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## Food with Nutrient Function Claims (FNFC)

FNFC refers to all food that is labeled with the nutrient function claims specified by the MHLW.

The standards and specifications for indication of nutritional function have been so far established for 17 ingredients (12 vitamins and 5 minerals).

These foods may be freely manufactured and distributed without any permission from or notification to the national government, provided that it meets the established standards and specifications.

### Standards and Specifications

- Amount of nutritional ingredient in the recommended daily intake of the product must be within the specified range.
- Not only the nutrient function claims but also the warning indications must be displayed. .

Nutritional Ingredient	Specified Range of nutritional ingredient of the advisable daily intake	Function Claims	Warning Indication
Niacin	3.3 ~ 60 mg	helps to maintain skin and mucosa healthy.	Increased intake of this product will not result in curing diseases nor promoting health. Please comply with the advisable daily intake.
Pantothenic acid	1.65 ~ 30 mg	helps to maintain skin and mucosa healthy.	
Biotin	14 ~ 500 µg	helps to maintain skin and mucosa healthy.	
Vitamin A	135 ~ 600 µg	helps to maintain vision in the dark, and helps to maintain skin and mucosa healthy.	Increased intake of this product will not result in curing diseases nor promoting health. Please comply with the advisable daily intake. Women within the third months of pregnancy or women considering to be pregnant should be careful of over consumption.
Vitamin B1	0.30 ~ 25 mg	helps to produce the energy from carbohydrate and to maintain skin and mucosa healthy.	Increased intake of this product will not result in curing diseases nor promoting health. Please comply with the advisable daily intake.
Vitamin B2	0.33 ~ 12 mg	helps to maintain skin and mucosa healthy.	
Vitamin B6	0.3 ~ 25 mg	helps to produce the energy from protein and to maintain skin and mucosa healthy.	

Vitamin B12	0.60 ~ 60 µg	aids in the red blood cell formation.	
Vitamin C	24 ~ 1000 mg	helps to maintain skin and mucosa healthy and has anti-oxidizing effect.	
Vitamin D	1.5 ~ 5.0 µg	promotes to absorb calcium in gut intestine and aids in the growth of bone.	
Vitamin E	2.4 ~ 150 mg	helps to protect fat in the body from being oxidized and to maintain the cell health.	
Folic acid	60 ~ 200 µg	aids in the red blood cell formation, and contributes the normal growth of the fetus.	Increased intake of this product will not result in curing diseases nor promoting health. Please comply with the advisable daily intake. This product helps normal development of fetus, but increased intake of this product will not result in better development of fetus.
Zinc	2.1 ~ 25 mg	necessary nutrient to maintain normal taste and helps to maintain healthy skin and mucous membranes. It is involved in the metabolism of protein and nucleic acids and is helpful in maintaining health.	Increased intake of this product will not result in curing diseases nor promoting health. Too much intake of zinc might inhibit absorption of copper. Please comply with the advisable daily intake. Infants and young children should avoid use of this product.
Calcium	210 ~ 600 mg	necessary in the development of bone and teeth.	Increased intake of this product will not result in curing diseases nor promoting health. Please comply with the advisable daily intake.
Iron	2.25 ~ 10 mg	necessary in the red blood cell formation.	
Copper	0.18 ~ 6 mg	helps to form red blood cells and helps proper function of many body enzymes and bone formation.	Increased intake of this product will not result in curing diseases nor promoting health. Please comply with the advisable daily intake. Infants and young children should avoid use of this product.
Magnesium	75 ~ 300 mg	necessary in the development of bone and teeth, maintain proper blood circulation, and helps proper function of many body enzymes and energy generation.	Increased intake of this product will not result in curing diseases nor promoting health. Increased intake might cause diarrhea. Please comply with the advisable daily intake. Infants and young children should avoid use of this product.

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