>	 بلدية دبي Dubai Municipality
	<b>Document title:</b>	Technical Guidelines for Health Supplements	<b>اسم الوثيقة:</b>	
	<b>Doc Ref:</b>	DM-HSD-GU29-TGHS2	<b>رمز الوثيقة:</b>	

- List of Vitamins**



Life Stage Group	Vitamin Upper Limit		
	Vitamin C	Vitamin E	Vitamin K
<b>0-12 months</b>	-	-	-
<b>1-3 yr</b>	400 mg/day	200mg/day (300 iu)	30 mcg/day
<b>4-8 yr</b>	650 mg/day	300 mg/day (450 iu)	55 mcg/day
<b>9-13 yr</b>	1200 mg/day	600 mg/day (900 iu)	60 mcg/day
<b>14-18 yr</b>	1800 mg/day	800mg/day (1200iu)	75 mcg/day
<b>Men</b>	2000 mg/day	1000mg/day (1500 iu)	120 mcg/day
<b>Women</b>	2000 mg/day	1000mg/day (1500 iu)	120 mcg/day
Life Stage Group	Pantothenic acid	Biotin	Choline
<b>0-12 months</b>	-	-	-
<b>1-3 yr</b>	500 mg\day	800 mcg/day	1,000 mg/day
<b>4-8 yr</b>	500 mg\day	1250 mcg/day	1,000 mg/day
<b>9-13 yr</b>	500 mg\day	2500 mcg/day	1,000 mg/day
<b>14-18 yr</b>	500 mg\day	2500mcg	3,000 mg/day
<b>Men</b>	500 mg\day	2500mcg	3,500 mg/day
<b>Women</b>	500 mg\day	2500mcg	3,500 mg/day

 حكومة دبي GOVERNMENT OF DUBAI	<b>Organization Unit:</b>	<b>Health &amp; Safety Department</b>	<b>الوحدة التنظيمية:</b>	 بلدية دبي Dubai Municipality
	<b>Document title:</b>	Technical Guidelines for Health Supplements	<b>اسم الوثيقة:</b>	
	<b>Doc Ref:</b>	DM-HSD-GU29-TGHS2	<b>رمز الوثيقة:</b>	

- List of Minerals**



Life Stage Group	Mineral Upper Limit		
	Boron	Calcium	Chromium
0-6 months		1000mg/ day	
7-12 months	-	1500mg/day	-
1-3 yr	3mg/day	2500 mg/day	-
4-8 yr	6mg/day	2500 mg/day	-
9-13 yr	11mg/day	2500 mg/day	-
14-18 yr	17mg/day	2500 mg/day	-
Men	20mg/day	2500 mg/day	500 mcg/day
Women	20mg/day	2500 mg/day	500 mcg/day
Life Stage Group	Cobalt	Copper	Iodine
0-12 months	-	-	-
1-3 yr	44 mcg/day	1mg/day	200mcg/day
4-8 yr	44 mcg/day	3mg/day	300 mcg/day
9-13 yr	44 mcg/day	5mg/day	600 mcg/day
14-18 yr	44 mcg/day	8mg/day	900 mcg/day
Men	44 mcg/day	10mg/day	1100 mcg/day
Women	44 mcg/day	10mg/day	1100 mcg/day
Life Stage Group	Iron	Magnesium	Manganese
0-12 months	20mg/day	-	-
1-3 yr	40 mg/day	65 mg/day	-
4-8 yr	40 mg/day	110 mg/day	-
9-13 yr	40 mg/day	350 mg/day	-
14-18 yr	45 mg/day	350 mg/day	-
Men	45 mg/day	500 mg/day*	9 mg/day
Women	45 mg/day	500 mg/day*	9 mg/day

**Magnesium: A specific use or purpose statement needs to be declared for products providing > 350 mg magnesium per day.**

 حكومة دبي GOVERNMENT OF DUBAI	<b>Organization Unit:</b>	<b>Health &amp; Safety Department</b>	<b>الوحدة التنظيمية:</b>	 بلدية دبي Dubai Municipality
	<b>Document title:</b>	Technical Guidelines for Health Supplements	<b>اسم الوثيقة:</b>	
	<b>Doc Ref:</b>	DM-HSD-GU29-TGHS2	<b>رمز الوثيقة:</b>	



- List of Minerals**

Life Stage Group	Mineral Upper Limit		
	Molybdenum	Phosphorus	Selenium
<b>0- 6 Months</b>	-	-	45 µg/day
<b>7- 12 Months</b>	-	-	60 µg/day
<b>1-3 yr</b>	300 µg/day	3,000 mg/day	90 µg/day
<b>4-8 yr</b>	600 µg/day	3,000 mg/day	150 µg/day
<b>9-13 yr</b>	1,100 µg/day	4,000 mg/day	280 µg/day
<b>14-18 yr</b>	1,700 µg/day	4,000 mg/day	400 µg/day
<b>Men</b>	2000 mcg/day	4,000 mg/day	400 µg/day
<b>Women</b>	2000 mcg/day	4,000 mg/day	400 µg/day
Life Stage Group	Silicon	Zinc	
<b>0-12 months</b>	-	4 mg/day	
<b>1-3 yr</b>	-	5 mg/day	
<b>4-8 yr</b>	-	7 mg/day	
<b>9-13 yr</b>	-	12 mg/day	
<b>14-18 yr</b>	-	25 mg/day	
<b>Men</b>	-	35 mg/day	
<b>Women</b>	84 mg/day	50 mg/day	
Pregnancy & Lactation			
<b>14 - 18 yr</b>	-	35mg/ day	
<b>&gt; 19 yr</b>	-	40mg/ day	

 حكومة دبي GOVERNMENT OF DUBAI	<b>Organization Unit:</b>	<b>Health &amp; Safety Department</b>	الوحدة التنظيمية:	 بلدية دبي Dubai Municipality
	<b>Document title:</b>	Technical Guidelines for Health Supplements	اسم الوثيقة:	
	<b>Doc Ref:</b>	DM-HSD-GU29-TGHS2	رمز الوثيقة:	



- List of other ingredients

Life Stage Group	Upper Limit		
	Beta-carotene	L-Methionine	Lutein
<b>0-12 months</b>	3600 mcg/day	-	-
<b>1-3 yr</b>	3600 mcg/day	1000 mg/day	-
<b>4-8 yr</b>	5400 mcg/day	1000 mg/day	-
<b>9-13 yr</b>	10200 mcg/day	1000 mg/day	-
<b>14-18 yr</b>	16800 mcg/day	1000 mg/day	-
<b>Men</b>	18000 mcg/day	1000 mg/day	20 mg/day
<b>Women</b>	18000 mcg/day	1000 mg/day	20 mg/day
Life Stage Group	Lycopene	Potassium	Inositol
<b>0-12 months</b>	-	-	-
<b>1-3 yr</b>	-	-	650 mg/day
<b>4-8 yr</b>	-	-	650 mg/day
<b>9-13 yr</b>	-	-	650 mg/day
<b>14-18 yr</b>	-	-	650 mg/day
<b>Men</b>	30 mg/day	200 mg/day	650 mg/day
<b>Women</b>	30 mg/day	200 mg/day	650 mg/day
Life Stage Group	Nickel	Sodium	Tin
<b>0-12 months</b>	-	-	-
<b>1-3 yr</b>	-	1,000 mg/day	-
<b>4-8 yr</b>	-	1,400 mg/day	-
<b>9-13 yr</b>	-	2,000 mg/day	-
<b>14-18 yr</b>	-	2,300 mg/day	-
<b>Men</b>	350 mcg/day	2,300 mg/day	2 mg/day
<b>Women</b>	350 mcg/day	2,300 mg/day	2 mg/day
Life Stage Group	Vanadium	Fluoride	
<b>0-6 months</b>	-	1.2mg/day	
<b>7-12 months</b>	-	1.8mg/day	
<b>1-3 yr</b>	-	2.4mg/day	
<b>4-8 yr</b>	-	4.4mg/day	
<b>9-13 yr</b>	-	10mg/day	
<b>14-18 yr</b>	-	10mg/day	
<b>Men</b>	182 mcg/day	10mg/day	
<b>Women</b>	182 mcg/day	10mg/day	

 حكومة دبي GOVERNMENT OF DUBAI	<b>Organization Unit:</b>	<b>Health &amp; Safety Department</b>	<b>الوحدة التنظيمية:</b>	 بلدية دبي Dubai Municipality
	<b>Document title:</b>	Technical Guidelines for Health Supplements	<b>اسم الوثيقة:</b>	
	<b>Doc Ref:</b>	DM-HSD-GU29-TGHS2	<b>رمز الوثيقة:</b>	



### 13.2 Annex 2: Lab tests guidance and specifications

Microbiological Tests	Specifications
Detection of E. coli	Absent (All product)
Detection of staph aureus	Absent (All products)
Detection of Salmonella	Absent (All products)
Detection of Yeast & Mold	Amino acids / vitamins / minerals: max 300 CFU/g Herbal product: max 1000 CFU/g
Detection of Coliforms	max 10 CFU/G
Detection of Aerobic bacteria	Amino acids/ vitamins / minerals :max 10000 CFU/g Herbal product: max 100000 CFU/g
Chemical Tests	Specifications
label Assay - Quantitative test (vitamin and minerals concentrations)	80 -120% of Label Claim
Heavy metals (mercury , lead, Chromium, Mercury, Cadmium, Arsenic)	Arsenic: 10mcg/day (adult) Mercury: 20 mcg/day (adult) Lead: 20mcg/day (adult) Cadmium: 6mcg/day (adult)
Caffeine	Maximum limit per single dose: 200mg - for adults / not pregnant and nursing women) Maximum daily dose: 400mg (in divided doses) - for healthy adults / not pregnant women)
Alcohol	0.03% (As simple fermentation – not added
Pork traces (Gelatin)	Absent
Sildenafil	Absent
Sibutramine and phenolphthalein	Absent
Anabolic hormones	Absent

 حكومة دبي GOVERNMENT OF DUBAI	<b>Organization Unit:</b>	<b>Health &amp; Safety Department</b>	الوحدة التنظيمية:	 بلدية دبي Dubai Municipality
	<b>Document title:</b>	Technical Guidelines for Health Supplements	اسم الوثيقة:	
	<b>Doc Ref:</b>	DM-HSD-GU29-TGHS2	رمز الوثيقة:	



### 13.3 Annex 3: Banned / Not Applicable Ingredients

	Scientific Name- Botanical/Chemical name	Common Name	Note
1	3,5-Diiodothyronine	3,5-Diiodothyronine	
2	5-Hydroxy Tryptophan	5-HTP	
3	5-Alpha-Hydroxy-Laxogenin	5-Alpha-Hydroxy-Laxogenin	
4	Acacia Rigidula	Acacia Rigidula	
5	Aconitum napellus	Aconite	
6	Anaxagorea Luzonensis	Anaxagorea	
7	Aristolochia labiata	Aristolochia (all species)	
8	Arnica montana L.	Arnica	
9	Apis mellifera	Bee venom	
10	$\beta$ -Methylphenethylamine (BMPEA)	$\beta$ -Methylphenethylamine (BMPEA)	
11	Boerhavia diffusa	Punarnava	
12	Butea Superba	Butea Superba	
13	Calophyllum inophyllum L.	Calophyllum inophyllum L.	
14	Cannabis	Marijuana	
15	Canabidiol CBD	Canabidiol CBD	
16	Cassia senna , Cassia angustifolia	Senna	
17	Chenopodium album	White goosefoot ,	
18	Citrus aurantium	Bitter orange	
19	Cissus quadrangularis	Cissus quadrangularis	
20	Clematis armandii	Armand clematis	
21	Clematis montana	Clematis montana	
22	Convolvulus scoparius L.	Convolvulus scoparius L.	
23	Convolvulus pluricaulis	Convolvulus pluricaulis	
24	Corydalis yanhusuo	Corydalis yanhusuo	
25	Damiana Aphrodisiaca	Damiana	
26	Dehydroepiandrosterone	Dehydroepiandrosterone (DHEA)	
27	Diindolymethane	Diindolymethane	
28	Dimethylamylamine	Dimethylamylamine (DMAA)	
29	Dimethylethanolamine	DEANOL / DMAE	
30	Ephedra sinica	Ephedra	



 حكومة دبي GOVERNMENT OF DUBAI	<b>Organization Unit:</b>	<b>Health &amp; Safety Department</b>	<b>الوحدة التنظيمية:</b>	 بلدية دبي Dubai Municipality
	<b>Document title:</b>	Technical Guidelines for Health Supplements	<b>اسم الوثيقة:</b>	
	<b>Doc Ref:</b>	DM-HSD-GU29-TGHS2	<b>رمز الوثيقة:</b>	

31	Epimedium acuminatum	Horny Goat	
32	Eutrochium purpureum	Sweet Joe-Pye-weed	
33	Eupatorium perfoliatum	Boneset	
34	Eurycoma longifolia	Tongkat ali	
35	Equisetum arvense	Horsetail	
36	Eschscholzia californica	Poppy California	
37	Evodiamine	Evodiamine	
38	Fallopia multiflora	Chinese fleecflower root	
39	Fucus vesiculosus	Bladder wrack	
40	Gamma-Aminobutyric acid	GABA	
41	Gymnema sylvestre	Gurmar leaf	
42	Heracleum sphondylium (L.)	Hogweed / MASTERWORT	
43	Hericium erinaceus	Lion's Mane	
44	Hieracium pilosella	MOUSE-EAR HAWKWEED	
45	Hoodia gordonii	Hoodia gordonii	
46	Humulus lupulus	Hopes	
47	Hypericum perforatum	St. John's wort	
48	Ledum palustre	MARSH TEA	
49	Liquidambar styraciflua L.	American Sweetgum	
50	L-TRYPTOPHAN (partial banning)	L-TRYPTOPHAN	L-Tryptophan is banned ingredient in Health Supplements unless it is a part of the amino acid profile ONLY with warning: " please consult your physician if you are taking antidepressants or any other medications."
51	Melaleuca alternifolia	Tea Tree	
52	Melatonin	Melatonin	
53	N,N-dimethyltyramine	Hordenine	
54	nicotinoyl-GABA	Picamilon	
55	Nigella damascena L.	Nigella damascena L.	
56	Opopanax chironium Koch.	Opopanax chironium Koch.	
57	Panax notoginseng	Panax notoginseng	
58	Pausinystalia yohimbe	yohimbe, yohimbe bark	
59	passiflora incarnata	Passion flower	

Issue Date: 4 <sup>th</sup> May 2024	OPEN DATA / بيانات مفتوحة	Version # (2.0)
Superseded Issue Date: 7 <sup>th</sup> June 2021		Page 27 of 30

 حكومة دبي GOVERNMENT OF DUBAI	<b>Organization Unit:</b>	<b>Health &amp; Safety Department</b>	<b>الوحدة التنظيمية:</b>	 بلدية دبي Dubai Municipality
	<b>Document title:</b>	Technical Guidelines for Health Supplements	<b>اسم الوثيقة:</b>	
	<b>Doc Ref:</b>	DM-HSD-GU29-TGHS2	<b>رمز الوثيقة:</b>	



60	Petasites hybridus	Butterbur	
61	Phyllanthus emblica	Phyllanthus emblica	
62	Phyllanthus niruri	Phyllanthus niruri	
63	Placenta from human or animal source	Placenta from human or animal source	
64	Piper methysticum	kava kava	
65	Pogostemon cablin Benth.	Patchouli	
66	Prunus africana	African pygeum	
67	Rauwolfia serpentina	Indian snakeroot	
68	Rauwolfia vomitoria	Rauwolfia vomitoria	
69	Rauwolscine	Rauwolscine- isoyohimbine	
70	Rhamnus purshiana	Cascara sagrada	
71	Scutellaria lateriflora	American Skullcap	
72	Shilagit	Shilagit	
73	Silver/Nano Silver	Silver/Nano Silver	
74	Tanacetum cinerariaefolium Sch. Bip	Tanacetum cinerariaefolium Sch. Bip	
75	Tanacetum creticum	Tanacetum creticum	
76	Tanacetum vulgare L.	Tansy	
77	Terminalia arjuna	Terminalia arjuna	
78	Trichilia catigua	Catuaba	
79	Undecenoic acid	Undecenoic acid	
80	Valeriana officinalis	Valerian	
81	Withania somnifera	Ashwagandha	

 حكومة دبي GOVERNMENT OF DUBAI	<b>Organization Unit:</b>	<b>Health &amp; Safety Department</b>	<b>الوحدة التنظيمية:</b>	 بلدية دبي Dubai Municipality
	<b>Document title:</b>	Technical Guidelines for Health Supplements	<b>اسم الوثيقة:</b>	
	<b>Doc Ref:</b>	DM-HSD-GU29-TGHS2	<b>رمز الوثيقة:</b>	

### 13.4 Annex 4: Prohibited Claims

Note: The list is not exhaustive and may be revised from time to time when new information is available.

1.	Cardiovascular diseases & disorders incl. hypertension, stroke, cholesterol disorder, reduces cholesterol, et
2.	Dental & Periodontal diseases and disorders
3.	Diseases & disorders of the eye, ear or nose likely to lead to severe impairment, blindness or deafness, cataract, etc.
4.	Diseases of the liver, biliary system or pancreas incl. Hepatitis, fatty liver, liver cirrhosis, hepatitis, etc.
5.	Endocrine diseases & disorders, incl. diabetes, thyroid disorders, thymus disorders, prostatic disease, etc.
6.	Gastrointestinal diseases & disorders incl. ulcers, gastritis, diarrhea, constipation, etc.
7.	Hematological diseases e.g. increases or reduces platelets, etc
8.	Immune disorders & diseases incl. AIDS, allergies, etc.
9.	Immunization e.g. vaccines, protects body against diseases (all types), etc
10.	Infectious diseases, incl. sexually transmitted diseases, bacterial or viral infection, leprosy, etc
11.	Mental diseases, disorder & conditions incl. Substance abuse, addiction, depression, eating disorder, etc.
12.	Metabolic disorders incl. obesity, etc.
13.	Musculoskeletal diseases & diseases of joint, bone, collagen incl. rheumatic diseases, osteoporosis, anti-inflammatory, etc.
14.	Neoplastic disease incl. all types of cancers
15.	Nervous system and neurological disorders incl. epilepsy, fits, paralysis, Alzheimer's disease, dementia, etc.
16.	Physiological processes, enhance or depress, e.g enzyme deficiency, anti-aging, hormonal imbalances, hormone release stimulants, etc.
17.	Renal diseases, diseases of the genitourinary tracts incl. urinary tract infection, symptoms of nephritis, etc.
18.	Respiratory diseases incl. asthma, tuberculosis, etc.
19.	Skin diseases & disorders incl. eczema, fungal infection, ulcers, warts, mole, pigmentation disorder, etc
20.	Reproductive disease, disorders & conditions incl. sexual dysfunction, conception and pregnancy, infertility, menstrual disorders, impotency, frigidity, etc

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	<b>Document title:</b>	Technical Guidelines for Health Supplements	<b>اسم الوثيقة:</b>	
	<b>Doc Ref:</b>	DM-HSD-GU29-TGHS2	<b>رمز الوثيقة:</b>	

### Other Prohibited Claims in Health Supplements

1	Miraculously
2	The only product to use
3	World's best
4	100% safe
5	Guaranteed
6	Other drugs / products cannot compare with it
7	Efficacious/Effective
8	Perpetual youth
9	Anti-aging
10	Longevity
11	Anti-stress (unless qualified)
13	Breast enhancement, enlargement, growth
14	Height growth
15	Enhance intelligence / Increase IQ
16	Memory enhancement
17	Hormone releaser/enhancer/amplifier
18	Regulate hormone
19	Enhancement of sexual organs
20	Sexual powers
21	Arousal, Libido