DIETARY SUPPLEMENT CONTENTS CERTIFICATION PROGRAM

EU GFSI-CERTIFIED FACILITIES CAN NOW ENTER THE NSF FUNCTIONAL FOODS AND CERTIFIED FOR SPORT PROGRAMS

In Europe, NSF International now certifies nutritional supplements and functional food products to ensure they meet the requirements of the NSF Guideline 229 for Functional Foods and Beverages. In the U.S. this guideline applies to functional foods and beverages bearing a nutritional facts panel like protein bars, hydration beverages, energy drinks, and other comparable products. Outside of the U.S., this guideline is designed to apply to nutritional supplement products and functional foods and beverages that are regulated as foods in their local markets. Dietary supplement products manufactured outside the U.S. but destined for export to the U.S. will still need to meet the requirements of NSF/ANSI 173 for Dietary Supplements.

This change creates new opportunity for European brands making supplements or functional foods or beverages, many of which rely upon contract manufacturing facilities which have already complied to benchmarked GFSI food safety standards, to gain entry to NSF's Contents Certified and Certified for Sport® certification programs. Additionally, if a brand's contract manufacturer is not already meeting such a globally recognized food safety standard, it is a more recognized threshold for that contract manufacturer. This better serves brands who until now, have been challenged in meeting the steps required to access advanced levels of product certification.
NSF Certified for Sport® certification has been long sought-after by European brands, as it serves as a globally-recognized conduit to elite sports leagues, associations and athletes.

EXPANDED GATEWAYS TO ADVANCED PRODUCT CERTIFICATION

Advanced product certification programs like Contents Certified and NSF Certified for Sport® certification demonstrate an elevated level of product quality assurance through banned substance screening. This independent, third-party evaluation is especially helpful for companies seeking access to new global markets like China, where a third-party evaluation is actively sought by local regulators prior to allowing a product to be sold in that market. Further, the next levels of NSF's certification program, Contents Certified and NSF Certified for Sport®, offer additional risk mitigation through laboratory testing and verification of product contents.

To qualify for NSF Contents Certified and/or NSF Certified for Sport® certification, manufacturing facilities must hold a valid, current certification to one of the following standards:

- Benchmarked Global Food Safety Initiative (GFSI) food safety standards
  - FSSC22000
  - BRC Global Standard for Food Version 8
  - IFS Food Version 6.1
  - Primus GFS
  - SQF Food Safety Code for Manufacturing
- NSF 229, Section 8
- NSF/ANSI 173, Section 8
- NSF/ANSI 455-2
- NSF Supplier Assurance Food Manufacturing Standard

NSF's GMP registration program extends beyond the GFSI schemes. There are higher level GMPs tied to dietary supplements that can be used in the scheme, so many facilities may already be meeting the more robust requirements of those GMPs.

The certification process includes toxicology and labels review to verify product formulation and marketing claims, testing to identify and quantify functional ingredients declared on the product label, and testing to ensure the product does not contain unsafe levels of contaminants. This allows brands to include the NSF Contents Certified mark on a product label. As an example, NSF Certified for Sport® is an Institute of National Anti-Doping Organisations (INADO) partner. INADO includes member organizations from more than 40 nations across six continents.

Once a dietary supplement or functional food has successfully obtained NSF product certification, the manufacturer's selected production runs are submitted for an athletic banned substance screen. The Certified for Sport® certification is designed for brands marketing their products to athletes to ensure their nutritional products do not contain any of more than 270 banned substances banned by major athletic organizations.

Benefits of this level of recognition include:

- Independent accredited product certification
- Expanded market opportunities
- Access to pro and elite athletes and influencers

PUBLIC HEALTH AND SAFETY STANDARDS

A notable change for some contract manufacturers pertains to the presence – or, more accurately, absence – of athletically banned substances within their facility. Having appropriate contract manufacturer GMPs in place means a brand mitigates risk through audited and documented supplier review and incoming raw material review, placing that brand in a better position to avoid having a banned substance coming into a facility. It also allows brands to rise to the growing quality assurance push in the European market around banned substances

NSF International's technical team evaluated all these standards against its existing requirements under 229 and 173 and completed a gap analysis to determine the main components necessary in a food safety environment.

Any safety and quality assurance gaps which were identified in this technical evaluation were determined to have been mitigated by the next steps in this process such as label review, toxicology review, and finished product testing. This certification program has been designed to address those specific components, recognizing that manufacturers may not have raw material ID testing and finished product ID testing built into their quality management system, and therefore will test, certify and verify that products meet those finished product specifications.

To learn more about NSF International's GMP program and NSF Certified for Sport® certification, contact Martin Krainz at +49-1516237-1724, or mkrainz@nsf.org.

About NSF International

NSF International (nsf.org) is an independent, global organization that facilitates standards development, and tests and certifies products for the health sciences, food, water and consumer goods industries to minimize adverse health effects and protect the environment. Founded in 1944, NSF is committed to protecting human health and safety worldwide. With operations in more than 175 countries, NSF International is a Pan American Health Organization/World Health Organization (WHO) Collaborating Center on Food Safety, Water Quality and Indoor Environment.

NSF's health sciences services include training and education, consulting, regulatory guidance, corporate compliance and, separately, auditing, GMP and GLP analytical testing, certification and R&D for the pharma biotech, medical device, dietary supplement and bottled water/beverage industries throughout the product lifecycle. NSF facilitated the development of the only American National Standard (NSF/ANSI 173) that verifies the health and safety of dietary supplements and also tests and certifies products to this standard.