

SURVEY OF METALS AND OTHER ELEMENTS IN DIETARY SUPPLEMENTS

Summary

The Food Standards Agency has conducted a survey of thirteen elements in dietary supplements. Two hundred samples were analysed for aluminium, arsenic, cadmium, chromium, copper, iron, lead, manganese, mercury, nickel, selenium, thallium and zinc.

The aim of the study was to provide up-to-date information on the levels of metals and other elements in a range of the available products and to identify any food safety concerns.

The key facts of this survey are:

- Two hundred dietary supplements were purchased from a variety of supermarkets, pharmacies and health stores in England, Scotland, Wales and Northern Ireland, as well as from mail order and Internet companies, including non-UK companies.
- All samples were analysed for aluminium, arsenic, cadmium, chromium, copper, iron, lead, manganese, mercury, nickel, selenium, thallium and zinc.
- A number of products contain levels of iron, manganese and zinc, which are above those recommended by the Expert Group on Vitamins and Minerals (EVM). Excessive doses of these products could be harmful to some people.

Background

Metals and other elements can be present in food adventitiously as a result of human activity or from natural sources. Previous investigations have shown that some dietary supplements can contain elevated concentrations of metals and other elements¹. Samples for the last survey that analysed dietary supplements for metals and other elements were collected over seven years ago. During this time legislation has changed and the variety of products available to the consumer has greatly increased.

It is important that up-to-date information on the levels of metals and other elements in the dietary supplements consumed in the UK is obtained in order to assess whether there is any risk to consumers from their consumption.

The term 'food supplements' is applied to foodstuffs that supplement the normal diet and which are concentrated sources of nutrients or other substances with a nutritional or physiological effect. They are usually marketed in dose form usually as capsules.

There are no specific regulations for metals in dietary supplements although supplements not containing products of marine origin are subject to the general limit for arsenic of one milligram per kilogram (1 mg/kg), set by The Arsenic in Food Regulations². In addition, there is a maximum level for mercury of 0.5 mg/kg in fishery products, set by Commission Regulation 466/2001³ (as amended) setting maximum limits for certain contaminants in foodstuffs.

This survey sampled and analysed two hundred samples of dietary supplements for aluminium, arsenic, cadmium, chromium, copper, iron, lead, manganese, mercury, nickel, selenium, thallium and zinc. Samples were obtained during July – September 2004 by Ventress Technical Services Limited and analysed by the Laboratory of the Government Chemist (LGC). The survey did not include any supplements thought to be for specific medicinal purposes or classified as a medicine.

Brand names

In accordance with the Food Standards Agency policy for the release of brand names when reporting the results of food chemical surveillance, details about the individual samples are given in Annex 1. It should be noted that the absence of any particular brand from this survey means only that the brand was not included in the survey. It was not possible to sample all dietary supplement brands. No further meaning should be read into the absence of any brand from this Food Survey Information Sheet.

Methodology

Sampling

Ventress Technical Services Ltd collected two hundred dietary supplements from a variety of supermarkets, pharmacies and health stores in England (117 samples), Scotland (18 samples), Wales (20 samples) and Northern Ireland (26 samples), as well as from mail order and internet companies (19 samples), including non-UK companies.

Samples included supplements of single vitamins (8), multivitamins (including children's formulations) (18), minerals (18), calcium/calcium combinations (8), iron (10), zinc (8), antioxidants (10), combination fish oils (9), other marine-based products, (8), bee products (11), glucosamine (8), ginkgo/echinacea (15), ginseng (15), garlic (10) and other plant based products (26), plant based oils (15), and animal oils (3). The choice of samples aimed to reflect both market share as well as the range of products available.

The product description, pack size, country of origin, recommended dosage, manufacturers contact information, manufacturing code details (shelf life and batch codes) and retailer information was recorded for each sample and is summarised in Annex 2 and presented in full in the contractors report⁴.

Analysis

The average weight of each tablet/capsule was established based on the average mass of twenty tablets/capsules (or less if unavailable).

Homogenisation of the dietary supplements was dependent on matrix. Oil capsules were digested whole, liquids and powders were sub sampled after thorough mixing, and tablets crushed in a pestle & mortar using, where possible, ten tablets. Efforts were made in all

cases to ensure approximately 0.7 g of sample underwent wet oxidation. Full details of the analysis can be found in the contractors report⁵.

Samples were digested (both contents and casings if in capsule form) by LGC using concentrated nitric, hydrofluoric acid and hydrogen peroxide. Oxidation was carried out in heavy-duty vessels using a high-pressure microwave digestion unit. The sample digests were then made up to 100 g using distilled water. The resultant solutions were used for elemental determination. Metals were determined by Inductively Coupled Plasma Mass Spectrometry (ICP-MS). Quantification of the concentrations of elements in the sample digest solutions were made by direct comparison against matrix matched external standard solution calibrants, traceable to the National Institute of Standards and Technology. LGC are UKAS (United Kingdom Accreditation Service) accredited for the analysis of trace elements in foods.

Quality Control

Samples were digested in batches of ten. A sample blank and certified reference material were included in every batch. In addition approximately ten percent (10 %) of the samples were digested in duplicate and a number of blank and sample spike recoveries were performed. ICP-MS check standards and Aquacheck solutions (from the Water Research Council) were also analysed simultaneously with the sample digests. Samples exceeding agreed 'action levels' were reanalysed to confirm the result. Limits of detection (LOD), the concentration below which an element cannot be accurately measured, for each element are shown in Table 1.

Estimation of Dietary Exposures

Table 2 summarises the analytical data for all samples, showing the minimum, maximum and average values for each element measured. Intake assessments are presented for those supplements that provide the greatest intake of a particular element based on the recommended dose. This is not necessarily the product with the highest concentration of an element. In order to identify any food safety issues, adult daily doses have been compared to the relevant intake recommendation and are represented as a percentage of this. This calculation was based on an average adult body weight of 70.1 kg⁶. Liquid formulations and powdered products were not included in this risk assessment as the specified dose was not quantifiable (for example, 'one drop'). Therefore, no estimated dose is stated for these products.

Table 3 summarises the information for products specifically marketed for children or that provide recommended doses for children. Risk assessment calculations were based on an average 7 to 10 year-old body weight of 30.9 kg⁷.

Since this method of intake assessment uses the highest levels found in the survey rather than the average for each element, it represents a conservative i.e. worse case assessment. However, unlike many foods, it would be expected that consumers of dietary supplements might use a single brand of supplement routinely over an extended period and therefore such an assessment could accurately reflect the intakes of particular consumers.

In line with the FSA's procedures for conducting and reporting technical surveys, manufacturers of samples containing high or unusual levels were notified of the results of the analysis and risk assessment and invited to comment. To put these results into context the food safety risk posed by the levels found, the number of tablets required before reaching the safety limit was calculated. **[Statements of response can be found in Annex 3]**

Results

The results of the analysis are summarised in Table 2 and given in full in Annex 1. Measurement uncertainties are included in the contractors' report⁵.

Dose estimates

The dosage specified for each product varied widely between the samples. The highest dose found was up to nine tablets/capsules a day (recommended for adults). Intake calculations using the specified dosage showed that for some elements measured, the product containing the highest level of the element on a milligram per kilogram basis did not necessarily provide the highest intake. The results for individual elements are discussed below.

Arsenic

Five samples (2.5 %) contained arsenic levels above 1 mg/kg, which is the general limit for arsenic in food set by The Arsenic in Food Regulations². All of these samples were considered to contain fish or edible seaweed and are therefore excluded from the Regulation. Manufacturers of these products were notified of the levels for information.

The highest arsenic level found was calculated to contribute an intake of up to 23 % of the Joint FAO/WHO Expert Committee on Food Additives (JECFA) Provisional Tolerable Weekly Intake (PTWI) (daily equivalent) for inorganic arsenic (Table 2). The highest level found in the children's supplements contributed 4 % of the JECFA PTWI for inorganic arsenic (Table 3). The Committee on Toxicity of Chemicals in Food, Consumer Products and the Environment (COT) has advised that the JECFA PTWI for inorganic arsenic needs to be reviewed in light of new evidence on the carcinogenicity. However, since total arsenic (inorganic arsenic and the less toxic organic arsenic species) was measured in this survey, comparison with the PTWI is considered to be very conservative as it would be expected that the majority of the arsenic measured in the samples would be organic.

Lead

Ten products (5 %) contained lead concentrations above 1 mg/kg. Although the highest dose for adults and children contributed only 8 % of the JECFA PTWI (daily equivalent) for lead⁸, the levels were considered high in comparison to other samples tested and therefore manufacturers were notified. The COT considered that because it has not been possible to identify a threshold for the effects of lead, efforts should continue to reduce exposure from all sources⁹.

Mercury

All levels of mercury were below the maximum permissible level for mercury of 0.5 mg/kg in fishery products, set by Commission Regulation 466/2001 (as amended)³.

The intake calculated from the highest level of mercury measured contributed only 12 % of the JECFA PTWI (daily equivalent) for mercury (Table 2)¹⁰. The level used in this calculation was considered high in comparison to the other samples included in this survey. Twenty-one tablets would need to be consumed daily, in addition to the rest of the diet, to reach the PTWI. The manufacturer was notified of the level for information. The highest level found in the children's supplements contributed only 3 % of the PTWI (Table 3).

Aluminium, cadmium and thallium

The highest levels of aluminium and cadmium measured in this survey were found to contribute an intake of less than 10 % of the relevant adult daily safety levels (Table 2). Similar contributions were calculated for children's products (Table 3). Levels of thallium found were extremely small.

Chromium, copper, iron, manganese, nickel, selenium, and zinc

Chromium, copper, iron, manganese, nickel, selenium and zinc are considered essential to human health and therefore found in some of the supplements.

Adult intakes for chromium and copper were estimated to be 6 % or less of the relevant safety level.

The Expert Committee on Vitamins and Minerals (EVM) provides a guide of 17 mg of supplementary iron per adult per day, which would not be expected to produce adverse effects in the majority of people¹¹. A supplementary intake of up to 4 mg of manganese per day would be unlikely to produce adverse effects in the general population, whereas up to 0.5 mg of manganese per day would be unlikely to produce adverse effects in older people¹¹. A number of products contained levels of iron and manganese above those recommended by the EVM.

The highest nickel levels found in this survey contributed up to 30 % of the World Health Organisation Tolerable Daily Intake (TDI)¹². The EVM considered that 0.26 mg of nickel per adult per day would not be expected to have effects in non-sensitised individuals (the highest level recorded per dose in this survey was 0.1 mg/kg)¹¹. Selenium levels found in this survey contributed up to 46 % of the EVM Safe Upper Level¹¹. For a number of products, Zinc levels exceeded the EVM Safe Upper Level of 25 mg per day for supplements¹¹.

Contributions of these elements from children's supplements to their exposure were much lower.

Conclusions

Some products contained levels of iron, manganese and zinc, which are above those recommended by the Expert Group on Vitamins and Minerals (EVM).

High doses of iron could cause symptoms including constipation, nausea, vomiting and stomach pain. Taking high doses of manganese for long periods of time could cause nerve damage and neurological symptoms such as fatigue and depression. High doses of zinc could reduce the amount of copper the body can absorb. This can lead to anaemia and to weakening of bones.

Following publication of the EVM report in May 2003 the Agency and industry agreed a series of advisory statements for high single dose products in order to protect consumers by alerting them to the potential for adverse effects, and enable them to make informed choices. Sampling for this survey was undertaken soon after advisory statements were agreed in 2004 and therefore, not all products carried these labels. Manufactures whose products at the doses recommended in the label, gave intakes above the EVM recommended daily dose (table 4) were asked to confirm whether their product labels now contain an advisory statement. [**Statements of response can be found in Annex 4**]. The Agency will be conducting a survey early next year to establish the extent to which advisory statements are being used by the industry post-May 2004 when these were agreed.

References

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Further Information

The final report of this survey is held in the library and information service at the Food Standards Agency. If you would like to consult or receive a copy, please contact:

Library and Information Centre
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Table 1: Limits of detection for metals in dietary supplements

Metal	Limit of Detection¹ (mg/kg)
Aluminium	0.033
Arsenic	0.006
Cadmium	0.001
Chromium	0.015
Copper	0.016
Iron	0.072
Lead	0.002
Manganese	0.012
Mercury	0.003
Nickel	0.005
Selenium	0.009
Thallium	0.001
Zinc	0.057

¹ Values shown are based on the sample weight of 0.67 g, which was the average weight of Dietary Supplement capsule/Tablet/Liquid digested.

Table 2: Concentrations and intakes of elements from dietary supplements for adults

Element ¹	Summary of all samples (mg/kg)			Highest daily intakes per recommended dose per person (mg) ³	Percentage relevant safety level ⁴
	Minimum	Maximum	Mean ²		
Aluminium ⁽¹³⁾	<0.033	3170	187	6	9
Arsenic ⁽¹⁴⁾	<0.006	21	0.3	0.03	23
Cadmium ⁽¹⁵⁾	<0.001	0.6	0.06	0.003	4
Chromium ⁽¹¹⁾	<0.015	317	6	0.3	3
Copper ⁽¹⁶⁾	<0.016	3660	91	2	6
Iron ⁽¹¹⁾	<0.072	54279	2118	31	182
Lead ⁽¹⁷⁾	<0.002	3.6	0.3	0.02	8
Manganese ⁽¹¹⁾	<0.012	37468	307	27	670 (adult) – 5380 (elderly)
Mercury ⁽¹⁸⁾	<0.003	0.4	0.01	0.002	12
Nickel ⁽¹²⁾	<0.005	32	3	0.1	30
Selenium ⁽¹¹⁾	<0.009	377	6	0.2	46
Thallium	<0.001	0.6	0.01	0.0005	N/A
Zinc ⁽²⁰⁾	<0.057	59917	2244	50	200

¹ Bracketed figures relate to the publication reference of the safety level listed in the reference section of this Information Sheet.

² All mean values were calculated assuming that individual results below the limit of detection (LOD) were equal to the LOD i.e. upper-bound means were calculated.

³ Intakes based on highest levels recorded per day when individual tablet weight and adult dose are taken into account.

⁴ Calculated using an average adult bodyweight of 70.1 kg. N/A = no relevant safety level available

'<' indicates value below the limit of detection.

Figures have been rounded as appropriate.

Table 3: Concentrations and intakes of elements from dietary supplements for children

Element ¹	Summary of all samples (mg/kg) ²			Highest daily intakes per recommended dose per person (mg) ⁴	Percentage relevant safety level ⁵
	Minimum	Maximum	Mean ³		
Aluminium ⁽¹³⁾	<0.033	889	58	3.1	10
Arsenic ⁽¹⁴⁾	<0.006	0.7	0.08	0.003	4
Cadmium ⁽¹⁵⁾	<0.001	0.1	0.01	0.001	5
Chromium ⁽¹¹⁾	<0.015	3.2	0.4	0.03	1
Copper ⁽¹⁶⁾	<0.016	324	15	0.6	4
Iron ⁽¹¹⁾	<0.072	7901	697	7.9	N/A
Lead ⁽¹⁷⁾	<0.002	0.5	0.06	0.009	8
Manganese ⁽¹¹⁾	<0.012	452	28	1.0	N/A
Mercury ⁽¹⁸⁾	<0.003	0.03	0.005	0.0002	3
Nickel ⁽¹²⁾	<0.005	7.6	0.7	0.02	14
Selenium ⁽¹¹⁾	<0.009	6.5	0.3	0.01	5
Thallium	<0.001	0.05	0.005	0.0003	N/A
Zinc ⁽²⁰⁾	<0.057	6976	725	6.0	46

¹ Bracketed figures relate to the publication reference of the safety level listed in the reference section of this Information Sheet.

² Includes only those products specifically marketed for children or those providing a recommended dose for children.

³ All mean values were calculated assuming that individual results below the limit of detection (LOD) were equal to the LOD i.e. upper-bound means were calculated.

⁴ Intakes based on highest levels recorded per day when individual tablet weight and child dose are taken into account.

⁵ Calculated using an average 7 – 10 year old bodyweight of 30.9 kg. N/A = no relevant safety level available

'<' indicates value below the limit of detection.

Figures have been rounded as appropriate.

Table 4: Products exceeding the EVM recommended daily dose (mg).

Name of product and Manufacturer ¹	Intakes (mg/day) (EVM recommended daily amounts are in brackets).		
	Iron (>20 mg)	Zinc (>25 mg)	Manganese (>4 mg)
Glucosamine & Chondroitin Asda			4.7
Iron Complex Galens Choice	26.7		
Balanced iron bisglycinate Health Aid	27.5 ²		
Zinc, Maganesium, B6 Musashi ZMA+			5.2
Manganese Nature's Life			26.8
Multiple mineral with whole foods Nature's Plus Ultra Mins	31.0	49.9	9.9
Chelated iron Solgar	27.8 ²		
Ferroglobin B12 Vitabiotics	22.9		

¹ Full details of product in Annex 2

² Labels will contain advisory statement, see response from the manufacturer at Annex 4

Following the publication of the EVM report in May 2003 it was agreed by the FSA Board that where supplement products were recommending doses higher than the levels agreed by the EVM the Agency should take forward discussions with industry on reformulation and /or advisory label statements. The FSA advice to industry was published in May 2004. The products used in this survey were sampled between July and September 2004, given that this took place shortly after the publication of the FSA advice it is unlikely that such advisory statements would have been in place for these products. The FSA will nevertheless be carrying out a survey early in 2006 to determine the extent to which advisory statements are being used by the industry.

Annex 1: Results for individual samples of dietary supplements

Codes in bold indicate supplements specifically marketed for children or products providing a recommended child dose.

Highlighted values indicate the amount of each metal (in micrograms) that will be ingested when taking the maximum recommended dose of each dietary supplement.

'<' = Value was below the limit of detection.

Additional information has been added in brackets to the product description to assist with identification of the active ingredient.

Products have been classified to assist data analysis and may not reflect the actual description of the product.

Sample Code	Product as described	Brand	Dose (tablets/day)	Concentration in Sample (mg/kg)												
				Amount of metal per maximum recommended dose (micrograms)												
				Al (0.033)	As (0.006)	Cd (0.001)	Cr (0.015)	Cu (0.016)	Fe (0.072)	Pb (0.002)	Mn (0.012)	Hg (0.003)	Ni (0.005)	Se (0.009)	Tl (0.001)	Zn (0.057)
Multivitamin																
10394	Soft & Chewy Multivitamins	Bassett's	1	1.07	<0.006	<0.001	0.12	0.15	4.39	0.03	0.32	<0.003	0.37	<0.009	<0.001	1.08
				2.62	0.015	0.002	0.29	0.37	10.73	0.08	0.78	0.007	0.90	0.02	0.002	2.64
10399	Pregnancy Vitamins	Clearblue	1	40.71	0.25	0.02	2.62	0.36	3099.28	0.35	22.53	<0.003	2.36	0.09	0.01	4422.35
				37.83	0.228	0.017	2.43	0.33	2880.16	0.33	20.94	0.003	2.19	0.08	0.010	4109.69
10413	Multivitamin and Mineral Tablets	EuRho	1	422.51	0.15	0.34	49.24	679.92	4622.64	0.19	1513.36	0.01	6.16	30.71	0.11	3689.55
				576.14	0.199	0.466	67.15	927.14	6303.43	0.26	2063.61	0.008	8.40	41.88	0.156	5031.07
10385	Multivitamins & Iron	Healthilife	1	133.07	0.37	0.02	106.64	5.06	44260.59	0.28	205.28	0.02	13.34	0.06	<0.001	51.37
				51.80	0.142	0.008	41.52	1.97	17230.65	0.11	79.92	0.008	5.19	0.02	0.000	20.00
10362	Multibionta Probiotic Multivitamin	Seven Seas	1	41.26	0.03	0.07	23.58	0.11	16118.15	0.23	1872.55	<0.003	2.97	27.94	0.13	13200.22
				43.42	0.031	0.071	24.82	0.12	16962.75	0.25	1970.68	0.003	3.12	29.40	0.133	13891.91
10402	Gold A to Z	Sanatogen	1	159.77	0.29	0.32	21.35	1373.03	10296.24	0.27	1718.15	<0.003	10.60	20.89	0.04	11568.90
				247.12	0.442	0.494	33.02	2123.66	15925.19	0.41	2657.46	0.005	16.39	32.31	0.059	17893.62
10331	Vital 50+	Sanatogen	1	32.18	0.03	0.00	0.58	276.98	6853.76	0.06	13.69	<0.003	1.19	<0.009	0.01	7.53
				24.82	0.021	0.004	0.44	213.63	5286.30	0.05	10.56	0.002	0.92	0.01	0.009	5.81
10414	Multivitamins	Tesco	1	43.91	0.04	0.04	0.44	0.80	273.74	0.06	23.81	<0.003	2.18	0.02	<0.001	2.12
				14.37	0.014	0.014	0.14	0.26	89.60	0.02	7.79	0.001	0.71	0.01	0.000	0.69
Childrens Multivitamins																
10277	30 Squidgy a,c,d and e Jellies	Asda	1	3.46	<0.006	<0.001	0.08	0.23	1.67	0.01	0.03	0.00	0.09	<0.009	0.01	1.39
				6.41	0.011	0.002	0.15	0.43	3.08	0.02	0.05	0.008	0.17	<0.02	0.024	2.58
10315	Soft & Chewy Vitamins A, C, D & E	Bassett's	1	0.68	<0.006	<0.001	0.27	0.06	4.61	0.01	0.08	<0.003	0.15	<0.009	<0.001	0.91
				1.19	0.010	0.002	0.47	0.10	8.02	0.01	0.13	0.005	0.26	0.02	0.002	1.58
10323	Kidz - A complete daily multivitamin with minerals for children	Centrum	1	156.60	<0.006	0.00	0.42	323.94	2312.96	0.02	452.33	0.01	0.48	6.52	<0.001	185.81
				297.56	0.011	0.004	0.79	615.53	4394.86	0.04	859.48	0.025	0.92	12.39	0.002	353.06
10319	Sugar Free - Orange Flavour	Haliborange		<0.033	<0.006	<0.001	<0.015	<0.016	<0.072	<0.002	<0.012	<0.003	<0.005	<0.009	<0.001	<0.057
10345	Junior Time Multivitamins Plus	Kordel's	1	8.46	0.08	0.00	0.15	2.19	8.25	0.03	6.56	<0.003	0.22	0.01	0.00	75.47
				8.47	0.078	0.004	0.15	2.19	8.26	0.03	6.57	0.003	0.22	0.01	0.002	75.53

Sample Code	Product as described	Brand	Dose (tablets/day)	Concentration in Sample (mg/kg)												
				Amount of metal per maximum recommended dose (micrograms)												
				Al (0.033)	As (0.006)	Cd (0.001)	Cr (0.015)	Cu (0.016)	Fe (0.072)	Pb (0.002)	Mn (0.012)	Hg (0.003)	Ni (0.005)	Se (0.009)	Tl (0.001)	Zn (0.057)
10344	Children's Multinutrient	Lifeplan	1	59.42	0.33	0.09	0.94	0.30	1919.85	0.09	11.74	0.01	2.34	0.01	0.00	1205.53
				8.47	0.078	0.004	0.15	2.19	8.26	0.03	6.57	0.003	0.22	0.01	0.002	75.53
10374	Vits for Kids	Principle Healthcare	1	1.61	<0.006	<0.001	0.09	0.20	1.50	0.01	0.02	0.00	0.06	<0.009	<0.001	0.30
				3.01	0.011	0.002	0.16	0.38	2.80	0.01	0.03	0.006	0.11	0.02	0.002	0.56
10320	Sugar Free - Baby - Orange Flavour	Sanatogen		1.99	0.01	<0.001	0.14	<0.016	0.31	0.00	<0.012	<0.003	0.48	<0.009	<0.001	0.06
10247	Chewable Multi Vitamins & Iron	SuperTed	1	6.62	0.01	0.00	1.61	0.04	7901.34	0.02	27.39	0.03	1.42	<0.009	<0.001	0.89
				6.60	0.014	0.001	1.60	0.04	7876.05	0.02	27.30	0.034	1.41	0.01	0.001	0.89
10268	Children's Chewable Multivitamins & Minerals	Tesco	1	0.22	<0.006	0.00	0.20	0.27	2221.18	0.15	5.49	<0.003	0.18	<0.009	0.05	5987.41
				0.22	0.006	0.005	0.20	0.27	2206.96	0.15	5.46	0.003	0.18	0.01	0.053	5949.09
Single Vitamin																
10313	Vitamin B Complex Supreme	HealthAid	1	2.79	<0.006	<0.001	1.13	0.02	2689.63	0.01	1.14	0.01	0.35	0.02	<0.001	1.03
				1.33	0.003	0.000	0.54	0.01	1283.76	0.00	0.55	0.005	0.16	0.01	0.000	0.49
10388	Vitamin C & Propolis & Zinc	First Nutrition	1	12.69	0.03	0.01	0.27	0.84	60.65	0.24	0.36	<0.003	0.27	<0.009	<0.001	4541.66
				12.66	0.028	0.008	0.27	0.84	60.50	0.24	0.35	0.003	0.27	0.01	0.001	4530.76
10249	High Strength Effervescent Vitamin C	Sainsbury's	1	1.50	0.02	<0.001	0.05	0.93	7.23	<0.002	0.20	<0.003	0.05	<0.009	<0.001	0.34
				6.61	0.069	0.004	0.24	4.10	31.91	0.01	0.87	0.013	0.22	0.04	0.004	1.49
10387	Vitamin D	Nature's Plus	1	4.59	0.01	0.00	1.33	0.36	17.51	0.42	0.28	0.01	0.25	0.06	<0.001	4.84
				2.16	0.004	0.002	0.62	0.17	8.24	0.20	0.13	0.003	0.12	0.03	0.000	2.28
10255	Vitamin E	Healthspan	1	6.79	0.02	<0.001	0.10	0.14	1.02	0.01	0.07	<0.003	0.16	<0.009	<0.001	0.80
				4.06	0.011	0.001	0.06	0.08	0.61	0.00	0.04	0.002	0.10	0.01	0.001	0.48
10393	Vitamin E	Seven Seas	1	3.95	0.01	<0.001	0.54	0.07	3.06	0.00	0.07	<0.003	0.17	<0.009	0.00	0.18
				2.33	0.004	0.001	0.32	0.04	1.80	0.00	0.04	0.002	0.10	0.01	0.001	0.11
10253	Vitamin E	Somerfield	1	3.84	<0.006	0.00	0.06	0.11	0.66	0.02	<0.012	<0.003	0.02	0.03	<0.001	1.18
				1.48	0.002	0.001	0.02	0.04	0.25	0.01	0.00	0.001	0.01	0.01	0.000	0.46
10308	Natural Brewer's Yeast	Phillips	9	21.13	0.08	0.02	0.23	10.26	59.49	0.05	4.86	<0.003	1.28	0.08	<0.001	30.78
				62.54	0.224	0.050	0.69	30.38	176.10	0.14	14.40	0.009	3.80	0.23	0.003	91.12
Minerals																
10425	Chelated Boron	Puritan's Pride	1	50.00	0.09	0.01	0.62	0.41	93.95	0.01	2.45	<0.003	1.96	0.03	<0.001	1.94
				15.80	0.027	0.004	0.20	0.13	29.69	0.00	0.77	0.001	0.62	0.01	0.000	0.61
10406	High Strength Chromium Picolinate	Kordel's	1	65.41	0.15	0.01	316.86	2.72	49.91	0.11	25.05	0.01	0.45	0.06	<0.001	19.90
				47.43	0.108	0.006	229.75	1.97	36.19	0.08	18.16	0.006	0.33	0.04	0.001	14.43
10424	Chelated Copper	Puritan's Pride	1	110.98	0.22	0.03	1.51	3659.99	212.14	0.05	5.61	0.00	5.62	0.02	<0.001	3.75
				68.58	0.138	0.017	0.94	2261.88	131.10	0.03	3.47	0.003	3.47	0.01	0.001	2.32
10333	Dolomite	G & G	6	283.53	0.33	0.10	1.64	3.01	868.54	0.80	94.26	0.00	8.46	0.02	0.01	23.29
				1072.07	1.267	0.365	6.22	11.39	3284.13	3.04	356.41	0.016	31.98	0.06	0.032	88.05
10311	Liquid Iodine	Trophic		<0.033	0.01	<0.001	<0.015	0.03	<0.072	<0.002	<0.012	<0.003	<0.005	<0.009	<0.001	3.02

Sample Code	Product as described	Brand	Dose (tablets/day)	Concentration in Sample (mg/kg)												
				Amount of metal per maximum recommended dose (micrograms)												
				Al (0.033)	As (0.006)	Cd (0.001)	Cr (0.015)	Cu (0.016)	Fe (0.072)	Pb (0.002)	Mn (0.012)	Hg (0.003)	Ni (0.005)	Se (0.009)	Tl (0.001)	Zn (0.057)
10263	Magnesium	Holland & Barrett	1	6.38	0.01	0.01	2.36	4.81	51.09	0.05	8.10	<0.003	1.39	0.05	<0.001	0.44
				4.27	0.007	0.005	1.58	3.22	34.20	0.03	5.42	0.002	0.93	0.03	0.001	0.30
10432	Manganese	Nature's Life	1	7.53	0.03	0.13	44.48	5.64	33.91	0.02	37467.85	<0.003	1.35	0.13	<0.001	12.78
				5.38	0.020	0.091	31.79	4.03	24.23	0.01	26778.27	0.002	0.96	0.09	0.001	9.14
10401	Molybdenum Ascorbate	BioCare Nutrisorb		0.12	0.13	0.00	<0.015	<0.016	<0.072	<0.002	0.12	0.01	<0.005	0.02	<0.001	0.13
10301	Potassium	Nature's Plus Dyno-Mins	1	634.24	0.03	0.05	3.22	6.70	266.68	0.04	26.11	<0.003	3.44	0.82	0.01	85.78
				815.44	0.033	0.062	4.14	8.61	342.87	0.05	33.58	0.004	4.42	1.06	0.008	110.29
10281	Selenium	Solgar	1	146.40	0.04	0.02	2.02	0.23	212.01	0.04	5.88	<0.003	10.92	377.02	<0.001	3.07
				74.99	0.021	0.010	1.03	0.12	108.59	0.02	3.01	0.002	5.59	193.11	0.001	1.57
10395	Selenium-ACE	Wassen	1	44.27	0.14	0.05	1.64	3.10	2072.96	0.01	11.17	<0.003	1.23	203.73	<0.001	32.23
				21.16	0.068	0.026	0.78	1.48	990.67	0.00	5.34	0.001	0.59	97.36	0.000	15.40
10403	Original Silicea For Oral Use	Hubner		21.17	0.01	0.00	0.18	<0.016	6.92	0.05	0.04	<0.003	0.02	<0.009	<0.001	0.24
10441	Ultra Colloidal Silver	Source Naturals		0.46	<0.006	0.00	<0.015	<0.016	<0.072	0.01	<0.012	<0.003	0.26	<0.009	0.00	0.52
10310	Strontium Support - Strontium (II) Citrate	Advanced Series	3	17.82	0.02	0.00	1.15	1.83	18.05	1.33	2.05	<0.003	0.80	<0.009	0.03	13.37
				44.19	0.042	0.008	2.86	4.53	44.75	3.30	5.08	0.007	1.98	0.02	0.072	33.16
10417	SupaSulf MSM Bio Available Sulphur	Nutri Labs		<0.033	<0.006	<0.001	<0.015	1.48	<0.072	<0.002	<0.012	<0.003	<0.005	<0.009	<0.001	1.40
10442	Zinc, Magnesium, Vitamin B6	Musashi ZMA+	4	96.37	0.30	0.24	1.34	2.13	122.26	0.12	1731.80	0.02	3.64	0.05	0.03	5955.05
				288.99	0.892	0.708	4.00	6.40	366.63	0.35	5193.33	0.074	10.92	0.16	0.078	17858.01
10439	Multi-Trace Minerals	Nature's Plus Trace-Mins	1	842.14	0.14	0.02	0.89	0.76	288.86	0.14	3.65	<0.003	3.57	0.03	<0.001	0.78
				777.30	0.125	0.015	0.83	0.71	266.62	0.13	3.37	0.003	3.29	0.02	0.001	0.72
10440	Multiple Mineral with Whole Foods	Nature's Plus Ultra-Mins	2	390.98	0.09	0.12	23.81	0.56	5766.91	0.27	1841.87	<0.003	11.38	8.19	0.00	9301.45
				2099.58	0.474	0.624	127.86	3.00	30968.29	1.45	9890.83	0.016	61.12	43.95	0.011	49948.79
Calcium																
10408	Calcium with Vitamins & Iron	Calcia	3	59.57	0.22	0.17	2.03	9.92	6632.23	0.12	106.66	<0.003	8.43	<0.009	0.00	18.44
				153.25	0.559	0.443	5.23	25.53	17063.39	0.31	274.40	0.008	21.70	0.02	0.004	47.45
10294	High Potency Strong Calcium	HealthAid	2	333.39	0.27	0.30	2.87	1.92	330.97	0.60	21.28	0.01	11.79	0.02	<0.001	18.16
				1426.99	1.164	1.292	12.28	8.21	1416.62	2.58	91.07	0.047	50.48	0.10	0.004	77.75
10291	Coral Calcium	Holland & Barrett	2	24.68	0.13	0.40	3.51	2.42	71.26	0.07	23.21	0.01	8.45	0.06	0.00	5.07
				47.47	0.247	0.763	6.75	4.65	137.08	0.14	44.65	0.016	16.25	0.11	0.005	9.74
10419	Calcium High Potency with Vitamin D	Lanes	2	252.27	0.12	0.28	2.94	3.41	221.70	0.41	28.21	0.01	15.80	<0.009	<0.001	5.98
				595.20	0.272	0.654	6.93	8.04	523.08	0.96	66.56	0.019	37.29	0.02	0.002	14.11
10295	Calcium Citrate with Vitamin D	Solgar	4	25.30	0.01	0.01	0.22	0.79	14.01	0.05	4.59	0.01	6.66	<0.009	<0.001	0.48
				150.86	0.050	0.037	1.28	4.69	83.53	0.27	27.37	0.055	39.73	0.05	0.006	2.87

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10282	Calcium Magnesium plus Zinc	Solgar	3	14.06	0.12	0.56	4.45	13.85	24.47	0.13	8.25	0.00	17.79	0.03	0.00	3737.32
				66.52	0.573	2.665	21.07	65.51	115.73	0.63	39.03	0.019	84.15	0.15	0.017	17676.79
10418	Liquid Calcium	Totally Natural Products		7.58	0.29	0.03	<0.015	0.09	2.70	<0.002	1.40	<0.003	<0.005	<0.009	<0.001	1.12
10252	Calcium & Vitamin D	Unichem	2	846.58	0.31	0.01	1.63	1.07	450.72	0.56	19.76	<0.003	8.41	0.01	0.01	1.26
				2109.33	0.770	0.037	4.06	2.66	1123.02	1.39	49.24	0.007	20.94	0.03	0.024	3.14
Iron																
10338	Liquid Iron Formula	Floradix		4.66	0.04	0.00	0.02	0.19	717.45	0.03	2.64	<0.003	<0.005	<0.009	0.00	1.15
10428	Iron Complex	Galen's Choice	1	125.01	0.65	0.01	14.92	2.43	31930.26	0.18	171.81	<0.003	5.26	0.13	<0.001	3.05
				104.58	0.542	0.006	12.48	2.03	26712.86	0.15	143.73	0.003	4.40	0.11	0.001	2.55
10411	Balanced Iron Bisglycinate	Health Aid	1	89.77	0.15	0.02	14.28	1.07	32702.88	0.43	246.20	<0.003	7.98	0.05	<0.001	6.31
				75.35	0.129	0.020	11.99	0.90	27450.79	0.36	206.66	0.003	6.70	0.05	0.001	5.30
10327	Iron Plus with Vitamin C	Healthcrafts	1	54.59	0.06	0.02	6.71	0.97	30955.50	0.08	95.21	<0.003	7.83	<0.009	<0.001	3.28
				27.91	0.032	0.013	3.43	0.50	15824.45	0.04	48.67	0.002	4.00	0.00	0.001	1.68
10361	Vital Iron Plus	Ortis		4.69	<0.006	0.00	0.03	0.16	1309.17	0.01	1.63	<0.003	0.52	<0.009	0.00	0.60
10284	Iron with Vitamins and Minerals	Quest Synergistic Minerals	1	87.51	0.06	0.16	1.09	1067.77	13720.27	0.13	63.00	<0.003	7.34	0.11	<0.001	7.46
				97.02	0.067	0.180	1.21	1183.83	15211.66	0.15	69.84	0.003	8.14	0.12	0.001	8.27
10365	Chelated Iron	Solgar	1	54.43	0.10	0.01	1.12	0.41	54278.90	0.01	10.76	<0.003	8.58	0.06	<0.001	1.49
				27.92	0.053	0.007	0.58	0.21	27839.65	0.00	5.52	0.002	4.40	0.03	0.001	0.76
10404	100% Natural Iron Supplement	Spatone		50.59	<0.006	0.00	<0.015	<0.016	236.68	<0.002	1.90	<0.003	<0.005	<0.009	<0.001	0.35
10251	Iron	Tesco	1	57.15	0.02	0.01	22.74	1.41	42729.42	1.05	273.82	0.01	15.94	<0.009	0.00	6.03
				20.28	0.008	0.005	8.07	0.50	15160.40	0.37	97.15	0.003	5.66	0.00	0.001	2.14
10426	Ferroglobin B12	Vitabiotics	1	2808.15	0.17	0.16	33.45	3326.42	44461.26	1.78	319.26	0.02	19.36	0.02	0.07	19113.24
				1444.51	0.086	0.085	17.21	1711.11	22870.87	0.92	164.23	0.012	9.96	0.01	0.035	9831.85
Zinc																
10273	Zinc	Asda	1	161.93	0.07	0.25	2.30	1.11	143.55	0.78	15.22	<0.003	8.50	<0.009	0.10	59908.04
				41.55	0.018	0.063	0.59	0.28	36.83	0.20	3.91	0.001	2.18	0.00	0.025	15372.40
10256	Zinc	Boots	1	1.54	<0.006	0.08	0.09	1.93	445.79	0.28	1.12	<0.003	0.21	0.02	0.61	33713.79
				0.65	0.003	0.032	0.04	0.81	187.63	0.12	0.47	0.001	0.09	0.01	0.258	14190.13
10431	Zinc Plus Lozenges - Zinc, Vitamin C and Bee Propolis Extract	Lamberts	7	2.02	<0.006	0.00	0.12	0.10	4.08	0.02	<0.012	<0.003	0.16	<0.009	<0.001	2192.74
				12.81	0.038	0.015	0.76	0.61	25.88	0.14	0.08	0.019	1.03	0.06	0.006	13897.16
10371	Zinc	Moss Pharmacy	1	42.80	0.06	0.27	2.40	1.72	32.77	0.38	1.93	0.01	3.08	0.02	0.02	41069.12
				14.23	0.021	0.091	0.80	0.57	10.90	0.13	0.64	0.003	1.02	0.01	0.007	13659.59

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				Al (0.033)	As (0.006)	Cd (0.001)	Cr (0.015)	Cu (0.016)	Fe (0.072)	Pb (0.002)	Mn (0.012)	Hg (0.003)	Ni (0.005)	Se (0.009)	Tl (0.001)	Zn (0.057)
10376	Zinc	Morrison's	1	3.46	<0.006	0.07	0.28	0.11	1175.00	0.74	8.19	<0.003	0.31	0.02	0.05	25978.23
				1.59	0.003	0.032	0.13	0.05	541.09	0.34	3.77	0.001	0.14	0.01	0.021	11962.97
10325	Zinc	Superdrug	1	121.86	0.11	0.37	1.30	3.10	106.69	0.64	15.41	<0.003	7.50	0.01	0.02	59916.66
				30.45	0.027	0.092	0.32	0.77	26.66	0.16	3.85	0.001	1.88	0.00	0.006	14973.17
10271	Zinc	Tesco	1	156.51	0.14	0.34	1.68	4.84	139.29	1.07	28.32	<0.003	14.73	0.01	0.34	58904.76
				38.83	0.034	0.084	0.42	1.20	34.56	0.26	7.03	0.001	3.65	0.00	0.085	14614.27
10350	Zinc-Ace	Wassen	1	46.03	0.02	0.18	1.05	2768.02	346.11	0.45	2.74	<0.003	1.50	<0.009	0.01	29176.65
				24.99	0.010	0.097	0.57	1502.76	187.90	0.25	1.49	0.002	0.82	0.00	0.006	15840.00
Antioxidant																
10303	Antioxidants Multi-Vitamin & Mineral	Boots	1	190.88	0.14	0.50	3.33	503.75	221.43	0.86	732.25	<0.003	8.41	45.66	<0.001	10760.09
				255.19	0.193	0.675	4.45	673.46	296.03	1.15	978.95	0.004	11.25	61.04	0.001	14385.17
10415	Doctor's Choice Antioxidant	Enzymatic Therapy	3	82.80	0.33	0.01	0.41	2.15	50.16	0.16	1006.00	<0.003	1.45	110.56	0.00	5526.17
				179.48	0.709	0.020	0.88	4.67	108.72	0.34	2180.50	0.007	3.15	239.64	0.005	11977.98
10364	Ultimate Antioxidant	Galen's Choice	2	13.22	0.02	0.01	0.14	0.90	16.76	0.03	1.52	<0.003	0.24	37.66	<0.001	4.16
				29.56	0.055	0.015	0.31	2.01	37.48	0.08	3.41	0.007	0.55	84.20	0.002	9.30
10285	Bio-Quinone Q10 Capsules	Pharma Nord	3	0.49	<0.006	<0.001	0.18	<0.016	1888.85	<0.002	3.82	<0.003	0.58	0.02	<0.001	0.27
				0.58	0.007	0.001	0.21	0.02	2238.85	0.00	4.53	0.004	0.68	0.02	0.001	0.32
10342	Antioxidants Cell-Life Protective Nutrients	Quest	1	88.70	0.02	0.02	0.39	426.82	28.74	0.25	838.13	<0.003	0.23	63.28	0.03	9269.58
				107.07	0.021	0.024	0.47	515.22	34.69	0.30	1011.71	0.004	0.28	76.39	0.042	11189.31
10248	Co-Enzyme Q10	Sainsbury's	1	0.75	0.01	0.02	0.17	0.07	695.73	0.01	2.07	0.07	0.23	<0.009	<0.001	0.21
				0.47	0.008	0.011	0.10	0.04	434.42	0.01	1.29	0.045	0.14	0.01	0.001	0.13
10326	Antioxidant Vitamin E	Seven Seas	1	1.75	0.06	0.00	0.13	<0.016	<0.072	<0.002	<0.012	<0.003	0.02	0.01	0.00	<0.057
				0.70	0.023	0.001	0.05	0.01	0.03	0.00	0.00	0.001	0.01	0.01	0.001	0.02
10383	Co-enzyme Q10	Vega	1	3170.25	0.07	0.04	0.55	49.44	114.47	0.12	17.91	<0.003	1.06	0.03	0.00	15.88
				1388.89	0.030	0.016	0.24	21.66	50.15	0.05	7.85	0.001	0.46	0.01	0.002	6.95
10358	Full Potency Omega-H3 Forte	Vitabiotics	1	16.87	0.02	0.16	35.05	1444.05	11947.62	0.18	1323.43	<0.003	0.90	74.71	0.14	9518.03
				23.29	0.026	0.225	48.39	1993.65	16494.88	0.25	1827.12	0.004	1.24	103.14	0.193	13140.60
10392	Selenium Immunace	Vitabiotics	2	29.36	0.04	0.07	115.70	1594.90	5612.28	0.51	2954.70	0.00	2.31	169.82	<0.001	10912.23
				36.73	0.052	0.091	144.74	1995.22	7020.97	0.64	3696.33	0.004	2.89	212.45	0.001	13651.20
Combination Fish Oil																
10304	Mum To Be - includes Folic Acid, DHA and Ginger (tuna oil)	Boots	1	0.70	0.01	<0.001	0.08	<0.016	851.01	0.00	5.42	<0.003	0.18	0.17	<0.001	0.20
				0.53	0.009	0.001	0.06	0.01	648.04	0.00	4.13	0.002	0.14	0.13	0.001	0.16
10349	Efalex (fish oil)	Efamol	8	1.09	<0.006	<0.001	0.04	0.04	0.98	0.00	0.52	<0.003	0.01	0.03	<0.001	0.19
				5.60	0.031	0.005	0.23	0.20	5.03	0.01	2.68	0.015	0.03	0.16	0.005	1.00
10246	eye q (fish oil)	Equazen	6	0.48	<0.006	<0.001	0.04	0.10	0.23	<0.002	<0.012	<0.003	0.01	0.07	<0.001	0.26
				1.93	0.024	0.004	0.18	0.41	0.92	0.01	0.05	0.012	0.02	0.28	0.004	1.07
10306	eye q Liquid (fish oil)	Equazen		<0.033	<0.006	0.00	0.02	0.03	<0.072	<0.002	<0.012	<0.003	<0.005	<0.009	<0.001	<0.057

Sample Code	Product as described	Brand	Dose (tablets/day)	Concentration in Sample (mg/kg)												
				Amount of metal per maximum recommended dose (micrograms)												
				Al (0.033)	As (0.006)	Cd (0.001)	Cr (0.015)	Cu (0.016)	Fe (0.072)	Pb (0.002)	Mn (0.012)	Hg (0.003)	Ni (0.005)	Se (0.009)	Tl (0.001)	Zn (0.057)
10421	Pure Natural Omega-3, Omega-6 and Omega-9 with Vitamin D & E with Tutti-Frutti Taste	Eskimo Kids		<0.033	<0.006	<0.001	<0.015	<0.016	0.20	<0.002	<0.012	<0.003	<0.005	<0.009	<0.001	<0.057
10430	St Clements Cod Liver Oil	Healthspan		0.04	0.31	<0.001	<0.015	<0.016	<0.072	<0.002	<0.012	<0.003	<0.005	0.06	<0.001	0.36
10330	Cod Liver Oil & Calcium	Natural Options	1	138.80	0.07	0.06	1.03	1.91	79.71	0.07	5.30	<0.003	4.70	0.02	<0.001	1.13
				233.80	0.118	0.097	1.73	3.22	134.27	0.12	8.93	0.005	7.92	0.03	0.002	1.90
10405	Lemon Flavour Pure Cod Liver Oil and Evening Primrose Oil with Vitamins A, D and E	Seven Seas		<0.033	0.01	0.00	<0.015	<0.016	<0.072	<0.002	<0.012	<0.003	<0.005	0.09	<0.001	0.11
10445	Focus - Tuna Oil, Evening Primrose Oil, Vitamin E and Thyme Oil	Swiss Natural Sources	4	0.46	0.02	0.00	0.14	0.06	0.83	0.01	0.02	<0.003	0.03	0.15	<0.001	1.32
				1.12	0.053	0.002	0.33	0.15	2.02	0.03	0.06	0.007	0.07	0.37	0.002	3.20
Other Marine-Based Products																
10307	Chlorella 2000 (green algae)	Bee Well	6	140.77	0.76	0.01	1.78	3.63	2311.07	0.45	104.34	0.01	1.00	<0.009	<0.001	16.01
				171.54	0.932	0.008	2.17	4.43	2816.27	0.55	127.15	0.012	1.22	0.01	0.001	19.51
10386	Serotone 5 HTP (aquatic vegetation)	Higher Nature	3	889.22	0.66	0.08	3.18	1.86	758.33	0.46	81.36	<0.003	7.56	0.04	<0.001	6975.80
				1783.86	1.318	0.163	6.37	3.73	1521.29	0.92	163.21	0.006	15.18	0.08	0.002	13994.15
10287	Spirulina (plankton)	Holland & Barrett	9	202.94	0.21	0.19	2.35	2.76	870.27	3.63	27.47	0.02	4.30	0.23	0.02	52.95
				1071.59	1.125	1.021	12.40	14.58	4595.29	19.17	145.03	0.096	22.71	1.23	0.127	279.59
10288	Shark Cartilage	Holland & Barrett	6	17.95	2.49	0.21	2.16	0.64	60.68	0.22	10.50	0.41	4.69	0.98	<0.001	130.66
				88.52	12.302	1.022	10.65	3.14	299.21	1.09	51.79	2.001	23.15	4.83	0.005	644.28
10290	Chitosan - Natural Marine Fibre	Holland & Barrett	4	126.17	0.12	0.01	8.95	2.11	261.00	0.36	14.77	0.01	1.50	0.05	0.00	8.48
				313.50	0.295	0.024	22.24	5.24	648.53	0.89	36.69	0.017	3.71	0.14	0.005	21.07
10261	High Potency Green Lipped Mussel Extract	Optima Musseltone	2	247.57	3.25	0.19	1.51	2.51	156.94	0.18	9.48	0.04	1.21	1.25	0.00	31.30
				675.47	8.870	0.512	4.11	6.85	428.20	0.48	25.87	0.103	3.30	3.42	0.012	85.39
10423	Neptune Krill Oil	Puritan's Pride	3	0.31	7.32	0.00	0.21	2.00	2.08	0.02	0.31	<0.003	0.10	0.42	<0.001	10.92
				0.69	16.041	0.006	0.47	4.39	4.57	0.05	0.67	0.007	0.21	0.93	0.002	23.93
10372	Kelp and Greens Formula	Vega	3	567.48	20.54	0.57	2.02	32.97	811.48	0.33	51.08	0.02	2.23	0.11	0.01	24.61
				952.68	34.489	0.952	3.39	55.34	1362.32	0.55	85.75	0.031	3.75	0.19	0.020	41.32
Bee Products																
10416	Propolis	Bee Health	4	27.76	0.26	0.03	0.36	5.54	188.63	0.54	2.56	0.01	1.00	0.06	0.01	19.55
				69.70	0.642	0.072	0.90	13.92	473.69	1.35	6.43	0.028	2.50	0.14	0.013	49.09

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				Amount of metal per maximum recommended dose (micrograms)												
				Al (0.033)	As (0.006)	Cd (0.001)	Cr (0.015)	Cu (0.016)	Fe (0.072)	Pb (0.002)	Mn (0.012)	Hg (0.003)	Ni (0.005)	Se (0.009)	Tl (0.001)	Zn (0.057)
10305	Bee Pollen	Comvita		212.19	0.04	0.06	0.06	10.91	145.71	0.09	29.53	<0.003	0.36	0.08	0.30	43.50
10340	Propolis Extract	ESI	4	6.25 18.99	0.01 0.023	<0.001 0.003	0.22 0.67	0.79 2.41	15.17 46.14	2.65 8.06	1.46 4.43	<0.003 0.009	0.18 0.53	<0.009 0.03	<0.001 0.003	6.84 20.81
10420	Propolis 625mg	FSC - Food Supplement Company	1	2160.07 1006.59	<0.006 0.003	0.01 0.004	0.41 0.19	1.25 0.58	133.78 62.34	0.33 0.15	0.86 0.40	<0.003 0.001	0.67 0.31	0.02 0.01	0.00 0.001	4.33 2.02
10357	High Potency Propolis	Healthwise	4	15.29 34.52	0.28 0.639	0.05 0.111	0.14 0.31	1.68 3.79	128.58 290.34	0.21 0.48	3.59 8.10	0.00 0.009	1.10 2.47	0.10 0.22	0.02 0.040	55.06 124.32
10354	Ultra Pure Propolis Exclusive Method EPID	Specchiasol	4	47.67 286.77	0.02 0.101	<0.001 0.006	0.03 0.21	0.17 1.04	38.21 229.89	0.01 0.07	1.18 7.12	<0.003 0.018	0.16 0.94	<0.009 0.05	<0.001 0.006	0.82 4.91
10407	Royal Gellee	Bumbles	1	11.05 17.30	<0.006 0.009	<0.001 0.002	0.39 0.61	1.46 2.29	11.45 17.92	0.02 0.03	0.81 1.27	<0.003 0.005	0.12 0.19	0.04 0.06	<0.001 0.002	7.78 12.18
10351	Vita Royal	Dr Reckeweg		0.19	<0.006	<0.001	<0.015	0.07	<0.072	<0.002	0.11	<0.003	<0.005	<0.009	<0.001	0.63
10381	Royal Jelly	GNC	1	34.61 22.13	0.10 0.067	0.01 0.003	0.20 0.13	5.49 3.51	38.33 24.51	0.04 0.03	18.12 11.59	<0.003 0.002	0.17 0.11	0.07 0.05	<0.001 0.001	28.55 18.26
10339	Fresh Royal Jelly	The Health Shop	2	1.32 2.50	<0.006 0.011	0.00 0.004	0.49 0.92	2.32 4.37	7.86 14.83	0.01 0.02	0.41 0.77	<0.003 0.006	0.22 0.41	0.04 0.08	<0.001 0.002	14.22 26.84
10378	Manuka Honey with Bee Venom	Nectar Ease	4	13.68 15.43	<0.006 0.007	0.08 0.095	0.88 0.99	19.38 21.85	10.26 11.57	0.05 0.05	1.02 1.15	<0.003 0.003	0.19 0.22	<0.009 0.01	0.00 0.002	11.00 12.40
Glucosamine																
10278	Glucosamine & Chondroitin	Asda	1	7.20 10.21	0.01 0.017	0.01 0.012	1.00 1.42	0.57 0.81	8.95 12.70	0.29 0.41	3330.37 4726.46	<0.003 0.004	0.49 0.70	0.03 0.05	<0.001 0.001	1.55 2.20
10389	Glucosamine Sulphate	First Nutrition	1	135.20 233.64	0.04 0.071	0.01 0.018	1.20 2.07	0.51 0.89	64.73 111.86	0.07 0.12	2.94 5.08	0.00 0.006	3.93 6.80	<0.009 0.02	<0.001 0.002	1.50 2.60
10434	Glucosamine Hi-Strength with Chondroitin	Goldshield Flexeze	4	9.02 30.76	0.20 0.666	0.11 0.392	1.21 4.12	0.60 2.04	40.28 137.42	0.23 0.77	4.93 16.83	<0.003 0.010	2.83 9.66	0.05 0.16	0.00 0.005	23.11 78.85
10435	Glucosamine 1,000mg	HealthyDirect	1	13.94 15.29	0.08 0.084	0.03 0.030	3.31 3.63	4.02 4.42	66.20 72.63	0.58 0.64	1.33 1.46	0.00 0.004	0.60 0.66	0.03 0.03	<0.001 0.001	7.52 8.26
10369	High Strength Glucosamine Effervescent	Health Perception	2	76.67 611.70	0.02 0.151	0.01 0.076	0.34 2.68	0.08 0.63	36.42 290.55	0.01 0.08	0.35 2.82	<0.003 0.024	0.18 1.44	0.04 0.35	<0.001 0.008	0.07 0.59
10264	Glucosamine Sulphate	Holland & Barrett	3	32.65 84.82	0.07 0.169	0.01 0.024	2.49 6.48	0.16 0.42	37.10 96.38	0.02 0.06	2.02 5.24	<0.003 0.008	1.16 3.02	0.06 0.16	<0.001 0.003	1.85 4.79
10412	Jointeze	phb Healthcare	2	259.41 445.25	0.11 0.192	0.02 0.040	1.92 3.29	2.58 4.43	279.70 480.08	0.17 0.30	15.47 26.55	0.01 0.016	1.51 2.60	0.11 0.20	0.01 0.010	8.18 14.04
10269	Glucosamine Sulphate	Tesco	1	31.47 23.84	0.04 0.028	0.01 0.004	1.50 1.13	2.31 1.75	25.29 19.15	0.11 0.08	1.28 0.97	<0.003 0.002	0.77 0.59	0.04 0.03	0.00 0.002	1.51 1.14

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				Al (0.033)	As (0.006)	Cd (0.001)	Cr (0.015)	Cu (0.016)	Fe (0.072)	Pb (0.002)	Mn (0.012)	Hg (0.003)	Ni (0.005)	Se (0.009)	Tl (0.001)	Zn (0.057)
Ginkgo / Echinacea																
10275	Echinacea	Asda	1	7.63	0.15	0.01	1.55	1.31	25.54	0.03	52.27	<0.003	2.46	0.05	0.01	6.80
				1.47	0.029	0.001	0.30	0.25	4.92	0.01	10.08	0.001	0.47	0.01	0.002	1.31
10286	High Potency Effervescent Echina Fizz	Echinaid	2	0.52	0.01	<0.001	0.15	0.14	0.33	0.00	0.42	<0.003	0.09	<0.009	<0.001	0.52
				4.63	0.109	0.009	1.31	1.24	2.96	0.02	3.76	0.027	0.84	0.08	0.009	4.67
10328	High Potency Ginkgo Biloba Extract	Healthcrafts	1	45.82	0.10	0.02	0.97	0.68	57.09	0.11	16.98	<0.003	3.29	<0.009	0.00	3.47
				23.78	0.053	0.011	0.50	0.35	29.63	0.06	8.81	0.002	1.70	0.00	0.002	1.80
10334	Echinacea	Healthy Weigh	3	138.08	0.09	0.06	1.31	0.64	228.04	0.24	14.41	0.00	2.40	<0.009	<0.001	4.36
				160.52	0.104	0.074	1.52	0.75	265.10	0.28	16.75	0.005	2.79	0.01	0.001	5.07
10257	Echinacea	Lamberts	2	15.19	0.10	0.01	0.19	1.26	23.26	0.02	35.28	<0.003	1.56	0.01	0.01	6.69
				9.70	0.063	0.006	0.12	0.80	14.86	0.01	22.54	0.002	1.00	0.01	0.005	4.27
10427	Extra High Strength Ginkgo	Lamberts	1	45.35	0.12	0.03	0.54	0.70	57.82	0.10	10.57	<0.003	2.66	0.01	<0.001	1.19
				23.45	0.062	0.014	0.28	0.36	29.90	0.05	5.47	0.002	1.38	0.01	0.001	0.62
10366	Ginkyo Concentrated High Strength	Lichtwer Pharma	1	105.25	0.08	0.00	0.14	0.19	4201.73	<0.002	1.35	<0.003	0.51	0.01	<0.001	0.54
				67.65	0.052	0.001	0.09	0.12	2700.87	0.00	0.87	0.002	0.33	0.01	0.001	0.35
10259	Concentrated Ginkgo Biloba Extract	Lifeplan	1	3.64	0.03	0.00	0.12	106.24	6.32	0.06	0.57	0.02	0.11	0.04	0.00	2.54
				1.91	0.018	0.001	0.06	55.60	3.31	0.03	0.30	0.009	0.06	0.02	0.001	1.33
10382	Ginkgo Biloba	Lloyds Pharmacy	2	155.91	0.07	<0.001	0.11	0.31	3728.01	<0.002	1.42	<0.003	0.14	0.02	<0.001	0.51
				83.69	0.038	0.001	0.06	0.16	2001.20	0.00	0.76	0.002	0.08	0.01	0.001	0.28
10346	Concentrated Echinacea Root	Natures Aid	3	72.00	0.12	0.03	1.95	2.40	111.22	0.11	15.93	<0.003	3.20	<0.009	0.01	4.66
				97.59	0.165	0.039	2.64	3.25	150.75	0.15	21.59	0.004	4.33	0.01	0.008	6.31
10409	Echinacea	NatraHerb	1	50.51	0.13	0.09	1.72	1.90	32.98	0.65	9.50	0.00	3.68	0.04	0.01	6.73
				35.73	0.091	0.065	1.22	1.34	23.32	0.46	6.72	0.003	2.60	0.03	0.004	4.76
10360	Ginkgo Biloba Leaf	Power Herbs	6	375.02	0.19	0.02	0.44	2.84	213.73	1.64	31.18	0.02	0.82	0.07	0.02	14.38
				1233.05	0.636	0.073	1.45	9.34	702.74	5.38	102.51	0.066	2.69	0.24	0.055	47.28
10318	Ginkgo Biloba Leaf Extract	Superdrug	1	34.51	0.08	0.04	1.33	0.52	48.34	0.13	7.82	<0.003	2.21	0.01	<0.001	1.80
				11.32	0.028	0.013	0.44	0.17	15.86	0.04	2.56	0.001	0.72	0.00	0.000	0.59
10267	Ginkgo Biloba	Tesco	1	48.59	0.08	0.08	6.90	1.08	67.98	0.84	8.28	0.00	8.75	0.03	0.01	5.18
				17.57	0.030	0.030	2.50	0.39	24.58	0.30	3.00	0.001	3.16	0.01	0.003	1.87
10332	Children's Strength Echinacea	Valupak	1	1.27	0.01	<0.001	<0.015	0.05	0.35	<0.002	0.28	<0.003	0.02	<0.009	<0.001	0.07
				1.12	0.006	0.001	0.01	0.04	0.31	0.00	0.25	0.003	0.02	0.01	0.001	0.06
Ginseng																
10276	Korean Ginseng	Asda	1	65.52	0.11	0.06	2.16	5.25	109.47	0.34	17.86	<0.003	6.75	<0.009	<0.001	3.13
				48.32	0.078	0.044	1.60	3.87	80.73	0.25	13.17	0.002	4.98	0.01	0.001	2.31
10390	Siberian Ginseng	First Nutrition	3	481.49	0.29	0.04	1.37	3.11	280.09	1.26	30.63	<0.003	1.46	<0.009	0.01	12.30
				793.88	0.483	0.074	2.27	5.12	461.81	2.07	50.50	0.005	2.40	0.01	0.021	20.29

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				Al (0.033)	As (0.006)	Cd (0.001)	Cr (0.015)	Cu (0.016)	Fe (0.072)	Pb (0.002)	Mn (0.012)	Hg (0.003)	Ni (0.005)	Se (0.009)	Tl (0.001)	Zn (0.057)
10379	American White Ginseng Root	Ginseng Gold	2	2633.43	0.07	0.13	1.30	3.89	98.97	0.07	24.96	<0.003	1.59	0.04	0.00	11.60
				2389.58	0.061	0.115	1.18	3.53	89.81	0.06	22.65	0.003	1.44	0.03	0.004	10.52
10363	Korean Ginseng Mega Strength	Health Aid	1	87.51	0.18	0.03	2.45	0.40	104.97	0.02	4.31	<0.003	5.21	0.03	<0.001	4.77
				139.69	0.294	0.046	3.91	0.63	167.57	0.04	6.89	0.005	8.32	0.06	0.002	7.62
10436	Korean Ginseng	Healthspan	1	33.35	0.09	0.25	1.86	1.00	46.04	0.80	12.18	<0.003	3.44	0.01	<0.001	6.71
				12.32	0.032	0.091	0.69	0.37	17.01	0.30	4.50	0.001	1.27	0.00	0.000	2.48
10335	Korean Ginseng	Healthy Weigh	1	61.49	0.13	0.03	1.94	1.47	55.46	0.05	2.56	<0.003	5.20	0.04	<0.001	2.61
				32.08	0.068	0.013	1.01	0.77	28.94	0.02	1.34	0.002	2.71	0.02	0.001	1.36
10437	Manchurian Ginseng	Holland & Barrett	3	41.16	0.07	0.01	1.50	1.06	98.76	0.74	6.52	<0.003	4.21	<0.009	0.00	1.38
				81.50	0.138	0.020	2.96	2.09	195.54	1.46	12.92	0.006	8.33	0.02	0.004	2.74
10265	Siberian Ginseng	Holland & Barrett	3	73.96	0.09	0.01	2.10	0.87	113.19	1.00	6.52	<0.003	7.88	0.01	0.00	1.92
				145.60	0.184	0.027	4.13	1.70	222.83	1.96	12.83	0.006	15.51	0.02	0.005	3.78
10438	Ginseng	Ortis		8.63	<0.006	0.01	0.23	0.80	9.89	0.05	3.39	<0.003	0.26	<0.009	<0.001	1.86
10367	Power Ginseng	Power Health	1	12.14	0.08	0.00	0.37	3.82	1715.84	0.02	6.12	<0.003	1.07	0.04	0.01	8.07
				8.32	0.057	0.002	0.25	2.62	1176.04	0.01	4.20	0.002	0.73	0.03	0.007	5.53
10317	Korean Ginseng	Red Kooga	2	153.38	0.22	0.20	2.38	2.40	163.00	0.30	22.29	<0.003	12.93	<0.009	0.01	4.82
				170.31	0.245	0.218	2.64	2.66	181.00	0.33	24.76	0.003	14.36	0.01	0.006	5.35
10396	Ginseng	Safeway	1	135.66	0.26	0.07	2.45	2.14	168.41	0.15	72.55	0.00	8.07	0.06	<0.001	3.02
				162.79	0.314	0.079	2.95	2.56	202.09	0.18	87.06	0.005	9.69	0.07	0.001	3.63
10353	Siberian Ginseng	Solo Nutrition	1	3016.63	0.12	0.01	0.32	0.92	88.99	0.14	8.54	<0.003	0.96	<0.009	0.01	5.35
				1166.53	0.048	0.005	0.12	0.36	34.41	0.05	3.30	0.001	0.37	0.00	0.003	2.07
10272	Korean Ginseng Extract	Tesco	1	50.82	0.06	0.11	3.92	1.47	73.14	0.71	23.49	<0.003	10.41	0.04	0.02	8.89
				21.26	0.023	0.045	1.64	0.61	30.60	0.30	9.83	0.001	4.36	0.02	0.006	3.72
10337	Korean Ginseng	Wilko	1	9.08	0.05	0.00	0.28	0.33	21.09	0.40	6.02	<0.003	1.55	0.04	0.01	373.20
				6.53	0.036	0.003	0.20	0.24	15.17	0.29	4.33	0.002	1.12	0.03	0.004	268.51
Garlic																
10274	Odourless Garlic	Asda	1	103.92	0.01	<0.001	0.14	0.07	10.21	0.02	0.16	0.00	0.03	0.02	0.00	0.39
				32.66	0.002	0.000	0.04	0.02	3.21	0.01	0.05	0.001	0.01	0.01	0.001	0.12
10329	Odourless Garlic	Bodycare	1	0.77	0.03	<0.001	0.12	0.17	2.47	0.01	0.27	0.01	0.06	0.02	<0.001	0.60
				0.45	0.015	0.001	0.07	0.10	1.46	0.00	0.16	0.003	0.03	0.01	0.001	0.35
10250	Odourless Garlic	Co-op	1	1.56	<0.006	<0.001	0.07	0.02	1.07	0.00	0.02	<0.003	<0.005	0.01	<0.001	0.46
				0.39	0.001	0.000	0.02	0.00	0.26	0.00	0.00	0.001	0.00	0.00	0.000	0.11
10377	Allimax	Health Perception	1	51.37	0.04	0.01	0.30	3.28	41.12	0.12	1.94	<0.003	0.32	0.07	<0.001	2.64
				11.73	0.009	0.002	0.07	0.75	9.39	0.03	0.44	0.001	0.07	0.02	0.000	0.60
10258	Garlic	Kwai	6	264.95	0.05	0.02	0.58	1.79	308.39	0.16	5.65	<0.003	0.84	0.06	0.01	7.84
				410.94	0.077	0.032	0.89	2.78	478.31	0.24	8.76	0.005	1.30	0.09	0.008	12.15
10341	Garlic Extract	Lifeplan	2	54.83	0.04	0.02	0.78	2.26	98.58	0.07	6.23	<0.003	2.85	0.06	<0.001	14.94
				80.40	0.059	0.031	1.14	3.32	144.56	0.10	9.14	0.004	4.18	0.09	0.001	21.91

Sample Code	Product as described	Brand	Dose (tablets/day)	Concentration in Sample (mg/kg)												
				Amount of metal per maximum recommended dose (micrograms)												
				Al (0.033)	As (0.006)	Cd (0.001)	Cr (0.015)	Cu (0.016)	Fe (0.072)	Pb (0.002)	Mn (0.012)	Hg (0.003)	Ni (0.005)	Se (0.009)	Tl (0.001)	Zn (0.057)
10397	Odourless Garlic	Safeway	1	1.74	<0.006	<0.001	0.13	0.08	1.32	0.01	0.14	<0.003	0.04	0.02	<0.001	0.84
				0.53	0.002	0.000	0.04	0.02	0.40	0.00	0.04	0.01	0.01	0.00	0.000	0.26
10270	Odourless Garlic	Tesco	1	1.46	<0.006	<0.001	0.17	0.02	1.69	0.00	0.13	<0.003	0.03	0.04	<0.001	0.13
				0.45	0.002	0.000	0.05	0.01	0.52	0.00	0.04	0.01	0.01	0.01	0.000	0.04
10321	Odourless Garlic	ValueVits	1	1.83	<0.006	<0.001	0.12	0.10	1.65	0.01	0.11	<0.003	0.03	0.02	<0.001	0.41
				0.57	0.002	0.000	0.04	0.03	0.51	0.00	0.04	0.01	0.01	0.01	0.000	0.13
10370	Garlic - Highly Odour Controlled Tablets	Wassen	1	151.38	0.25	0.06	0.40	10.50	131.45	0.28	8.29	0.00	1.00	0.63	0.01	26.87
				81.50	0.136	0.032	0.21	5.65	70.77	0.15	4.46	0.002	0.54	0.34	0.007	14.47
Other Plant Extracts																
10283	Aloe Vera	Aloe Pura	3	7.02	0.04	0.01	0.59	0.10	1663.64	0.01	10.11	<0.003	0.65	0.03	0.00	3.09
				16.57	0.104	0.014	1.39	0.23	3926.36	0.02	23.87	0.007	1.53	0.08	0.004	7.29
10373	Valerian Root	Bio-Health	1	585.29	0.32	0.08	1.74	7.00	346.48	0.68	113.47	0.01	1.76	0.02	0.04	36.60
				299.79	0.166	0.042	0.89	3.59	177.46	0.35	58.12	0.004	0.90	0.01	0.022	18.75
10254	St John's Wort	Day Lewis	2	66.40	0.49	0.17	1.45	14.51	135.03	0.89	10.64	<0.003	3.87	0.02	0.01	36.38
				101.56	0.747	0.256	2.23	22.19	206.51	1.37	16.27	0.005	5.91	0.03	0.011	55.65
10260	Black Cohosh Root	FSC - Food Supplement Company	2	49.69	0.03	0.14	1.18	0.85	50.89	0.59	4.10	<0.003	2.02	<0.009	0.00	4.21
				80.63	0.053	0.232	1.91	1.38	82.57	0.95	6.65	0.005	3.27	0.01	0.003	6.83
10380	Green Tea Extract	GNC	1	338.05	0.26	0.01	0.35	135.31	39.35	0.23	385.69	<0.003	7.12	0.11	0.02	17.54
				210.94	0.161	0.009	0.22	84.43	24.56	0.14	240.67	0.002	4.44	0.07	0.011	10.94
10312	Devil's Claw	HealthAid	4	150.23	0.04	0.03	1.22	4.58	181.31	0.10	13.13	<0.003	2.71	0.03	0.01	7.80
				671.15	0.193	0.145	5.45	20.47	810.04	0.43	58.65	0.013	12.10	0.13	0.050	34.85
10314	Milk Thistle	HealthAid	2	93.49	0.05	0.05	1.59	3.35	161.47	0.42	16.23	<0.003	2.64	0.03	<0.001	10.03
				166.10	0.091	0.082	2.83	5.95	286.86	0.75	28.83	0.005	4.69	0.05	0.002	17.82
10429	Sage Extract	Healthspan	1	21.30	0.01	0.00	0.48	1.18	18.65	0.04	7.60	<0.003	1.15	0.01	<0.001	3.82
				18.01	0.010	0.004	0.41	0.99	15.77	0.04	6.43	0.003	0.97	0.01	0.001	3.23
10292	Pycnogenol - Pine Bark Extract & Citrus Bioflavonoids	Holland & Barrett	2	85.35	0.05	0.01	0.58	3.59	73.98	0.25	6.51	<0.003	0.69	0.11	0.00	6.46
				71.82	0.043	0.010	0.49	3.02	62.25	0.21	5.48	0.003	0.58	0.09	0.003	5.43
10293	Horny Goat Weed with Maca	Holland & Barrett	4	91.36	0.84	0.04	3.35	2.30	119.61	0.37	47.87	<0.003	3.42	0.10	0.02	14.21
				214.55	1.961	0.091	7.87	5.41	280.90	0.87	112.43	0.007	8.02	0.24	0.037	33.38
10266	St John's Wort	Kira	1	257.98	0.10	0.02	0.17	7.23	181.51	0.02	3.81	<0.003	1.81	0.01	<0.001	21.94
				193.90	0.072	0.012	0.13	5.44	136.43	0.01	2.87	0.002	1.36	0.01	0.001	16.49
10444	Maca	Kudos	1	101.89	0.47	0.33	1.12	6.04	106.96	3.54	26.28	0.02	2.90	0.18	0.05	50.72
				50.54	0.232	0.165	0.56	3.00	53.05	1.75	13.04	0.010	1.44	0.09	0.023	25.16
10398	Cynara Artichoke	Lichtwer Pharma	2	112.97	0.15	0.01	0.22	10.40	182.43	0.02	18.17	0.00	0.65	0.05	0.01	0.55
				129.46	0.168	0.008	0.25	11.91	209.07	0.02	20.82	0.004	0.74	0.06	0.009	0.63
10300	Cat's Claw Gels	Nature's Plus	1	34.14	0.12	0.01	0.37	1.60	62.95	0.06	82.23	<0.003	0.38	0.07	<0.001	12.19
				58.97	0.205	0.017	0.65	2.76	108.72	0.10	142.02	0.005	0.66	0.13	0.002	21.05

Sample Code	Product as described	Brand	Dose (tablets/day)	Concentration in Sample (mg/kg)												
				Amount of metal per maximum recommended dose (micrograms)												
				Al (0.033)	As (0.006)	Cd (0.001)	Cr (0.015)	Cu (0.016)	Fe (0.072)	Pb (0.002)	Mn (0.012)	Hg (0.003)	Ni (0.005)	Se (0.009)	Tl (0.001)	Zn (0.057)
10297	Bromelain - Pineapple Extract	Nature's Plus	1	23.60	0.03	0.02	1.54	6.82	23.14	0.07	21.86	0.01	5.76	0.02	0.01	1.96
				31.32	0.046	0.023	2.04	9.05	30.71	0.10	29.01	0.009	7.64	0.03	0.014	2.60
10347	Soya Isoflavones	Natures Aid	2	60.91	0.09	0.05	1.05	7.40	132.84	0.06	39.99	<0.003	3.54	0.02	0.01	44.99
				79.54	0.120	0.064	1.37	9.66	173.46	0.08	52.22	0.004	4.62	0.03	0.007	58.75
10356	Green Tea	Quest	3	59.66	0.04	0.02	0.60	0.63	79.63	0.11	19.38	<0.003	2.83	<0.009	<0.001	1.99
				84.11	0.054	0.031	0.84	0.89	112.25	0.16	27.32	0.004	3.99	<0.001	<0.001	2.80
10299	Red Clover Leaf Extract	Solgar	3	284.11	0.27	0.12	2.58	18.86	174.99	0.37	45.69	0.01	5.37	0.13	0.02	38.18
				513.79	0.496	0.212	4.67	34.10	316.45	0.67	82.62	0.013	9.70	0.24	0.033	69.05
10296	Dong Quai Root Extract	Solgar	3	2073.46	0.59	0.02	4.04	6.13	1088.17	0.95	30.33	0.05	2.18	0.17	0.02	12.89
				3505.19	0.993	0.036	6.84	10.35	1839.56	1.60	51.27	0.087	3.68	0.29	0.037	21.79
10391	Green Tea Leaf Extract	Solgar	2	1030.52	0.40	0.04	1.01	15.09	171.36	1.44	658.42	0.01	7.38	0.08	0.05	33.15
				1277.22	0.501	0.044	1.25	18.70	212.38	1.78	816.05	0.008	9.15	0.09	0.062	41.08
10422	Guggulipid	Swiss Natural Sources	6	377.56	0.13	0.01	3.75	0.99	105.04	0.64	3.55	0.00	31.88	0.14	<0.001	2.72
				1260.90	0.423	0.031	12.53	3.30	350.78	2.15	11.87	0.014	106.48	0.47	0.003	9.07
10410	Dietary Supplement (Vegetable Cellulose)	Trimeasy	4	203.31	1.52	0.05	93.55	5.98	171.96	0.50	25.29	<0.003	1.92	0.05	0.01	22.48
				643.04	4.811	0.145	295.88	18.90	543.88	1.58	79.98	0.009	6.07	0.14	0.019	71.11
10279	Feverfew	Viridian	3	1282.52	0.11	0.08	3.31	7.60	1394.65	0.23	34.61	0.01	2.23	0.01	0.01	14.96
				1856.83	0.166	0.115	4.80	11.00	2019.18	0.34	50.11	0.010	3.22	0.02	0.014	21.65
10280	Saw Palmetto Berry	Viridian	1	583.80	0.08	0.02	1.26	7.57	131.97	0.22	11.94	0.00	0.94	0.06	0.01	10.20
				299.26	0.040	0.009	0.65	3.88	67.65	0.11	6.12	0.002	0.48	0.03	0.004	5.23
10384	Cran-Biotic	Vega	2	2329.83	0.18	0.11	0.90	42.05	198.06	0.20	33.35	<0.003	1.34	0.08	0.00	12.20
				2331.69	0.177	0.113	0.90	42.09	198.22	0.20	33.38	0.003	1.34	0.08	0.003	12.21
10443	Campanumaea Pills	Wai Yuen Tong Medicine Co., Ltd	4	168.15	0.15	0.08	1.88	4.46	118.19	0.47	53.32	0.01	1.14	0.05	0.01	12.61
				6162.91	5.402	2.768	68.83	163.52	4331.75	17.24	1954.11	0.421	41.75	1.74	0.510	462.27
Plant Oils																
10359	Evening Primrose Oil	Arkopharma	3	0.65	<0.006	<0.001	0.18	0.14	1.22	0.00	0.04	<0.003	0.15	<0.009	<0.001	0.31
				1.24	0.011	0.002	0.35	0.26	2.31	0.00	0.08	0.006	0.28	0.02	0.002	0.60
10343	Cold Pressed Evening Primrose Oil	ESI Optima		4.69	<0.006	<0.001	<0.015	<0.016	<0.072	<0.002	<0.012	<0.003	<0.005	<0.009	<0.001	0.59
10262	Evening Primrose Oil	Holland & Barrett	6	2.74	0.02	0.00	0.08	<0.016	0.54	<0.002	0.03	<0.003	<0.005	0.04	<0.001	0.16
				11.61	0.098	0.005	0.33	0.07	2.27	0.01	0.15	0.013	0.02	0.15	0.004	0.66
10348	Evening Primrose Oil	Principle Healthcare	6	0.30	0.03	<0.001	0.08	<0.016	0.95	0.01	0.02	<0.003	0.03	0.01	<0.001	<0.057
				1.42	0.141	0.005	0.39	0.08	4.50	0.06	0.08	0.014	0.13	0.05	0.005	0.27
10302	Evening Primrose Oil Plus Starflower Oil	Seven Seas	2	3.57	0.03	<0.001	0.42	0.06	2.48	0.01	0.07	<0.003	0.12	<0.009	0.00	0.73
				10.55	0.076	0.003	1.25	0.17	7.35	0.02	0.21	0.009	0.35	0.03	0.003	2.16
10324	High Strength Evening Primrose Oil	Superdrug	3	0.60	0.02	<0.001	<0.015	0.05	1.62	0.00	0.01	<0.003	0.03	0.01	<0.001	1.26
				2.44	0.075	0.004	0.06	0.23	6.64	0.02	0.05	0.012	0.12	0.06	0.004	5.18

Sample Code	Product as described	Brand	Dose (tablets/day)	Concentration in Sample (mg/kg)												
				Amount of metal per maximum recommended dose (micrograms)												
				Al (0.033)	As (0.006)	Cd (0.001)	Cr (0.015)	Cu (0.016)	Fe (0.072)	Pb (0.002)	Mn (0.012)	Hg (0.003)	Ni (0.005)	Se (0.009)	Tl (0.001)	Zn (0.057)
10322	Evening Primrose Oil	ValueVits	3	0.39	0.01	<0.001	0.05	0.07	0.39	0.00	<0.012	<0.003	<0.005	0.02	<0.001	0.25
				0.83	0.019	0.002	0.11	0.15	0.84	0.01	0.03	0.006	0.01	0.05	0.002	0.53
10336	Evening Primrose Oil High Strength	Wilko	3	0.70	0.01	<0.001	0.02	0.10	1.58	0.01	0.09	<0.003	0.01	0.02	<0.001	0.67
				2.98	0.048	0.004	0.09	0.41	6.74	0.03	0.38	0.013	0.05	0.08	0.004	2.86
10316	Pure Starflower Oil	Floresse	1	1.71	0.02	<0.001	<0.015	0.04	0.65	0.01	0.05	<0.003	0.01	0.01	<0.001	1.17
				2.45	0.023	0.001	0.02	0.06	0.94	0.01	0.08	0.004	0.01	0.02	0.001	1.68
10375	Starflower Oil	Morrison's	2	2.84	<0.006	<0.001	0.12	0.49	1.01	0.00	0.12	<0.003	0.01	0.02	<0.001	0.11
				4.06	0.009	0.001	0.17	0.70	1.45	0.00	0.17	0.004	0.01	0.02	0.001	0.15
10368	Organic Flax Oil	GranoVita		0.06	<0.006	<0.001	<0.015	<0.016	<0.072	<0.002	<0.012	<0.003	<0.005	<0.009	<0.001	0.48
10352	Safflower Oil	Healthwise	6	0.35	0.01	<0.001	0.07	0.03	0.43	<0.002	0.02	<0.003	<0.005	0.01	<0.001	<0.057
				1.62	0.039	0.005	0.32	0.13	1.95	0.01	0.07	0.014	0.02	0.05	0.005	0.26
10355	Hemp Seed Oil	Power Health	2	10.91	0.05	0.00	0.29	<0.016	0.38	0.01	<0.012	<0.003	0.07	0.01	0.00	0.70
				8.64	0.036	0.001	0.23	0.01	0.30	0.01	0.01	0.002	0.06	0.01	0.002	0.55
10289	CLA - Conjugated Linoleic Acid	Tonalin	6	0.41	<0.006	<0.001	0.15	0.77	4.05	0.01	0.38	<0.003	0.10	0.02	<0.001	2.14
				3.79	0.055	0.009	1.36	7.02	37.07	0.09	3.47	0.027	0.90	0.21	0.009	19.58
10298	Emulsified Linseed Oil 1000	BioCare	3	1.92	<0.006	<0.001	<0.015	7.92	1.26	0.01	0.05	<0.003	0.02	0.01	<0.001	<0.057
				8.33	0.026	0.004	0.07	34.48	5.50	0.04	0.20	0.013	0.10	0.06	0.004	0.25
Animal Oils																
10400	Emu Oil	Bursting With Health	2	15.40	0.03	<0.001	0.33	0.40	6.99	0.02	0.45	<0.003	0.11	0.02	<0.001	0.74
				25.59	0.042	0.002	0.54	0.66	11.61	0.04	0.75	0.005	0.19	0.04	0.002	1.23
10309	Newfoundland Omega 3 Seal Oil	Gateway	4	0.54	0.10	0.00	0.02	0.07	1.23	0.01	0.05	<0.003	0.03	0.08	<0.001	1.30
				1.44	0.266	0.003	0.06	0.18	3.25	0.02	0.13	0.008	0.09	0.21	0.003	3.44
10433	Omega-3 Seal Oil	Terra Nova	4	0.25	0.75	<0.001	0.04	0.04	0.30	0.01	0.01	<0.003	0.02	0.11	<0.001	0.72
				0.70	2.081	0.003	0.11	0.11	0.83	0.03	0.04	0.008	0.06	0.31	0.003	1.99

Annex 2: Dietary supplement samples collected — ordered by sample code

Sample Code	Product as described	Brand	Category	Name of retail outlet	Outlet type	Outlet address
10246	eye q	Equazen	Combination Fish Oil	Safeway	Supermarket	Dane Road, Seaford, BN25 1DL,
10247	Chewable Multi Vitamins & Iron	SuperTed	Multivitamin - Child	Safeway	Supermarket	Dane Road, Seaford, BN25 1DL,
10248	Co-Enzyme Q10	Sainsbury's	Antioxidant	Sainsbury's	Supermarket	The Drove, Newhaven, BN9 0AG,
10249	High Strength Effervescent Vitamin C	Sainsbury's	Single Vitamin	Sainsbury's	Supermarket	The Drove, Newhaven, BN9 0AG,
10250	Odourless Garlic	Co-op	Garlic	Co-op	Supermarket	22 Abbey Street, Nuneaton, CV11 5BU,
10251	Iron	Tesco	Iron	Tesco Extra	Supermarket	Lottbridge Drove, Eastbourne, BN23 6QD,
10252	Calcium & Vitamin D	Unichem	Calcium	Cameron & Sons Ltd	Pharmacy	12-14 Broad Street, Seaford, BN25 1ND,
10253	Vitamin E	Somerfield	Single Vitamin	Somerfield	Supermarket	10 Newhaven Square, Newhaven, BN9 9PQ,
10254	St John's Wort	Day Lewis	Plant Extracts	Day Lewis	Pharmacy	44 Broad Street, Seaford, BN25 1NF,
10255	Vitamin E	Healthspan	Single Vitamin	Healthspan Mail order	Mail order	P O Box 64, Guernsey, GY1 3BT,
10256	Zinc	Boots	Zinc	Boots	Pharmacy	15 The Arndale Centre, Eastbourne, BN22 3NL,
10257	Echinacea	Lamberts	Ginkgo / Echinacea	David Skinner Pharmacy	Pharmacy	7c Bolton Road, Eastbourne, BN21 3JU,
10258	Garlic	Kwai	Garlic	David Skinner Pharmacy	Pharmacy	7c Bolton Road, Eastbourne, BN21 3JU,
10259	Concentrated Ginkgo Biloba Extract	Lifepan	Ginkgo / Echinacea	Seaford Health Store	Health food retailer	26 Church Street, Seaford, BN25 1LD,
10260	Black Cohosh Root	FSC - Food Supplement Company	Plant Extracts	Seaford Health Store	Health food retailer	26 Church Street, Seaford, BN25 1LD,
10261	High Potency Green Lipped Mussel Extract	Optima Musselton	Other Marine-Based Products	Seaford Health Store	Health food retailer	26 Church Street, Seaford, BN25 1LD,
10262	Evening Primrose Oil	Holland & Barrett	Plant Oils	Holland & Barrett	Health food retailer	Unit 62, Arndale Centre, Eastbourne, BN21 3NW
10263	Magnesium	Holland & Barrett	Minerals	Holland & Barrett	Health food retailer	Unit 62, Arndale Centre, Eastbourne, BN21 3NW
10264	Glucosamine Sulphate	Holland & Barrett	Glucosamine	Holland & Barrett	Health food retailer	Unit 62, Arndale Centre, Eastbourne, BN21 3NW
10265	Siberian Ginseng	Holland & Barrett	Ginseng	Holland & Barrett	Health food retailer	Unit 62, Arndale Centre, Eastbourne, BN21 3NW
10266	St John's Wort	Kira	Other Plant Extracts	Tesco Extra	Supermarket	Excelsior Estate, Western Avenue, Gabalfa, Cardiff, CF14 3AT
10267	Ginkgo Biloba	Tesco	Ginkgo / Echinacea	Tesco Extra	Supermarket	Excelsior Estate, Western Avenue, Gabalfa, Cardiff, CF14 3AT
10268	Children's Chewable Multivitamins & Minerals	Tesco	Multivitamin - Child	Tesco Extra	Supermarket	Excelsior Estate, Western Avenue, Gabalfa, Cardiff, CF14 3AT
10269	Glucosamine Sulphate	Tesco	Glucosamine	Tesco Extra	Supermarket	Excelsior Estate, Western Avenue, Gabalfa, Cardiff, CF14 3AT
10270	Odourless Garlic	Tesco	Garlic	Tesco Extra	Supermarket	Excelsior Estate, Western Avenue, Gabalfa, Cardiff, CF14 3AT
10271	Zinc	Tesco	Zinc	Tesco Extra	Supermarket	Excelsior Estate, Western Avenue, Gabalfa, Cardiff, CF14 3AT
10272	Korean Ginseng Extract	Tesco	Ginseng	Tesco Extra	Supermarket	Excelsior Estate, Western Avenue, Gabalfa, Cardiff, CF14 3AT
10273	Zinc	Asda	Zinc	Asda	Supermarket	Coryton, Cardiff, CF14 7EW,
10274	Odourless Garlic	Asda	Garlic	Asda	Supermarket	Coryton, Cardiff, CF14 7EW,

Sample Code	Product as described	Brand	Category	Name of retail outlet	Outlet type	Outlet address
10275	Echinacea	Asda	Gingko / Echinacea	Asda	Supermarket	Coryton, Cardiff, CF14 7EW,
10276	Korean Ginseng	Asda	Ginseng	Asda	Supermarket	Coryton, Cardiff, CF14 7EW,
10277	30 Squidgy a,c,d and e Jellies	Asda	Multivitamin - Child	Asda	Supermarket	Coryton, Cardiff, CF14 7EW,
10278	Glucosamine & Chondroitin	Asda	Glucosamine	Asda	Supermarket	Coryton, Cardiff, CF14 7EW,
10279	Feverfew	Viridian	Other Plant Extracts	Health With Herbs	Health food retailer	124 Cowbridge Road East, Canton, Cardiff, CF11 9DX
10280	Saw Palmetto Berry	Viridian	Plant Extracts	Health With Herbs	Health food retailer	124 Cowbridge Road East, Canton, Cardiff, CF11 9DX
10281	Selenium	Solgar	Minerals	Health With Herbs	Health food retailer	124 Cowbridge Road East, Canton, Cardiff, CF11 9DX
10282	Calcium Magnesium plus Zinc	Solgar	Calcium	Health With Herbs	Health food retailer	124 Cowbridge Road East, Canton, Cardiff, CF11 9DX
10283	Aloe Vera	Aloe Pura	Other Plant Extracts	Health With Herbs	Health food retailer	124 Cowbridge Road East, Canton, Cardiff, CF11 9DX
10284	Iron with Vitamins and Minerals	Quest Synergistic Minerals	Iron	Health With Herbs	Health food retailer	124 Cowbridge Road East, Canton, Cardiff, CF11 9DX
10285	Bio-Quinone Q10 Capsules	Pharma Nord	Antioxidant	Health With Herbs	Health food retailer	124 Cowbridge Road East, Canton, Cardiff, CF11 9DX
10286	High Potency Effervescent Echina Fizz	Echinaid	Gingko / Echinacea	Holland & Barrett	Health food retailer	81 Golder's Green Road, Golder's Green, London, NW11 8EN
10287	Spirulina	Holland & Barrett	Other Marine-Based Products	Holland & Barrett	Health food retailer	81 Golder's Green Road, Golder's Green, London, NW11 8EN
10288	Shark Cartilage	Holland & Barrett	Other Marine-Based Products	Holland & Barrett	Health food retailer	81 Golder's Green Road, Golder's Green, London, NW11 8EN
10289	CLA - Conjugated Linoleic Acid	Tonalin	Plant Oils	Holland & Barrett	Health food retailer	81 Golder's Green Road, Golder's Green, London, NW11 8EN
10290	Chitosan - Natural Marine Fibre	Holland & Barrett	Other Marine-Based Products	Holland & Barrett	Health food retailer	81 Golder's Green Road, Golder's Green, London, NW11 8EN
10291	Coral Calcium	Holland & Barrett	Calcium	Holland & Barrett	Health food retailer	81 Golder's Green Road, Golder's Green, London, NW11 8EN
10292	Pycnogenol - Pine Bark Extract & Citrus Bioflavonoids	Holland & Barrett	Other Plant Extracts	Holland & Barrett	Health food retailer	81 Golder's Green Road, Golder's Green, London, NW11 8EN
10293	Horny Goat Weed with Maca	Holland & Barrett	Other Plant Extracts	Holland & Barrett	Health food retailer	81 Golder's Green Road, Golder's Green, London, NW11 8EN
10294	High Potency Strong Calcium	HealthAid	Calcium	Ritz Pharmacy	Pharmacy	43 Heath Street, Hampstead, London, NW3 6UA
10295	Calcium Citrate with Vitamin D	Solgar	Calcium	Ritz Pharmacy	Pharmacy	43 Heath Street, Hampstead, London, NW3 6UA
10296	Dong Quai Root Extract	Solgar	Other Plant Extracts	Ritz Pharmacy	Pharmacy	43 Heath Street, Hampstead, London, NW3 6UA
10297	Bromelain - Pineapple Extract	Nature's Plus	Other Plant Extracts	Hampstead Health	Health food retailer	57 High Street, Hampstead, London, NW3 1QH
10298	Emulsified Linseed Oil 1000	BioCare	Plant Oils	Hampstead Health	Health food retailer	57 High Street, Hampstead, London, NW3 1QH
10299	Red Clover Leaf Extract	Solgar	Other Plant Extracts	Hampstead Health	Health food retailer	57 High Street, Hampstead, London, NW3 1QH
10300	Cat's Claw Gels	Nature's Plus	Other Plant Extracts	Hampstead Health	Health food retailer	57 High Street, Hampstead, London, NW3 1QH
10301	Potassium	Nature's Plus Dyno-	Minerals	Hampstead Health	Health food retailer	57 High Street, Hampstead, London, NW3 1QH

Sample Code	Product as described	Brand	Category	Name of retail outlet	Outlet type	Outlet address
		Mins				
10302	Evening Primrose Oil Plus Starflower Oil	Seven Seas	Plant Oils	Boots	Pharmacy	58 Golder's Green Road, Golder's Green, London, NW11 8L
10303	Antioxidants Multi-Vitamin & Mineral	Boots	Antioxidant	Boots	Pharmacy	58 Golder's Green Road, Golder's Green, London, NW11 8L
10304	Mum To Be - includes Folic Acid, DHA and Ginger	Boots	Combination Fish Oil	Boots	Pharmacy	58 Golder's Green Road, Golder's Green, London, NW11 8L
10305	Bee Pollen	Comvita	Bee Products	House of Mistry	Health food retailer	15-17 South End Road, Hampstead Heath, London, NW3 2PT
10306	eye q Liquid	Equazen	Combination Fish Oil	House of Mistry	Health food retailer	15-17 South End Road, Hampstead Heath, London, NW3 2PT
10307	Chlorella 2000	Bee Well	Other Marine-Based Products	House of Mistry	Health food retailer	15-17 South End Road, Hampstead Heath, London, NW3 2PT
10308	Natural Brewer's Yeast	Phillips	Single Vitamin	House of Mistry	Health food retailer	15-17 South End Road, Hampstead Heath, London, NW3 2PT
10309	Newfoundland Omega 3 Seal Oil	Gateway	Animal Oils	Nu-Quest Distribution Inc. www.tidespoint.com	Internet	96 Clyde Avenue, Suite 101, Mount Pearl, NL A1N 4S2
10310	Strontium Support - Strontium (II) Citrate	Advanced Series	Minerals	Feel Good Natural Health Store & Clinic www.feelgoodnatural.com	Internet	129 King Street, East Oshawa, ON Canada, L1H 1C2
10311	Liquid Iodine	Trophic	Minerals	Feel Good Natural Health Store & Clinic www.feelgoodnatural.com	Internet	129 King Street, East Oshawa, ON Canada, L1H 1C2
10312	Devil's Claw	HealthAid	Other Plant Extracts	Hugh Lloyd Chemist	Pharmacy	34 Market Place, London, NW11 6JJ,
10313	Vitamin B Complex Supreme	HealthAid	Single Vitamin	Hugh Lloyd Chemist	Pharmacy	34 Market Place, London, NW11 6JJ,
10314	Milk Thistle	HealthAid	Other Plant Extracts	Hugh Lloyd Chemist	Pharmacy	34 Market Place, London, NW11 6JJ,
10315	Soft & Chewy Vitamins A, C, D & E	Bassett's	Multivitamin - Child	Co-op	Supermarket	22 Abbey Street, Nuneaton, CV11 5BU,
10316	Pure Starflower Oil	Floresse	Plant Oils	Superdrug	Pharmacy	9-10 Market Place, Nuneaton, CV11 4EE,
10317	Korean Ginseng	Red Kooga	Ginseng	Superdrug	Pharmacy	9-10 Market Place, Nuneaton, CV11 4EE,
10318	Ginkgo Biloba Leaf Extract	Superdrug	Ginkgo / Echinacea	Superdrug	Pharmacy	9-10 Market Place, Nuneaton, CV11 4EE,
10319	Sugar Free - Orange Flavour	Haliborange	Multivitamin - Child	Superdrug	Pharmacy	9-10 Market Place, Nuneaton, CV11 4EE,
10320	Sugar Free - Baby - Orange Flavour	Sanatogen	Multivitamin - Child	Superdrug	Pharmacy	9-10 Market Place, Nuneaton, CV11 4EE,
10321	Odourless Garlic	ValueVits	Garlic	Superdrug	Pharmacy	9-10 Market Place, Nuneaton, CV11 4EE,
10322	Evening Primrose Oil	ValueVits	Plant Oils	Superdrug	Pharmacy	9-10 Market Place, Nuneaton, CV11 4EE,
10323	Kidz - A complete daily multivitamin with minerals for children	Centrum	Multivitamin - Child	Superdrug	Pharmacy	9-10 Market Place, Nuneaton, CV11 4EE,
10324	High Strength Evening Primrose Oil	Superdrug	Plant Oils	Superdrug	Pharmacy	9-10 Market Place, Nuneaton, CV11 4EE,
10325	Zinc	Superdrug	Zinc	Superdrug	Pharmacy	9-10 Market Place, Nuneaton, CV11 4EE,
10326	Antioxidant Vitamin E	Seven Seas	Antioxidant	Superdrug	Pharmacy	9-10 Market Place, Nuneaton, CV11 4EE,
10327	Iron Plus with Vitamin C	Healthcrafts	Iron	Superdrug	Pharmacy	9-10 Market Place, Nuneaton, CV11 4EE,
10328	High Potency Ginkgo Biloba Extract	Healthcrafts	Ginkgo / Echinacea	Superdrug	Pharmacy	9-10 Market Place, Nuneaton, CV11 4EE,
10329	Odourless Garlic	Bodycare	Garlic	Bodycare	Independent retailer	130 Abbey Street, Nuneaton, CV11 5EA,

Sample Code	Product as described	Brand	Category	Name of retail outlet	Outlet type	Outlet address
10330	Cod Liver Oil & Calcium	Natural Options	Combination Fish Oil	Bodycare	Independent retailer	130 Abbey Street, Nuneaton, CV11 5EA,
10331	Vital 50+	Sanatogen	Multivitamin	Bodycare	Independent retailer	130 Abbey Street, Nuneaton, CV11 5EA,
10332	Children's Strength Echinacea	Valupak	Ginkgo / Echinacea	Savers	Independent retailer	24 Abbeygate Street, Nuneaton, CV11 4EX,
10333	Dolomite	G & G	Minerals	Auravita Limited www.auravita.com	Internet	140 Cricklewood Lane, London, NW2 2DT,
10334	Echinacea	Healthy Weigh	Ginkgo / Echinacea	Weigh and Save	Weigh and Save	13 Bridge Street, Nuneaton, CV11 4DX,
10335	Korean Ginseng	Healthy Weigh	Ginseng	Weigh and Save	Weigh and Save	13 Bridge Street, Nuneaton, CV11 4DX,
10336	Evening Primrose Oil High Strength	Wilko	Plant Oils	Wilkinson	Independent retailer	1-2 Church Street, Nuneaton, CV11 4AH,
10337	Korean Ginseng	Wilko	Ginseng	Wilkinson	Independent retailer	1-2 Church Street, Nuneaton, CV11 4AH,
10338	Liquid Iron Formula	Floradix	Iron	The Health Shop	Health food retailer	6 Coventry Street, Nuneaton, CV11 5SZ,
10339	Fresh Royal Jelly	The Health Shop	Bee Products	The Health Shop	Health food retailer	6 Coventry Street, Nuneaton, CV11 5SZ,
10340	Propolis Extract	ESI	Bee Products	The Health Shop	Health food retailer	6 Coventry Street, Nuneaton, CV11 5SZ,
10341	Garlic Extract	Lifeplan	Garlic	The Health Shop	Health food retailer	6 Coventry Street, Nuneaton, CV11 5SZ,
10342	Antioxidants Cell-Life Protective Nutrients	Quest	Antioxidant	The Health Shop	Health food retailer	6 Coventry Street, Nuneaton, CV11 5SZ,
10343	Cold Pressed Evening Primrose Oil	ESI Optima	Plant Oils	The Health Shop	Health food retailer	6 Coventry Street, Nuneaton, CV11 5SZ,
10344	Children's Multinutrient	Lifeplan	Multivitamin - Child	The Health Shop	Health food retailer	6 Coventry Street, Nuneaton, CV11 5SZ,
10345	Junior Time Multivitamins Plus	Kordel's	Multivitamin - Child	The Health Shop	Health food retailer	6 Coventry Street, Nuneaton, CV11 5SZ,
10346	Concentrated Echinacea Root	Natures Aid	Ginkgo / Echinacea	The Health Shop	Health food retailer	6 Coventry Street, Nuneaton, CV11 5SZ,
10347	Soya Isoflavones	Natures Aid	Other Plant Extracts	The Health Shop	Health food retailer	6 Coventry Street, Nuneaton, CV11 5SZ,
10348	Evening Primrose Oil	Principle Healthcare	Plant Oils	The Health Shop	Health food retailer	6 Coventry Street, Nuneaton, CV11 5SZ,
10349	Efalex	Efamol	Combination Fish Oil	The Health Shop	Health food retailer	6 Coventry Street, Nuneaton, CV11 5SZ,
10350	Zinc-Ace	Wassen	Zinc	Boots	Pharmacy	14-18 St Stephen's Street, Norwich, NR1 3SA,
10351	Vita Royal	Dr Reckeweg	Bee Products	Framar Health	Health food retailer	595 Lisburn Road, Belfast, BT9 7TS,
10352	Safflower Oil	Healthwise	Plant Oils	Framar Health	Health food retailer	595 Lisburn Road, Belfast, BT9 7TS,
10353	Siberian Ginseng	Solo Nutrition	Ginseng	Framar Health	Health food retailer	595 Lisburn Road, Belfast, BT9 7TS,
10354	Ultra Pure Propolis Exclusive Method EPID	Specchiasol	Bee Products	Framar Health	Health food retailer	595 Lisburn Road, Belfast, BT9 7TS,
10355	Hemp Seed Oil	Power Health	Plant Oils	Framar Health	Health food retailer	595 Lisburn Road, Belfast, BT9 7TS,
10356	Green Tea	Quest	Other Plant Extracts	Framar Health	Health food retailer	595 Lisburn Road, Belfast, BT9 7TS,
10357	High Potency Propolis	Healthwise	Bee Products	Framar Health	Health food retailer	595 Lisburn Road, Belfast, BT9 7TS,
10358	Full Potency Omega-H3 Forte	Vitabiotics	Antioxidant	Maple Leaf Pharmacy	Pharmacy	20 The Green, Twickenham, TW2 5AB,
10359	Evening Primrose Oil	Arkopharma	Plant Oils	Maple Leaf Pharmacy	Pharmacy	20 The Green, Twickenham, TW2 5AB,
10360	Ginkgo Biloba Leaf	Power Herbs	Ginkgo / Echinacea	Maple Leaf Pharmacy	Pharmacy	20 The Green, Twickenham, TW2 5AB,
10361	Vital Iron Plus	Ortis	Iron	Maple Leaf Pharmacy	Pharmacy	20 The Green, Twickenham, TW2 5AB,
10362	Multibionta Probiotic Multivitamin	Seven Seas	Multivitamin	ABC Pharmacy	Pharmacy	33 King Street, Twickenham, TW1 3SD,
10363	Korean Ginseng Mega Strength	Health Aid	Ginseng	ABC Pharmacy	Pharmacy	33 King Street, Twickenham, TW1 3SD,
10364	Ultimate Antioxidant	Galen's Choice	Antioxidant	Maple Leaf Pharmacy	Pharmacy	20 The Green, Twickenham, TW2 5AB,
10365	Chelated Iron	Solgar	Iron	Maple Leaf Pharmacy	Pharmacy	20 The Green, Twickenham, TW2 5AB,
10366	Ginkyo Concentrated High Strength	Lichtwer Pharma	Ginkgo / Echinacea	Waitrose	Supermarket	Eaton Centre, Church Lane, Eaton, Norwich, NR4 6NU

Sample Code	Product as described	Brand	Category	Name of retail outlet	Outlet type	Outlet address
10367	Power Ginseng	Power Health	Ginseng	Waitrose	Supermarket	Eaton Centre, Church Lane, Eaton, Norwich, NR4 6NU
10368	Organic Flax Oil	GranoVita	Plant Oils	Waitrose	Supermarket	Eaton Centre, Church Lane, Eaton, Norwich, NR4 6NU
10369	High Strength Glucosamine Effervescent	Health Perception	Glucosamine	Waitrose	Supermarket	Eaton Centre, Church Lane, Eaton, Norwich, NR4 6NU
10370	Garlic - Highly Odour Controlled Tablets	Wassen	Garlic	Moss Pharmacy	Pharmacy	Eaton Centre, Church Lane, Eaton, Norwich, NR4 6NU
10371	Zinc	Moss Pharmacy	Zinc	Moss Pharmacy	Pharmacy	Eaton Centre, Church Lane, Eaton, Norwich, NR4 6NU
10372	Kelp and Greens Formula	Vega	Other Marine-Based Products	Moss Pharmacy	Pharmacy	Eaton Centre, Church Lane, Eaton, Norwich, NR4 6NU
10373	Valerian Root	Bio-Health	Other Plant Extracts	Moss Pharmacy	Pharmacy	Eaton Centre, Church Lane, Eaton, Norwich, NR4 6NU
10374	Vits for Kids	Principle Healthcare	Multivitamin - Child	Morrisons	Supermarket	Albion Way, Norwich, NR1 1WU,
10375	Starflower Oil	Morrison's	Plant Oils	Morrisons	Supermarket	Albion Way, Norwich, NR1 1WU,
10376	Zinc	Morrison's	Zinc	Morrisons	Supermarket	Albion Way, Norwich, NR1 1WU,
10377	Allimax	Health Perception	Garlic	GNC	Health food retailer	3-5 Orford Place, Norwich, NR1 3RU,
10378	Manuka Honey with Bee Venom	Nectar Ease	Bee Products	GNC	Health food retailer	3-5 Orford Place, Norwich, NR1 3RU,
10379	American White Ginseng Root	Ginseng Gold	Ginseng	GNC	Health food retailer	3-5 Orford Place, Norwich, NR1 3RU,
10380	Green Tea Extract	GNC	Other Plant Extracts	GNC	Health food retailer	3-5 Orford Place, Norwich, NR1 3RU,
10381	Royal Jelly	GNC	Bee Products	GNC	Health food retailer	3-5 Orford Place, Norwich, NR1 3RU,
10382	Ginkgo Biloba	Lloyds Pharmacy	Gingko / Echinacea	Lloyds Pharmacy	Pharmacy	193 St Johns Road, Corstophine Road, Edinburgh, EH12 7SL
10383	Co-enzyme Q10	Vega	Antioxidant	Lloyds Pharmacy	Pharmacy	193 St Johns Road, Corstophine Road, Edinburgh, EH12 7SL
10384	Cran-Biotic	Vega	Other Plant Extracts	Lloyds Pharmacy	Pharmacy	193 St Johns Road, Corstophine Road, Edinburgh, EH12 7SL
10385	Multivitamins & Iron	Healthilife	Multivitamin	Semi-Chem	Pharmacy	189 St Johns Road, Corstophine Road, Edinburgh, EH12 7SL
10386	Serotone 5 HTP	Higher Nature	Other Marine-Based Products	Hanover Health Foods	Health food retailer	40 Hanover Street, Edinburgh, EH2 2DR,
10387	Vitamin D	Nature's Plus	Single Vitamin	Hanover Health Foods	Health food retailer	40 Hanover Street, Edinburgh, EH2 2DR,
10388	Vitamin C & Propolis & Zinc	First Nutrition	Single Vitamin	Hanover Health Foods	Health food retailer	40 Hanover Street, Edinburgh, EH2 2DR,
10389	Glucosamine Sulphate	First Nutrition	Glucosamine	Hanover Health Foods	Health food retailer	40 Hanover Street, Edinburgh, EH2 2DR,
10390	Siberian Ginseng	First Nutrition	Ginseng	Hanover Health Foods	Health food retailer	40 Hanover Street, Edinburgh, EH2 2DR,
10391	Green Tea Leaf Extract	Solgar	Other Plant Extracts	Hanover Health Foods	Health food retailer	40 Hanover Street, Edinburgh, EH2 2DR,
10392	Selenium Immunace	Vitabiotics	Antioxidant	Boots	Pharmacy	48 Shandwick Place, Edinburgh, EH2 4SA,
10393	Vitamin E	Seven Seas	Single Vitamin	Boots	Pharmacy	48 Shandwick Place, Edinburgh, EH2 4SA,
10394	Soft & Chewy Multivitamins	Bassett's	Multivitamin	Safeway	Supermarket	38 Comely Bank Road, Edinburgh, EH4 1AW,
10395	Selenium-ACE	Wassen	Minerals	Safeway	Supermarket	38 Comely Bank Road, Edinburgh, EH4 1AW,
10396	Ginseng	Safeway	Ginseng	Safeway	Supermarket	38 Comely Bank Road, Edinburgh, EH4 1AW,

Sample Code	Product as described	Brand	Category	Name of retail outlet	Outlet type	Outlet address
10397	Odourless Garlic	Safeway	Garlic	Safeway	Supermarket	38 Comely Bank Road, Edinburgh, EH4 1AW,
10398	Cynara Artichoke	Lichtwer Pharma	Other Plant Extracts	Moss Pharmacy	Pharmacy	151 Comely Bank, Edinburgh, EH4 1BH,
10399	Pregnancy Vitamins	Clearblue	Multivitamin	Moss Pharmacy	Pharmacy	151 Comely Bank, Edinburgh, EH4 1BH,
10400	Emu Oil	Bursting With Health	Animal Oils	Bursting With Health www.burstingwithhealth.co.uk	Internet	27 Vance Road, Blackpool, Lancashire, FY1 4QD
10401	Molybdenum Ascorbate	BioCare Nutrisorb	Minerals	Auravita Limited www.auravita.com	Internet	140 Cricklewood Lane, London, NW2 2DT,
10402	Gold A to Z	Sanatogen	Multivitamin	Centra	Supermarket	Ballinderry Service Station, 1 Glenavy Road, Ballinderry, BT28 2EU
10403	Original Silicea For Oral Use	Hubner	Minerals	Baird's Chemists	Pharmacy	45 Main Street, Moira, BT67 0LQ,
10404	100% Natural Iron Supplement	Spatone	Iron	Baird's Chemists	Pharmacy	45 Main Street, Moira, BT67 0LQ,
10405	Lemon Flavour Pure Cod Liver Oil and Evening Primrose Oil with Vitamins A, D and E	Seven Seas	Combination Fish Oil	Baird's Chemists	Pharmacy	45 Main Street, Moira, BT67 0LQ,
10406	High Strength Chromium Picolinate	Kordel's	Minerals	Baird's Chemists	Pharmacy	45 Main Street, Moira, BT67 0LQ,
10407	Royal Gellee	Bumbles	Bee Products	Gordon's Chemists	Pharmacy	10 Market Street, Lurgan, BT66 6AQ,
10408	Calcium with Vitamins & Iron	Calcia	Calcium	Gordon's Chemists	Pharmacy	10 Market Street, Lurgan, BT66 6AQ,
10409	Echinacea	NatraHerb	Gingko / Echinacea	Gordon's Chemists	Pharmacy	10 Market Street, Lurgan, BT66 6AQ,
10410	Dietary Supplement	Trimeasy	Other Plant Extracts	Gordon's Chemists	Pharmacy	10 Market Street, Lurgan, BT66 6AQ,
10411	Balanced Iron Bisglycinate	Health Aid	Iron	ABC Pharmacy	Pharmacy	33 King Street, Twickenham, TW1 3SD,
10412	Jointeze	phb Healthcare	Glucosamine	Gordon's Chemists	Pharmacy	10 Market Street, Lurgan, BT66 6AQ,
10413	Multivitamin and Mineral Tablets	EuRho	Multivitamin	Lidl	Supermarket	Castle Lane, Lurgan, BT67 9BG,
10414	Multivitamins	Tesco	Multivitamin	Tesco	Supermarket	Castle Lane, Lurgan, BT67 9BG,
10415	Doctor's Choice Antioxidant	Enzymatic Therapy	Antioxidant	Framar Health	Health food retailer	595 Lisburn Road, Belfast, BT9 7TS,
10416	Propolis	Bee Health	Bee Products	Framar Health	Health food retailer	595 Lisburn Road, Belfast, BT9 7TS,
10417	SupaSulf MSM Bio Available Sulphur	Nutri Labs	Minerals	Framar Health	Health food retailer	595 Lisburn Road, Belfast, BT9 7TS,
10418	Liquid Calcium	Totally Natural Products	Calcium	Framar Health	Health food retailer	595 Lisburn Road, Belfast, BT9 7TS,
10419	Calcium High Potency with Vitamin D	Lanes	Calcium	Framar Health	Health food retailer	595 Lisburn Road, Belfast, BT9 7TS,
10420	Propolis 625mg	FSC - Food Supplement Company	Bee Products	Framar Health	Health food retailer	595 Lisburn Road, Belfast, BT9 7TS,
10421	Pure Natural Omega-3, Omega-6 and Omega-9 with Vitamin D & E with Tutti-Frutti Taste	Eskimo Kids	Combination Fish Oil	Framar Health	Health food retailer	595 Lisburn Road, Belfast, BT9 7TS,
10422	Guggulipid	Swiss Natural Sources	Other Plant Extracts	Zooscape.com	Internet	600 Main Street, Tonawanda, NY 14150, United States
10423	Neptune Krill Oil	Puritan's Pride	Other Marine-Based Products	Puritan's Pride www.puritan.com	Internet	105 Orville Drive, Bohemia, NY 11716-2599,
10424	Chelated Copper	Puritan's Pride	Minerals	Puritan's Pride www.puritan.com	Internet	105 Orville Drive, Bohemia, NY 11716-2599,

Sample Code	Product as described	Brand	Category	Name of retail outlet	Outlet type	Outlet address
10425	Chelated Boron	Puritan's Pride	Minerals	Puritan's Pride www.puritan.com	Internet	105 Orville Drive, Bohemia, NY 11716-2599,
10426	Ferroglobin B12	Vitabiotics	Iron	Maple Leaf Pharmacy	Pharmacy	20 The Green, Twickenham, TW2 5AB,
10427	Extra High Strength Ginkgo	Lamberts	Ginkgo / Echinacea	Maple Leaf Pharmacy	Pharmacy	20 The Green, Twickenham, TW2 5AB,
10428	Iron Complex	Galen's Choice	Iron	Maple Leaf Pharmacy	Pharmacy	20 The Green, Twickenham, TW2 5AB,
10429	Sage Extract	Healthspan	Other Plant Extracts	Healthspan Mail order	Mail order	P O Box 64, Guernsey, GY1 3BT,
10430	St Clements Cod Liver Oil	Healthspan	Combination Fish Oil	Healthspan Mail order	Mail order	P O Box 64, Guernsey, GY1 3BT,
10431	Zinc Plus Lozenges - Zinc, Vitamin C and Bee Propolis Extract	Lamberts	Zinc	Maple Leaf Pharmacy	Pharmacy	20 The Green, Twickenham, TW2 5AB,
10432	Manganese	Nature's Life	Minerals	Affordable Nature's Life www.affordablenatureslife.com	Internet	383 Brick Blvd., Brick, NJ 08723,
10433	Omega-3 Seal Oil	Terra Nova	Animal Oils	Tesco Enterprises www.tesco-shopping.com	Internet	P O Box 435, Mahone Bay, NS Canada, B0J 2E0
10434	Glucosamine Hi-Strength with Chondroitin	Goldshield Flexeze	Glucosamine	Kleeneze Europe Ltd	Mail order	Martins Road, Bristol, BS15 3DY,
10435	Glucosamine 1,000mg	HealthyDirect	Glucosamine	Healthy Direct Mail order	Mail order	P O Box 325, St Peter Port, Guernsey, GY1 3TT
10436	Korean Ginseng	Healthspan	Ginseng	Healthspan Mail order	Mail order	P O Box 64, Guernsey, GY1 3BT,
10437	Manchurian Ginseng	Holland & Barrett	Ginseng	Holland & Barrett	Health food retailer	Unit C12, West One Shopping Centre, Bond Street, W1C 2JS
10438	Ginseng	Ortis	Ginseng	Bowling Chemist	Pharmacy	7 Wardour Street, London, W1D 6PE,
10439	Multi-Trace Minerals	Nature's Plus Trace-Mins	Minerals	Fresh & Wild	Health food retailer	69-75 Brewer Street, Soho, London, W1R 3FL
10440	Multiple Mineral with Whole Foods	Nature's Plus Ultra-Mins	Minerals	Fresh & Wild	Health food retailer	69-75 Brewer Street, Soho, London, W1R 3FL
10441	Ultra Colloidal Silver	Source Naturals	Minerals	Fresh & Wild	Health food retailer	69-75 Brewer Street, Soho, London, W1R 3FL
10442	Zinc, Magnesium, Vitamin B6	Musashi ZMA+	Minerals	Fresh & Wild	Health food retailer	69-75 Brewer Street, Soho, London, W1R 3FL
10443	Campanumaea Pills	Wai Yuen Tong Medicine Co., Ltd	Other Plant Extracts	Bowling Chemist	Pharmacy	7 Wardour Street, London, W1D 6PE,
10444	Maca	Kudos	Other Plant Extracts	Bowling Chemist	Pharmacy	7 Wardour Street, London, W1D 6PE,
10445	Focus - Tuna Oil, Evening Primrose Oil, Vitamin E and Thyme Oil	Swiss Natural Sources	Combination Fish Oil	Zooscape.com	Internet	600 Main Street, Tonawanda, NY 14150, United States

Annex 3

HFMA

As the UK leading trade association for specialist food supplements and health products representing 140 member companies, the Health Food Manufacturers' Association (HFMA):

- Confirms the FSA comments that there are no immediate safety concerns arising from the levels of Heavy Metals in food supplements sampled in this survey.
- Recognises that because of the relatively low levels of Heavy Metals found in food supplements combined with the low ingestion quantities of these products, the actual intake of Heavy Metals is very low in comparison with many other foods (mostly at levels of between 0.1 % and 0.8 % of the PTWI — Provisional Tolerable Weekly Intake).
- Thanks the FSA for its commitment to assist in educating suppliers on these issues.
- Urges that any EU legislation relating to contaminants and food supplements is both proportionate to the risk and enforceable in all Member States.
- Reaffirms member company commitment to both supplying high quality, safe products and to continue working with suppliers to further reduce levels of trace heavy metals.
- Thanks the FSA for the opportunity to respond to the survey results.

DCA

Health Span Ltd

Dietary supplements are not among the food categories subject to EC regulation on lead in foods and neither are any of the individual ingredients used to manufacture the Korean Ginseng product. However this does not mean that we are not concerned about lead and other heavy metals in our products. For this reason the majority of the ingredients used in the product are of Pharmacopoeia grade where the levels of heavy metals are controlled. In addition for other ingredients the amount of heavy metals are also controlled to Pharmacopoeia type levels.

The EC regulations on lead in food have limits varying from 0.02 to 1 mg/kg depending on the type of food. We assume that this range takes into account the likely quantity of consumption of each food type. With this in mind we do not feel that a level of 0.8 mg/kg found in our product is excessive bearing in mind that the very low daily consumption of this product compared to other foods.

Premier Healthcare

With regards to the issue of the Arsenic I think the likely product to have caused this is the Kelp. Fortunately Kelp is one of the products excluded from the UK regulations on arsenic and thus the 1 mg/kg level would not apply for this product. It is also not clear if the tests differentiate between inorganic and organic arsenic as the latter is much less toxic.”

It is also worth noting regarding the Arsenic that per the report over 100 capsules would have to be exceeded and the tub only contains 12 capsules. Even if someone would take the maximum dosage recommended on the label of 4 capsules per day for a week — this would still not exceed the limit.

Power Health

We are concerned that our product had such a high concentration of lead. We have checked our records and the raw materials were not tested for lead content. We are talking to our raw material suppliers about this and what steps we can take together to ensure our products will comply with future legislation.

Holland & Barrett

We very much recognise the need to monitor and control the levels of metals. None of our products analysed in the survey exceed the relevant regulatory limits. Further tests of the products in question have subsequently been carried out and the results generally reveal lower levels of metals than those reported in the survey.

Nevertheless, we have also conducted a comprehensive review of our purchasing and manufacturing specifications. Most of the raw materials used in manufacture already meet either the EP or USP monographs, which are applicable to medicinal products. These standards permit significantly higher acceptable limits for metals than the regulations which apply to the food stuffs — reflecting the fact that medicines and dietary supplements are usually consumed in far smaller quantities.

Taking into account the recommended doses for each of our respective products, the levels reported in the survey contribute only a small proportion of the recognised provisional tolerable weekly intake of metals.

Premier Health Products

The certificate of analysis for the St John’s Wort extract used in the manufacture of batch 401097 complies with the maximum level set of less than 20 PPM for heavy metals. The retained sample of this batch has been re-tested and the results confirm that heavy metals present are less than 20 PPM.

The method of testing we use is by means of Atomic Absorption. We note that the method adapted by the FSA is using Liquid Gas Chromatography. It is possible that the different test methods are giving differing results, though both are recognised methods of analysis for determining heavy metal content. If the FSA deems that our results using Atomic Absorption are not valid we would have to request specific guidelines in order to ensure that all parties are adopting the same practices.

We will continue to monitor all products closely in accordance with our GMP.

NBTY Inc.

Puritan's Pride recognises the need for regulation and control of metals in dietary supplements. Based on the findings of your survey, PP Krill Oil does not exceed the Provisional Tolerable weekly intake for inorganic arsenic. When consumed as directed, PP Krill Oil is within the limits of the recognised provisional tolerable weekly intake of inorganic arsenic.

The UK regulation for arsenic in food excludes products containing fish. Irrespective of this, we subject our fish raw materials and fish-containing products to stringent quality control procedures and maintain tight product specifications, to ensure the quality of each product and regulatory compliance. Our quality management programme includes maintaining purchasing and manufacturing specifications. We have reviewed these specifications to ensure the continued quality of our fish oil products.

Additionally, most of the raw materials used in the manufacture of our products already meet either the EP or USP monographs, which are applicable to medicinal products. These standards permit significantly higher acceptable limits for metals than the regulations which apply to foodstuffs – reflecting the fact that medicines and dietary supplements are usually consumed in far smaller quantities than food.

Vitabiotics

Food and supplements products cannot be classified in the same way with regard to their lead content and publication of this survey in light of this issue would be extremely misleading to the public.

The lead traces reported by the FSA are well within permissible limits specified by either BP or USP. The daily dosage of a food supplement capsule cannot be compared with far greater general food intake. While 1mg/kg may be appropriate for food, a capsule supplement may weigh only 300 – 1500 mg allowing a British Pharmacopoeia limit of up to 20 mg/kg.

The level reported by the FSA's lab is only a tiny fraction, 0.37 %, of the PTWI limit even for food, so there is no risk to public health whatsoever, and we note the FSA have stated there is no need for immediate action based on the findings. In the supplement examined, 262 capsules in addition to the rest of the diet would need to be consumed before reaching the PTWI. Additionally our independent analysis of the same batch has consistently disagreed with the FSA results.

THE ABOVE POINTS MUST BE STRESSED IN ANY REPORT AND ATTEMPTS SHOULD BE MADE TO PREVENT INACCURATE OR CONFUSING PRESS REPORTING, WHICH COULD CAUSE NEEDLESS DISTRESS TO THE PUBLIC WHO HAVE BEEN USING THESE SAFE PRODUCTS TO BP STANDARDS.

Vega Nutritionals

RESPONSE FROM OUR CONTRACT MANUFACTURER:

All the materials purchased by Cultech are off food grade. Of the mix in the Vega Kelp & Greens Formula, the materials comply to pharmacopoeia specifications:

Spirulina <0.5 ppm

Chlorella <2 ppm

Blue Green Algae <0.01 ppm

Kelp <30 ppm total Arsenic- not sure on inorganic arsenic- will find out and confirm.

I am now resourcing the components to ensure that all seaweed components in Vega Products fall below the < 1ppm inorganic arsenic level.

Annex 4

SOLGAR VITAMIN AND HERB

Solgar Vitamin and Herb one of the leading and most reputable food supplement manufacturers in the UK, welcomes the results of the FSA survey. The analysis demonstrates that the level of iron in the product is accurately reflected on the label (allowing for a small overage). In addition, Solgar Vitamin and Herb was closely involved in the agreement amongst responsible food supplement manufacturers to display advisory warning statements on the labels of certain products in response to the FSA "Expert Report on Vitamins and Minerals in 2003". The Chelated Iron product that appeared in the survey was labelled in December 2002, some 18 months before the FSA advisory timeline for label statements to appear. The Company's latest product label displays the agreed FSA advisory statement "this amount of iron may cause mild stomach upset in sensitive individuals".

HEALTH AID

All Health Aid products are developed over a period of time and we do all we can to ensure compliance with the current legislation together with the recommended allowances for the ingredients. We are aware of the potential problems that could arise if an excess of iron was to be consumed, and always ensure that the most appropriate advice possible is provided to consumers and healthcare professionals; to this end the label and carton that the amount of iron is 214 % RDA. We understand that GP's do recommend a high dose of iron in certain cases and monitor their patients accordingly, and we do all we can to provide as much information as possible to assist.

Health Aid Advisory Statement

"Accidental overdose of products containing iron is a leading cause of fatal poisoning in children under 6 years. In case of accidental overdose, call a doctor or poison control centre immediately".

The FSA label guideline website recommends an advisory statement relating to products containing more than 20 mg of iron which reads:

"this amount of iron may cause mild stomach upset in sensitive individuals". We will be happy to make the necessary changes to the label and carton, when our current stocks are finished. We constantly review and update our packaging in line with changing legislation and customer comments, and are grateful for any advice to ensure the safety of all our products.