

PAHs IN DIETARY SUPPLEMENTS

Summary

Polycyclic aromatic hydrocarbons (PAHs) have been analysed in a range of retail dietary supplements. The purposes of the survey were to obtain an indication of consumer exposure to PAHs as a result of taking dietary supplements and to generate data for future negotiations on possible EC regulatory limits for benzo(a)pyrene (BaP) and other PAHs. The results suggest that the concern for human health is low.

Key Facts

- 210 dietary supplements, covering a wide range of categories were tested for fifteen PAHs.
- Higher concentrations of PAHs were generally found in plant-derived products such as ginseng and ginkgo, bee products and marine-derived products (other than fish oils). The highest levels of benzo(a)pyrene (BaP) and benz(a)anthracene (BaA) were found in samples of spirulina and red clover leaf.
- Exposure estimates based on the manufacturers' recommended dosages indicate a low concern for health and we do not recommend that consumers change their current preferences on the basis of this survey. Nevertheless, as exposure to genotoxic carcinogens should be as low as reasonably practicable (ALARP) the companies whose products contained the highest PAH levels were advised to investigate ways to reduce them.

Background

Polycyclic aromatic hydrocarbons (PAHs) are a group of compounds present in the environment as a result of past and current combustion and petrochemical activities. They can also be produced during certain types of food processing. The EU Scientific Committee on Food (SCF) identified 15 PAHs that may be genotoxic and carcinogenic to

humans (Table 1).¹ The SCF concluded that it was not possible to establish a threshold level below which risk would be insignificant and therefore a Tolerable Daily Intake could not be set. Consequently, it recommended that exposures to PAHs from food should be as low as reasonably achievable. In a previous review, the UK Committee on Carcinogenicity of Chemicals in Food, Consumer Products and the Environment (COC) had placed benzo(a)pyrene (BaP) and benz(a)anthracene (BaA), together with dibenz(a,h)anthracene (DBahA), in the highest category of concern (high level of concern about carcinogenic hazard for humans).² These were used as the basis for notifying manufacturers of atypical results. In the most recent toxicological assessment of PAHs in the diet, the Joint FAO/WHO Expert Committee on Food Additives (JECFA) concluded that PAH dietary intake corresponding to 10 ng BaP/kg bodyweight per day was of low concern for human health.³

In April 2005, the European Commission introduced regulatory limits for BaP in a range of foods including fats and oils, infant foods and smoked foods (Commission Regulation (EC) 208/2005).⁴ During the discussions on this Regulation, a limit was also considered for BaP in dietary supplements following reports of high PAH levels in a variety of products. The value initially discussed for a limit was 2 microgram/kg but the Commission agreed that there was insufficient supporting data and that a limit should not be proposed until more data become available. A review is planned in 2007 to consider extending the Regulation to cover more food groups and additional PAHs, as well as possibly tightening existing BaP limits. It is very likely that dietary supplements will be included in this review.

Sampling & Analysis

200 dietary supplement samples were obtained by Ventress Technical Services during July-September 2004.⁵ In addition, 10 fish oil dietary supplements were obtained by the Central Science Laboratory (CSL), York in 2005. Lists of the samples, including brand names, are provided in Annex 3 and in the sampling contractor's final report.⁵ The sampling plans were compiled partly to reflect consumption but also to cover as wide a range as possible of the categories of product that might be affected by any future regulation. Consequently, this survey represents a 'snapshot' of the market and no inference should be drawn from the inclusion of a particular brand of a product.

The samples were analysed by CSL. Details of the analytical methodology and quality assurance can be found in the contractor's final report.⁶ The target limit of detection (LOD) for most of the PAHs analysed was 0.01 microgram/kg.

Results

PAH concentrations in all of the products tested are provided in Annex 1. Further details can be found in the contractor's final report, together with the measurement uncertainty of the results.⁶

With very few exceptions, PAHs were undetected or rarely present in multivitamins for adults or children, single vitamins, calcium, iron, zinc and glucosamine supplements and fish oils.

Low levels of PAH were generally found in antioxidants, combination fish oils, animal oils, plant oils and garlic.

The highest PAH concentrations were reported in plant extracts, ginseng, bee products, ginkgo/echinacea and aquatic products (other than fish oils).

Chrysene was the most abundant of the PAHs found, being present on average at 2-3 times the level of the next highest, BaA and benzo(b)fluoranthene (BbFl).

The highest concentrations of both BaP and BaA were found in samples of spirulina, an algal product (44 and 147 microgram/kg, respectively) and a red clover leaf extract (42 and 101 microgram/kg respectively). Intake calculations for these did not indicate an immediate health concern, but the two manufacturers were contacted directly to alert them to the results.

Interpretation

Intakes of BaP and BaA by UK adults and, where appropriate, younger age groups, were estimated for the products in which higher concentrations of BaP and BaA were found, using the manufacturers' maximum recommended product dosages for the appropriate age groups. A number of these estimated intakes were insignificant, due to the low recommended dosage. The more significant estimated intakes are provided in Table 2.

Potential total intakes from the tested products together with the rest of the diet⁷ are within the range considered by the Joint FAO/WHO Expert Committee on Food Additives (JECFA) to be of low concern for human health.³

Feedback from Brand Owners

The brand owners of all of the products that contained higher levels of BaP and/or BaA were informed of the results and invited to make comments. The responses received are shown in Annex 2, together with general comments from two trade associations whose members had received letters from the FSA, the Council for Responsible Nutrition (CRN) and the Health Food Manufacturers' Association (HFMA).

A number of responders have attempted to draw a comparison between the levels of exposure to BaP from their products and the level of exposure to BaP through the consumption of smoked fish, for which there is a regulatory limit of 5 microgram/kg.⁴ The Agency does not consider this comparison to be relevant since the regulatory limit does not reflect the actual level of BaP in most smoked fish, which is almost always significantly lower, and because, unlike many dietary supplements, smoked fish is rarely consumed on a daily basis.

Conclusion

Exposure estimates based on the manufacturers' recommended dosages indicate a low concern for health and we do not recommend that consumers change their current preferences on the basis of this survey. Nevertheless, as exposure to genotoxic carcinogens should be ALARP, we have drawn the results from this survey to the attention of the companies whose products contained the highest levels of PAH and have advised them to explore the feasibility of changes to raw material sources and production processes in order to reduce PAH levels in their products.

References

1. Scientific Committee on Food. (2002). Opinion of the Scientific Committee on Food on the risks to human health of Polycyclic Aromatic Hydrocarbons in food.

SCF/CS/CNTM/PAH/29 Final. Scientific Committee on Food, available at http://europa.eu.int/comm/food/fs/sc/scf/out153_en.pdf.

2. Department of Health. (1998). 1996 Annual Report of the Committees of Toxicity, Mutagenicity, Carcinogenicity of Chemicals in Food, Consumer Products and the Environment. The Stationery Office, available at <http://www.archive.official-documents.co.uk/document/doh/toxicity/toxic.htm> .
3. Joint FAO/WHO Expert Committee on Food Additives. (2005). Sixty-fourth meeting. Rome, 8-17 February 2005. Summary and conclusions. **JECFA/64/SC**.
4. European Union (2005). Commission Regulation (EC) No 208/2005 of 4 February 2005 amending Regulation (EC) No 466/2001 as regards polycyclic aromatic hydrocarbons.
5. Ventress Technical Services Limited. (2003). Sampling protocol for food standards agency survey of dietary supplements, including fish oils, to allow an up-to-date assessment of consumer exposure to PAHs, metals & other elements (excluding pure fish oil supplements) and mercury (pure fish oil supplements only). Ventress Technical Services Limited.
6. White, S., Fernandes, A. and Rose, M. (2005). Survey for polycyclic aromatic hydrocarbons (PAHs) in dietary supplements. **FD 04/44**. Central Science Laboratory.
7. Food Standards Agency. (2002). PAHs in the UK diet: 2000 Total Diet Study samples. *Food Surveillance Information Sheet*, **31/02**. Food Standards Agency, available at <http://www.food.gov.uk/science/surveillance/fsis-2002/31pah>.

Further Information

Further information on this survey can be obtained from:

Dr David Mortimer

Food Standards Agency

Chemical Safety Division

Aviation House

Room 707C

125 Kingsway

London WC2B 6NH

Tel:+44 (0) 20 7276 8724

Fax:+44 (0) 20 7276 8717

E-mail: david.mortimer@foodstandards.gsi.gov.uk

Further copies of this Information Sheet can be obtained from:

Library

Food Standards Agency

Ground Floor

Aviation House

125 Kingsway

London WC2B 6NH

Tel: +44 (0) 20 7276 8281/8182

Fax: +44 (0) 20 7276 8193

E-mail: library&info@foodstandards.gsi.gov.uk

Copies of the full reports of sampling, feasibility study and analysis for this survey have been placed in the Library, Aviation House, 125 Kingsway, London, WC2B 6NH Tel. No. + 44 (0) 20 7276 8181/8282. If you wish to consult them please contact the library for an appointment giving at least 24 hours notice or alternatively copies can be obtained from the library: a charge will be made to cover photocopying and postage.

Table 1 Polycyclic Aromatic Hydrocarbons measured in this survey

Full name	Abbreviation
Benzo(a)pyrene	BaP
Benz(a)anthracene	BaA
Dibenz(a,h)anthracene	DbahA
Benzo(b)fluoranthene	BbFl
Benzo(j)fluoranthene	BjFl
Benzo(k)fluoranthene	BkFl
Benzo(g,h,i)perylene	BghiP
Chrysene	Chry
Cyclopenta(c,d)pyrene	CP
Dibenzo(a,e)pyrene	DBaeP
Dibenzo(a,h)pyrene	DBahP
Dibenzo(a,i)pyrene	DBaiP
Dibenzo(a,h)pyrene	DBaIP
Indeno(1,2,3-c,d)pyrene	IP
5-Methylchrysene	5-MC

Table 2 Estimated intakes for BaP and BaA in ng/kg bodyweight per day

Sample number	Product	Brand	Capsule size (mg)	Maximum dose*	BaP	BaA
10254	St John's Wort	Day Lewis	333	2	0.26	0.52
10259	Concentrated Ginkgo Biloba Extract	Lifeplan	508	2	0.11	0.33
10260	Black Cohosh Root	FSC	805	2	0.37	0.66
10287	Spirulina	Holland & Barrett	580	9	3.79	12.8
10296	Dong Quai Root Extract	Solgar	485	3	0.35	0.72
10290	Chitosan - Natural Marine Fibre	Holland & Barrett	512	4	0.11	0.21
10299	Red Clover Leaf Extract	Solgar	500	3	1.05	2.52
10337	Korean Ginseng	Wilko	700	1	0.26	0.2
10340	Propolis Extract	ESI	757	4	0.20	0.35
10347	Soya Isoflavones	Natures Aid	655	2	0.23	0.38
10360	Ginkgo Biloba Leaf	Power Herbs	459	6	0.19	0.95
10357	High Potency Propolis	Healthwise	450	4	0.61	1.10
10390	Siberian Ginseng	First Nutrition	450	3	0.46	0.57
10391	Green Tea Leaf Extract	Solgar	500	2	0.25	0.34
10410	Dietary Supplement	Trimeasy	500	4	0.85	1.55
10416	Propolis	Bee Health	530	4	0.48	0.97
10420	Propolis 625mg	FSC	500	1	0.11	0.21
10443	Campanumaea Pills	Wai Yuen Tong Medicine Co. Ltd	9,390	4	0.75	2.58
Estimated normal daily dietary intake for an adult					1.6	0.8

* Manufacturer's recommendation

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.

Shaded codes highlight products the results for which the manufacturer was notified in advance.

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

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

SAMPLE CODE	PRODUCT AS DESCRIBED	BRAND	PAH content (micrograms per kilogram)														
			BaP	BaA	DBahA	BbFl	BjFl	BkFl	BghiPI	Chry	CP	DBaeP	DBahP	DBaiP	DBaIP	IP	5-MC
Plant Extracts																	
10254	St John's Wort	Day Lewis	23.5	46.8	4.83	47.4	33.4	9.71	20.0	82	0.24	2.48	0.2	0.74	1.32i	21.5	<0.22
10260	Black Cohosh Root	FSC - Food Supplement Company	12.2	21.8	2.17	13.9	7.59	6.5	7.37	25.6	8.05	1.15	<0.1	0.46	0.50i	8.48	<0.17
10266	St John's Wort	Kira	1.59	2.07	0.31	2.51	1.32	1.11	1.55	5.42	0.1	0.18	<0.1	<0.1	<0.1	1.44	<0.04
10279	Feverfew	Viridian	0.64	0.8	<0.13	0.61	0.47	0.19	0.73	2.39	7.84	<0.12	<0.1	<0.15	<0.1	0.37i	<0.03
10280	Saw Palmetto Berry	Viridian	0.3	0.5	<0.15	0.66	0.28	0.29	0.39	2.07	<0.18	<0.1	<0.1	<0.1	<0.1	0.34	<0.07
10283	Aloe Vera	Aloe Pura	0.93	1.3	0.24	1.37	0.54	0.43	0.65i	2.48	0.2	<0.12	<0.1	<0.1	<0.1	0.62	<0.03
10292	Pycnogenol - Pine Bark Extract & Citrus Bioflavonoids	Holland & Barrett	3.25	3.42	0.78	5.03	2.47	1.94	2.76	9.55	1.78i	0.62	<0.1	0.24	0.19i	2.81	<0.02
10293	Horny Goat Weed with Maca	Holland & Barrett	0.91	2.54	<0.16	1.76	0.82	0.64	0.93	5.69	0.7	0.17	<0.1	<0.1	<0.1	0.68	<0.04
10296	Dong Quai Root Extract	Solgar	14.5	29.3	3.1	28.2	13.2	10.7	12.7	53.4	8.75	1.96	<0.1	0.51	0.93i	14.6	<0.14
10297	Bromelain - Pineapple Extract	Nature's Plus	<0.04	0.04	<0.02	0.07	0.03	0.03	0.03	0.16	<0.01	<0.1	<0.1	<0.1	<0.1	<0.04	<0.01
10299	Red Clover Leaf Extract	Solgar	42.0	101	6.72	59.7	39.2	28.1	24.6	152	13.4	3.51	<0.24	1	1.53	30.1	<0.28
10300	Cat's Claw Gels	Nature's Plus	0.16	0.25	<0.06	0.37	0.2	0.14	0.33	0.75	0.08	<0.1	<0.1	<0.1	<0.1	0.24	<0.01
10312	Devil's Claw	HealthAid	0.19	0.41	<0.03	0.3	0.17	0.13	0.2	1.05	<0.03	<0.1	<0.1	<0.1	<0.1	0.13	<0.01
10314	Milk Thistle	HealthAid	1.31	1.75	0.41	1.63	0.71	0.58	1.29	6.37	0.12	0.31	<0.1	<0.1	<0.1	0.79	<0.03
10347	Soya Isoflavones	Natures Aid	10.6	17.6	2.45	13.6	5.94	5.58	6.26	20.3	0.76	1.25	<0.18	0.41	0.83i	6.78	<0.04
10356	Green Tea	Quest	<0.14	0.12	<0.09	<0.1	<0.04	<0.05	<0.06	0.2	0.2	<0.1	<0.1	<0.1	<0.1	<0.09	0.01
10373	Valerian Root	Bio-Health	1.19	1.41	0.3	2.43	1.05	0.83	1.24	3.49	0.16	0.22	<0.1	<0.1	0.10i	1.38	<0.01
10380	Green Tea Extract	GNC	6.72	11.4	1.19	9.92	5.41	3.83	5.7	27.2	1.51	0.8	<0.1	0.21	0.21i	4.8	<0.03
10384	Cran-Biotic	Vega	0.29	0.25	<0.09	0.48	0.25	0.21	0.35	0.75	0.03	0.11	<0.1	<0.1	<0.1	0.36	<0.01
10391	Green Tea Leaf Extract	Solgar	15.2	20.1	2.43	20.9	11.5	7.47	15.8	40.6	15.6	1.83	0.24	0.77	0.57i	12.6	<0.12
10398	Cynara Artichoke	Lichtwer Pharma	0.06	0.27	<0.03	0.1	0.04	<0.05	0.1	0.22	<0.01	<0.1	<0.1	<0.1	<0.1	<0.06	<0.01

10410	Dietary Supplement	Trimeasy	25.4	46.6	3.54	31.2	15.0	13.1	13.9	72.5	63.8	2.09	<0.1	0.96	1.11i	15.1	<0.21
10422	Guggulipid	Swiss Natural Sources	0.82	1.63	<0.14	0.95	0.67	0.4	0.89	4.19	1.79	0.11	<0.1	<0.13	<0.1	0.77	<0.01
10429	Sage Extract	Healthspan	<0.05	0.09	<0.03	0.06	0.03	0.03	0.06	0.27	<0.01	<0.1	<0.1	<0.1	<0.1	<0.04	<0.01
10443	Campanumaea Pills	Wai Yuen Tong Medicine Co., Ltd	1.2	4.12	<0.15	2.16	1.07	0.71	0.68	7.69	0.98	<0.1	<0.1	<0.1	<0.1	0.74	<0.04
10444	Maca	Kudos	<0.07	0.08	<0.05	0.06	0.04	0.03	0.06	0.2	<0.03	<0.1	<0.1	<0.1	<0.1	<0.07	<0.01

Ginkgo / Echinacea

10257	Echinacea	Lamberts	<0.07	0.05	<0.05	0.08	0.03	<0.03	0.05	1.05	<0.01	<0.1	<0.1	<0.1	<0.1	<0.05	<0.01
10259	Concentrated Ginkgo Biloba Extract	Lifeplan	13.1	39.2	2.09	19.6	9.63	7.98	10.7	124	2.24	3.44	<0.14	0.43	1.27i	7.68	<0.31
10267	Ginkgo Biloba	Tesco	4.31	7.96	0.7	6.18	2.4	2.2	2.31	14.4	<0.03	0.39	<0.1	0.13	0.18	2.22	<0.03
10275	Echinacea	Asda	<0.14	<0.06	<0.09	0.14	0.05	<0.06	0.2	1.71	<0.01	<0.1	<0.1	<0.1	<0.1	<0.18	<0.02
10286	High Potency Effervescent Echina Fizz	Echinaid	<0.03	<0.01	<0.02	<0.03	<0.01	<0.01	<0.02	0.04	<0.01	<0.1	<0.1	<0.1	<0.1	<0.02	<0.01
10318	Ginkgo Biloba Leaf Extract	Superdrug	1.31	1.97	<0.23	1.65	0.72	0.69	0.9	2.92	0.06	<0.19	<0.1	<0.16	<0.13	0.76	<0.03
10328	High Potency Ginkgo Biloba Extract	Healthcrafts	6.25	10.79	1.09	8.05	4.04	3.47	4.03	20.3	0.32	0.68	<0.1	0.25	0.17i	3.91	<0.03
10332	Children's Strength Echinacea	Valupak	<0.04	<0.02	<0.02	<0.03	<0.01	<0.02	<0.02	<0.04	<0.01	<0.1	<0.1	<0.1	<0.1	<0.02	<0.01
10334	Echinacea	Healthy Weigh	<0.07	0.06	<0.05	0.1	0.03	<0.03	0.04	3.92	<0.03	<0.1	<0.1	<0.1	<0.1	<0.05	<0.01
10346	Concentrated Echinacea Root	Natures Aid	0.06	0.16	<0.03	0.17	0.07	0.06	0.06	0.49	0.01	<0.1	<0.1	<0.1	<0.1	<0.06	<0.01
10360	Ginkgo Biloba Leaf	Power Herbs	4.04	20.6	0.73i	22.41	14.02	8.95	3.45	93.2	1.75	0.58	<0.11	<0.17	0.23i	4.59	<0.21
10366	Ginkyo Concentrated High Strength	Lichtwer Pharma	<0.06	0.03	<0.04	<0.05	<0.02	<0.02	<0.03	<0.06	<0.03	<0.1	<0.1	<0.1	<0.1	<0.04	<0.01
10382	Ginkgo Biloba	Lloyds Pharmacy	<0.14	0.07	<0.09	<0.1	<0.04	<0.05	<0.22	0.44	0.03	<0.1	<0.1	<0.1	<0.1	<0.13	<0.03
10409	Echinacea	NatraHerb	2.09	3.24	0.35	3.17	1.89	1.36	2.02	7.54	1.55	0.27	<0.1	<0.1	0.11	2	<0.03
10427	Extra High Strength Ginkgo	Lamberts	7.42	9.86	1.04	7.17	3.51	3.34	4.93	11.47	0.34	0.82	<0.1	0.43	0.20i	4.75	<0.05

Ginseng

10265	Siberian Ginseng	Holland & Barrett	0.16	0.19	<0.05	0.29	0.15	0.12	0.21	0.36	0.09	<0.1	<0.1	<0.1	<0.1	0.21	<0.01
10272	Korean Ginseng Extract	Tesco	5.43	5.85	1.12	5.74	2.44	2.27i	3.97	7.68	0.09	0.77	<0.1	0.23	0.24	3.61	<0.04
10276	Korean Ginseng	Asda	1.51	2.4	<0.25	1.6	0.66	0.69	0.73	2.87	<0.06	<0.24	<0.21	<0.29	<0.15	0.68i	<0.06
10317	Korean Ginseng	Red Kooga	2.04	7.07	<0.16	3.32	2.28	1.34	0.9	12.94	5.49	<0.1	<0.1	<0.1	<0.1	0.83	<0.04
10335	Korean Ginseng	Healthy Weigh	0.58	1.26	<0.13	0.71	0.39	0.25	0.27	2.03	<0.2	<0.19	<0.17	<0.19	<0.1	<0.26	<0.01
10337	Korean Ginseng	Wilko	22.0	17.5	5.21	25.1	11.3	7.82i	15.4	24.9	0.32	3.8	0.11	0.97	0.94i	14.7	<0.04
10353	Siberian Ginseng	Solo Nutrition	0.9	1.05	<0.16	1.25	0.57	0.5	0.98	1.41	0.25	<0.1	<0.1	<0.1	<0.1	0.96	<0.01
10363	Korean Ginseng Mega Strength	Health Aid	0.67	1.44	<0.1	0.73	0.38	0.32	0.38	2.16	0.17	<0.1	<0.1	<0.1	<0.1	0.36	<0.03
10367	Power Ginseng	Power Health	0.23	0.59	<0.09	0.4	0.13	0.12	0.23	1.17	0.18	<0.1	<0.1	<0.1	<0.1	<0.2	<0.01

10379	American White Ginseng Root	Ginseng Gold	<0.09	<0.03	<0.06	0.06	<0.02	<0.03	<0.04	0.11	<0.02	<0.1	<0.1	<0.1	<0.1	<0.06	<0.01
10390	Siberian Ginseng	First Nutrition	20.6	25.5	4.99	30.2	14.3	14.4	18.6	43.6	0.86	6.38	<0.1	1.67	2.56i	20.2	<0.05
10396	Ginseng	Safeway	0.33	1.33	<0.05	0.64	0.39	0.25	0.2	2.54	0.36	<0.1	<0.1	<0.1	<0.1	0.2	<0.02
10436	Korean Ginseng	Healthspan	4.78	7.31	0.74	5.33	2.36	2.43	2.54	8.78	0.19	0.52	<0.11	0.18	<0.1	2.7	<0.04
10437	Manchurian Ginseng	Holland & Barrett	0.16	0.21	<0.05	0.3	0.14	0.11	0.23	0.38	<0.06	<0.1	<0.1	<0.1	<0.1	0.23	<0.01
10438	Ginseng	Ortis	0.06	0.15	<0.03	0.14	0.06	0.05	0.15	0.38	<0.01	<0.1	<0.1	<0.1	<0.1	0.12	<0.01

Bee Products

10305	Bee Pollen	Comvita	<0.18	0.88i	<0.12	0.27i	<0.05	<0.08	<0.09	0.56i	<0.05	<0.15	<0.1	<0.11	<0.14	<0.12	<0.01
10339	Fresh Royal Jelly	The Health Shop	0.77	1.33	0.13	1.02	0.52	0.38	0.6	2.85	0.56	<0.1	<0.1	<0.1	<0.1	0.5	<0.02
10340	Propolis Extract	ESI	3.97	6.91	0.78	6.1	3.11	2.66	3.05	17.2	1.56	0.7	<0.18	<0.2	0.28i	3.08	<0.03
10351	Vita Royal	Dr Reckeweg	<0.03	<0.01	<0.02	<0.02	<0.01	<0.01	<0.01	<0.03	<0.01	<0.1	<0.1	<0.1	<0.1	<0.02	<0.01
10354	Ultra Pure Propolis Exclusive Method EPID	Specchiasol	0.32	0.57	<0.09	0.48	0.23	0.19	0.2	1.16	0.1	<0.1	<0.1	<0.1	<0.1	<0.22	<0.01
10357	High Potency Propolis	Healthwise	20.3	36.8	4.98	42.5	16.1	13.7	18.9	156	1.55	3.44	0.14	1.07	0.60i	17.8	<0.21
10378	Manuka Honey with Bee Venom	Nectar Ease	<0.18	0.08	<0.12	<0.13	<0.05	<0.08	<0.09	0.29	<0.01	<0.15	<0.1	<0.11	<0.14	<0.12	0.01
10381	Royal Jelly	GNC	0.29	0.45	0.07	0.37	0.17	0.17	0.23	0.89	0.03	<0.1	<0.1	<0.1	<0.1	0.23	<0.01
10388	Vitamin C & Propolis & Zinc	First Nutrition	4.08	7.89	0.95	9.24	3.52	2.73	3.07	32.0	0.14	0.48	<0.14	<0.18	0.26i	3.05	<0.05
10407	Royal Gellee	Bumbles	0.18	0.61	<0.06	0.41	0.19	0.11	0.13	1.46	0.17i	<0.1	<0.1	<0.1	<0.1	<0.11	<0.01
10416	Propolis	Bee Health	13.7	27.5	3.86	36.3	13.0	10.3	15.5	124	<0.63	2.54	0.24	0.95	0.63i	13.3	<0.4
10420	Propolis 625mg	FSC - Food Supplement Company	13.3	24.6	3.46	33.2	12.1	9.64	12.5	111	<0.8	3.14	0.13	0.8	0.81i	11.4	<0.16

Other Aquatic Products

10261	High Potency Green Lipped Mussel Extract	Optima Musseltone	0.04	0.1	<0.03	0.11	0.05	0.04	0.08	0.48	0.05	<0.1	<0.1	<0.1	<0.1	<0.06	<0.01
10372	Kelp and Greens Formula	Vega	2.51	5.31	0.49	6.01	2.87	2.03	3.03	16.6	2.95	0.37	<0.1	0.12	0.11i	2.71	<0.03
10386	Serotone 5 HTP	Higher Nature	0.17	0.25	<0.05	0.25	0.1	0.08	0.18	0.52	0.03	<0.1	<0.1	<0.1	<0.1	0.15	<0.01
10423	Neptune Krill Oil	Puritan's Pride	1.94	0.8	<0.23	1.17	0.33	0.25	14.0	3.64	<0.61	<0.28	<0.12	<0.21	<0.26	1.61	0.07
10287	Spirulina	Holland & Barrett	43.6	147	7.72	116	57.2	52.4	36.1	353	9.1	5.34	<0.25	1.71	1.59i	41.2	<0.4
10288	Shark Cartilage	Holland & Barrett	0.1	0.12	<0.05	0.15	0.07	0.06	0.1	0.21	<0.01	<0.1	<0.1	<0.1	<0.1	0.11	<0.01
10290	Chitosan - Natural Marine Fibre	Holland & Barrett	3.22	6.09	1.03	6.43	2.68	2.9	3.96	11.3	0.23	0.89	<0.1	0.3	0.26i	3.95	<0.04
10307	Chlorella 2000	Bee Well	0.5	0.71	<0.13	0.9	0.43	0.3	1.08	2.34	0.12	0.11	<0.1	<0.1	<0.1	0.57	<0.01

Garlic

10250	Odourless Garlic	Co-op	<0.23	<0.08	<0.15	<0.16	<0.06	<0.08	<0.13	<0.21	<0.04	<0.14	<0.13	<0.17	<0.13	<0.17	<0.01
10258	Garlic	Kwai	0.36	0.72	0.11	1.87	0.3	0.25	0.47	2.97	0.62	<0.1	<0.1	<0.1	<0.1	0.3	<0.06

10270	Odourless Garlic	Tesco	0.53	0.53	<0.17	0.67	0.39	0.28	0.53	1.19	0.09	<0.16	<0.15	<0.19	<0.14	0.43i	<0.01
10274	Odourless Garlic	Asda	<0.23	<0.08	<0.15	0.24	0.12	<0.12	0.27	<0.21	<0.04	<0.14	<0.13	<0.17	<0.12	<0.21	<0.01
10321	Odourless Garlic	ValueVits	0.42	0.4	<0.11	0.55	0.28	0.23	0.37	0.81	<0.07	<0.1	<0.1	<0.13	<0.1	0.33	<0.01
10329	Odourless Garlic	Bodycare	<0.17	0.21	<0.11	0.4	0.12	<0.07	0.15	0.83	<0.06	<0.1	<0.1	<0.13	<0.1	<0.13	<0.01
10341	Garlic Extract	Lifepan	0.22	0.4	<0.13	0.55	0.21	0.16	0.24	0.8	<0.13	<0.19	<0.18	<0.19	<0.1	<0.19	<0.01
10370	Garlic - Highly Odour Controlled Tablets	Wassen	2.91	9.93	2.13	34.2	2.37	2.71	4.33	59.0	0.53	1.18	<0.1	0.17	0.15	2.8	<0.13
10377	Allimax	Health Perception	<0.14	<0.05	<0.09	<0.1	<0.03	<0.05	<0.07	<0.17	<0.03	<0.1	<0.1	<0.1	<0.1	<0.09	<0.01
10397	Odourless Garlic	Safeway	0.3	<0.09	<0.11	0.26	0.15	0.12	0.37	<0.21	<0.03	<0.1	<0.1	<0.12	<0.1	<0.31	<0.01

Antioxidant

10248	Co-Enzyme Q10	Sainsbury's	0.67	1.06	<0.13	0.99	0.49	0.34	0.45	2.73	0.23	<0.1	<0.1	<0.1	<0.1	0.41i	<0.01
10285	Bio-Quinone Q10 Capsules	Pharma Nord	<0.13	0.06	<0.09	0.17	0.09	<0.05	0.17	0.41	<0.02	<0.1	<0.1	<0.1	<0.1	<0.1	<0.01
10303	Antioxidants Multi-Vitamin & Mineral	Boots	<0.17	<0.07	<0.11	<0.12	0.06	<0.06	<0.13	0.21	<0.03	<0.1	<0.1	<0.11	<0.1	<0.11	<0.01
10326	Antioxidant Vitamin E	Seven Seas	<0.15	0.09	<0.09	0.11	0.05	0.06	<0.1	0.19	<0.03	<0.11	<0.1	<0.12	<0.1	<0.1	<0.01
10342	Antioxidants Cell-Life Protective Nutrients	Quest	0.3	0.09	<0.06	0.35	0.18	0.09	0.47	0.38	<0.03	<0.1	<0.1	<0.1	<0.1	0.85i	<0.01
10358	Full Potency Omega-H3 Forte	Vitabiotics	0.27	0.34	<0.09	0.35	0.17	0.13	0.41	0.74	0.09	<0.1	<0.1	<0.1	<0.1	<0.15	<0.01
10364	Ultimate Antioxidant	Galen's Choice	<0.36	<0.13	<0.25	<0.25	<0.11	<0.15	<0.3	0.4	<0.09	<0.24	<0.21	<0.29	<0.15	<0.22	<0.06
10383	Co-enzyme Q10	Vega	0.67	1.3	0.16	1.15	0.66	0.48	0.89	4.9	0.8	0.15	<0.1	<0.1	<0.1	0.89	<0.01
10392	Selenium Immunace	Vitabiotics	0.15	0.22	<0.04	0.25	0.2	0.1	0.17	1.02	<0.07	<0.1	<0.1	<0.1	<0.1	0.17	<0.01
10415	Doctor's Choice Antioxidant	Enzymatic Therapy	0.72	1.89	0.31	4.31	0.63	0.5	0.91	8.27	0.4	0.16	<0.1	<0.1	<0.1	0.69	<0.01

Combination fish oil

10246	eye q	Equazen	<0.07	0.08	<0.05	0.07	<0.04	<0.04	0.04	0.53	<0.05	<0.1	<0.1	<0.1	<0.1	<0.05	<0.03
10304	Mum To Be - includes Folic Acid, DHA and Ginger	Boots	<0.12	0.12	<0.08	0.12	<0.05	<0.06	0.08	0.4	<0.15	<0.1	<0.1	<0.1	<0.1	<0.08	<0.01
10306	eye q Liquid	Equazen	0.34	0.36	<0.07	0.36	0.19	0.16	0.4	0.81	1.28	<0.1	<0.1	<0.1	<0.1	0.26	<0.01
10330	Cod Liver Oil & Calcium	Natural Options	0.3	0.95	<0.08	0.62	0.28	0.18	<0.22	2.09	0.12	<0.1	<0.1	<0.1	<0.1	<0.19	<0.03
10349	Efalex	Efamol	0.41	0.78	<0.23	0.86	0.44	0.33	0.64i	2.11	0.38	<0.1	<0.1	<0.16	<0.1	<0.42	<0.03
10405	Lemon Flavour Pure Cod Liver Oil and Evening Primrose Oil with Vitamins A, D and E	Seven Seas	0.08	0.13	<0.05	0.09	0.05	0.04	0.07	0.3	<0.03	<0.1	<0.1	<0.1	<0.1	<0.07	<0.01
10421	Pure Natural Omega-3, Omega-6 and Omega-9 with Vitamin D & E with Tutti-Frutti Taste	Eskimo Kids	0.11	0.14	<0.04	0.13	0.06	0.06	<0.19	0.19	0.03	<0.1	<0.1	<0.1	<0.1	<0.1	<0.01
10430	St Clements Cod Liver Oil	Healthspan	<0.07	0.05	<0.05	<0.05	<0.02	<0.03	0.06	0.08	<0.14	<0.1	<0.1	<0.1	<0.1	<0.04	<0.01
10445	Focus - Tuna Oil, Evening Primrose Oil, Vitamin E and	Swiss Natural Sources	1.95	1.03	0.83i	5.33	2.69	1.57	3.31	2.53	<0.06	<0.12	<0.1	<0.14	<0.11	2.67	0.05

	Thyme Oil																
11917	Salmon Oil with Vitamin E	Power Health	3.27	4.99	0.7	1.61	0.47	0.47	0.93	9.06	<0.1	0.28	<0.14	<0.23	<0.1	0.45	<0.22
<u>Animal Oils</u>																	
10309	Newfoundland Omega 3 Seal Oil	Gateway	0.72	0.34	<0.23	2.25	0.98	0.66	1.1	0.91	0.08	<0.1	<0.1	<0.1	<0.1	0.77	<0.03
10400	Emu Oil	Bursting With Health	<0.07	<0.06	<0.05	<0.06	<0.02	<0.04	<0.06	<0.1	<0.04	<0.1	<0.1	<0.1	<0.1	<0.05	<0.01
10433	Omega-3 Seal Oil	Terra Nova	0.11	0.28	<0.05	0.16	0.09i	0.07	0.06	0.25	<0.02	<0.1	<0.1	<0.1	<0.1	0.06	<0.01
<u>Plant Oils</u>																	
10262	Evening Primrose Oil	Holland & Barrett	<0.07	0.05	<0.05	<0.05	0.02	0.03	<0.04	0.26	<0.01	<0.1	<0.1	<0.1	<0.1	<0.05	<0.01
10289	CLA – Conjugated Linoleic Acid	Tonalin	<0.07	0.04	<0.05	<0.05	<0.01	<0.03	<0.05	3.2	0.04	<0.1	<0.1	<0.1	<0.1	<0.04	<0.03
10298	Emulsified Linseed Oil 1000	BioCare	0.35	0.12	<0.14	<0.17	<0.08	0.5	0.36	1.34	<0.05	<0.2	<0.18	<0.2	<0.1	0.4	<0.01
10302	Evening Primrose Oil Plus Starflower Oil	Seven Seas	2.02	2.5	<0.31	2.29	1.26	1.04	1.44	4.43	0.17	<0.28	<0.12	<0.21	<0.26	1.26	<0.05
10316	Pure Starflower Oil	Floresse	<0.07	<0.02	<0.05	<0.05	<0.02	<0.02	<0.04	<0.07	<0.01	<0.1	<0.1	<0.1	<0.1	<0.05	<0.01
10322	Evening Primrose Oil	ValueVits	0.12	0.15	<0.05	0.16	0.06	0.08	0.12	0.29	<0.01	<0.1	<0.1	<0.1	<0.1	<0.11	<0.01
10324	High Strength Evening Primrose Oil	Superdrug	<0.38	1.23	<0.25	<0.28	<0.12	<0.16	<0.21	<0.4	1.93	<0.1	<0.1	<0.1	<0.1	<0.25	<0.06
10336	Evening Primrose Oil High Strength	Wilko	<0.2	0.26	<0.14	<0.15	<0.08	<0.09	<0.14	0.5	<0.03	<0.2	<0.18	<0.2	<0.1	<0.16	<0.01
10343	Cold Pressed Evening Primrose Oil	ESI Optima	<0.07	0.08	<0.05	<0.05	<0.02	<0.03	0.04	0.14	0.03	<0.1	<0.1	<0.1	<0.1	<0.04	<0.01
10348	Evening Primrose Oil	Principle Healthcare	0.18	0.36	<0.05	0.25	0.13	0.11	0.16	0.79	0.07	<0.1	<0.1	<0.1	<0.1	<0.13	<0.01
10352	Safflower Oil	Healthwise	0.27	0.36	<0.08	0.4	0.19	0.15	0.35	1.03	0.04	<0.1	<0.1	<0.1	<0.1	0.26	<0.02
10355	Hemp Seed Oil	Power Health	<0.07	0.09	<0.05	0.07	<0.04	<0.03	<0.12	0.37	<0.04	<0.1	<0.1	<0.1	<0.1	<0.04	<0.01
10359	Evening Primrose Oil	Arkopharma	<0.07	0.1	<0.08	<0.1	<0.03	<0.04	<0.1	0.29	<0.05	<0.1	<0.1	<0.1	<0.1	<0.05	<0.01
10368	Organic Flax Oil	GranoVita	0.19	0.2	<0.05	0.27	0.11	0.12	0.46	0.49	0.85	<0.1	<0.1	<0.1	<0.1	0.20i	<0.01
10375	Starflower Oil	Morrison's	<0.15	0.19	<0.11	0.17	0.06	<0.06	0.07	0.58	0.14	<0.1	<0.1	<0.12	<0.1	<0.09	<0.03
<u>Zinc</u>																	
10256	Zinc	Boots	1.2	2.15	0.24	1.63	0.87	0.62	0.84	4.63	0.38	<0.12	<0.1	<0.1	<0.1	0.72	<0.04
10271	Zinc	Tesco	<0.09	<0.04	<0.06	<0.07	<0.02	<0.04	0.05	<0.09	<0.02	<0.1	<0.1	<0.1	<0.1	<0.06	<0.01
10273	Zinc	Asda	No result														
10325	Zinc	Superdrug	<0.39	<0.21	<0.25	<0.28	<0.12	<0.16	<0.15	<0.4	<0.11	<0.1	<0.1	<0.1	<0.1	<0.25	<0.06
10350	Zinc-Ace	Wassen	<0.08	0.09	<0.05	0.1	0.04	<0.03	0.04	0.24	<0.06	<0.1	<0.1	<0.1	<0.1	<0.05	<0.01
10371	Zinc	Moss Pharmacy	<0.07	0.06	<0.05	0.11	0.05	0.04	0.12	0.41	<0.04	<0.1	<0.1	<0.1	<0.1	<0.1	<0.01
10376	Zinc	Morrison's	0.61	1.2	0.25	0.98	1.98	0.63	0.1	2.32	0.06	<0.1	<0.1	<0.1	<0.1	0.32	0.03
10431	Zinc Plus Lozenges - Zinc, Vitamin C and Bee Propolis	Lamberts	0.51	0.72	<0.11	0.71	0.31	0.31	0.38	1.71	0.03	<0.1	<0.1	<0.1	0.15i	0.39	<0.01

11916	Omega 3 Liquid strawberry flavour	Power Health	<0.07	<0.05	<0.05	0.06	<0.02	<0.03	0.02	0.09	<0.03	<0.1	<0.1	<0.1	<0.1	<0.04	<0.01
11918	Halibut Liver Oil	Holland & Barrett	0.52	0.17	<0.12	0.27	0.15	0.13	1.35	0.28	1.92	<0.1	<0.1	<0.1	<0.1	0.46	<0.04
11919	High strength pure cod liver oil,	Seven Seas	0.11	0.15	<0.05	0.13	0.05	<0.09	<0.11	0.62	<0.17	<0.1	<0.1	<0.1	<0.1	<0.07	<0.02
11920	Health product Junior Fish Oil	Natures Aid	0.12	<0.08	<0.05	0.14	<0.05	<0.03	<0.08	0.19	<0.03	<0.1	<0.1	<0.1	<0.1	<0.12	<0.01
11921	Shark Liver Oil	Nulife	<0.38	0.18	<0.24	<0.25	<0.06	<0.14	<0.11	<0.3	<0.06	<0.16	<0.14	<0.23	<0.1	<0.23	<0.01
11922	Health Tuna cap	Wellbeing Gold	<0.09	<0.03	<0.05	<0.05	<0.02	<0.03	<0.03	<0.09	<0.03	<0.1	<0.1	<0.1	<0.1	<0.07	<0.01
11923	Cod liver oil with vitamins A,D and E	Sainsbury's	<0.07	0.05	<0.05	<0.05	<0.02	<0.03	<0.03	<0.05	<0.03	<0.1	<0.1	<0.1	<0.1	<0.05	<0.01
12018	Pure fish oil (salmon oil)	Natures Aid	<0.08	0.04	<0.05	<0.05	<0.02	<0.03	0.02	0.11	<0.04	<0.1	<0.1	<0.1	<0.1	<0.05	<0.01
<u>Glucosamine</u>																	
10264	Glucosamine Sulphate	Holland & Barrett	<0.04	0.02	<0.02	0.03	0.02	<0.02	0.02	0.1	<0.01	<0.1	<0.1	<0.1	<0.1	<0.02	<0.01
10269	Glucosamine Sulphate	Tesco	0.05	0.06	<0.02	0.12	0.06	0.05	0.12	0.23	0.02	<0.1	<0.1	<0.1	<0.1	0.07	<0.01
10278	Glucosamine & Chondroitin	Asda	<0.07	0.04	<0.05	<0.05	<0.01	<0.03	0.02	0.12	<0.02	<0.1	<0.1	<0.1	<0.1	<0.04	<0.01
10369	High Strength Glucosamine Effervescent	Health Perception	<0.04	<0.01	<0.02	<0.03	<0.01	<0.01	<0.02	<0.04	<0.01	<0.1	<0.1	<0.1	<0.1	<0.02	<0.01
10389	Glucosamine Sulphate	First Nutrition	<0.03	0.04	<0.02	0.1	0.05	0.04	0.06	0.24	<0.01	<0.1	<0.1	<0.1	<0.1	<0.06	<0.01
10412	Jointeze	phb Healthcare	0.21	0.21	<0.05	0.29	0.17	0.12	0.23	0.48	0.06	<0.1	<0.1	<0.1	<0.1	0.23	<0.01
10434	Glucosamine Hi-Strength with Chondroitin	Goldshield Flexeze	0.09	0.12	<0.03	0.14	0.04	0.05	0.08	0.5	<0.01	<0.1	<0.1	<0.1	<0.1	<0.08	<0.01
10435	Glucosamine 1,000mg	HealthyDirect	<0.18	0.11	<0.12	0.15	<0.05	<0.08	<0.09	0.65	<0.03	<0.14	<0.1	<0.11	<0.13	<0.12	<0.02
<u>Iron</u>																	
10251	Iron	Tesco	0.09	0.12	<0.04	0.27	0.14	0.12	0.16	0.5	0.03	<0.1	<0.1	<0.1	<0.1	0.16	<0.01
10284	Iron with Vitamins and Minerals	Quest Synergistic Minerals	<0.35	<0.12	<0.25	<0.25	<0.11	<0.15	<0.14	<0.31	<0.06	<0.24	<0.2	<0.29	<0.15	<0.21	<0.06
10327	Iron Plus with Vitamin C	Healthcrafts	<0.08	0.14	<0.05	0.1	0.05	0.05	<0.04	0.34	<0.02	<0.1	<0.1	<0.1	<0.1	<0.05	<0.01
10338	Liquid Iron Formula	Floradix	<0.02	0.01	<0.01	<0.02	<0.01	<0.01	<0.01	0.03	<0.01	<0.1	<0.1	<0.1	<0.1	<0.01	<0.01
10361	Vital Iron Plus	Ortis	0.09	0.04	<0.02	0.07	0.06	0.04	0.13	0.06	0.01	<0.1	<0.1	<0.1	<0.1	0.1	<0.01
10365	Chelated Iron	Solgar	<0.04	<0.02	<0.02	<0.03	<0.01	<0.01	0.01	0.06	<0.01	<0.1	<0.1	<0.1	<0.1	<0.02	<0.01
10404	100% Natural Iron Supplement	Spatone	<0.01	<0.01	<0.01	<0.01	<0.01	<0.01	<0.01	<0.01	<0.01	<0.1	<0.1	<0.1	<0.1	<0.01	<0.01
10411	Balanced Iron Bisglycinate	Health Aid	0.18	<0.03	<0.06	0.09	0.05	0.04	0.17	0.1	<0.01	<0.18	<0.1	<0.1	<0.1	<0.18	<0.01
10426	Ferroglobin B12	Vitabiotics	<0.07	0.07	<0.04	0.09	0.03	<0.04	0.05	0.22	<0.01	<0.1	<0.1	<0.1	<0.1	<0.04	<0.01
10428	Iron Complex	Galen's Choice	<0.04	<0.04	<0.03	0.07	0.03	<0.02	0.04	0.21	<0.01	<0.1	<0.1	<0.1	<0.1	<0.03	<0.01
<u>Multivitamin</u>																	
10331	Vital 50+	Sanatogen	0.2	0.33	<0.05	0.23	0.11	0.11	0.11	0.47	<0.03	<0.1	<0.1	<0.1	<0.1	<0.12	<0.01
10362	Multibionta Probiotic Multivitamin	Seven Seas	<0.04	<0.02	<0.02	<0.03	<0.01	<0.02	0.03	<0.04	<0.01	<0.1	<0.1	<0.1	<0.1	<0.04	<0.01
10385	Multivitamins & Iron	Healthilife	<0.04	0.04	<0.02	0.05	0.02	<0.02	<0.06	0.16	0.02	<0.1	<0.1	<0.1	<0.1	<0.05	<0.01

10394	Soft & Chewy Multivitamins	Bassett's	<0.03	0.07	<0.02	<0.03	<0.01	<0.01	<0.01	<0.03	<0.01	<0.1	<0.1	<0.1	<0.1	<0.02	<0.01
10395	Selenium-ACE	Wassen	3.95	2.21	0.27	2.65	2.19	1.45	2.64	2.93	2.07	<0.1	<0.1	<0.1	<0.1	2.43	<0.03
10399	Pregnancy Vitamins	Clearblue	1.0	1.94	0.16	1.26	0.76	0.51	0.74	3.53	1.23	<0.1	<0.1	<0.1	<0.1	0.76	<0.02
10402	Gold A to Z	Sanatogen	<0.17	<0.07	<0.11	<0.12	<0.03	<0.06	<0.08	<0.13	<0.03	<0.1	<0.1	<0.11	<0.1	<0.11	<0.01
10413	Multivitamin and Mineral Tablets	EuRho	<0.04	0.07	<0.05	0.03	<0.02	<0.02	0.03	0.06	<0.01	<0.1	<0.1	<0.1	<0.1	<0.02	<0.01
10414	Multivitamins	Tesco	<0.03	0.04	<0.05	0.04	0.02	<0.02	0.03	0.2	0.01	<0.1	<0.1	<0.1	<0.1	<0.02	<0.01

Calcium

10252	Calcium & Vitamin D	Unichem	<0.03	<0.02	<0.02	0.04	0.02	<0.02	0.05	0.06	<0.01	<0.1	<0.1	<0.1	<0.1	0.03	<0.01
10282	Calcium Magnesium plus Zinc	Solgar	<0.27	<0.11	<0.17	<0.2	<0.06	<0.12	<0.09	<0.21	<0.04	<0.1	<0.1	<0.1	<0.1	<0.16	<0.01
10291	Coral Calcium	Holland & Barrett	<0.03	<0.02	<0.02	<0.03	<0.01	<0.02	0.03	0.04	<0.01	<0.1	<0.1	<0.1	<0.1	<0.02	<0.01
10294	High Potency Strong Calcium	HealthAid	0.25	0.19	<0.07	0.29	0.13	0.13	0.28	0.46	<0.01	<0.1	<0.1	<0.1	<0.1	0.24	<0.01
10295	Calcium Citrate with Vitamin D	Solgar	<0.36	<0.12	<0.22	<0.23	<0.06	<0.12	<0.1	<0.28	<0.06	<0.12	<0.1	<0.14	<0.1	<0.21	<0.01
10408	Calcium with Vitamins & Iron	Calcia	<0.03	<0.01	<0.02	<0.03	<0.01	<0.01	<0.01	0.04	<0.01					<0.02	<0.01
10418	Liquid Calcium	Totally Natural Products	<0.02	<0.01	<0.01	<0.01	<0.01	<0.01	<0.01	<0.02	<0.01	<0.1	<0.1	<0.1	<0.1	<0.01	<0.01
10419	Calcium High Potency with Vitamin D	Lanes	0.09	0.11	<0.04	0.16	0.08	0.07	0.16	0.3	<0.01	<0.1	<0.1	<0.1	<0.1	<0.14	<0.01

Multivitamin – Child

10247	Chewable Multi Vitamins & Iron	SuperTed	<0.04	<0.02	<0.02	<0.03	<0.01	<0.02	<0.01	0.13	<0.01	<0.1	<0.1	<0.1	<0.1	<0.02	<0.01
10268	Children's Chewable Multivitamins & Minerals	Tesco	<0.04	<0.02	<0.03	<0.03	<0.02	<0.02	<0.02	<0.04	<0.01	<0.1	<0.1	<0.1	<0.1	<0.03	<0.01
10277	30 Squidgy a,c,d and e Jellies	Asda	<0.04	<0.02	<0.03	<0.03	<0.02	<0.02	<0.02	<0.04	<0.01	<0.1	<0.1	<0.1	<0.1	<0.03	<0.01
10315	Soft & Chewy Vitamins A, C, D & E	Bassett's	<0.03	<0.02	<0.03	<0.03	<0.02	<0.02	<0.02	<0.04	<0.01	<0.1	<0.1	<0.1	<0.1	<0.03	<0.01
10319	Sugar Free - Orange Flavour	Haliborange	<0.02	<0.01	<0.01	<0.01	<0.01	<0.01	<0.01	<0.02	<0.01	<0.1	<0.1	<0.1	<0.1	<0.01	<0.01
10320	Sugar Free - Baby - Orange Flavour	Sanatogen	<0.04	<0.02	<0.02	<0.03	<0.01	<0.02	<0.01	<0.04	<0.01	<0.1	<0.1	<0.1	<0.1	<0.02	<0.01
10323	Kidz - A complete daily multivitamin with minerals for children	Centrum	<0.07	<0.02	<0.05	<0.05	<0.01	<0.03	<0.02	0.05	<0.01	<0.1	<0.1	<0.1	<0.1	<0.04	<0.01
10344	Children's Multinutrient	Lifeplan	<0.39	<0.21	<0.27	<0.29	<0.16	<0.18	<0.28	<0.41	<0.06	<0.39	<0.36	<0.4	<0.14	<0.31	<0.01
10345	Junior Time Multivitamins Plus	Kordel's	<0.04	0.03	<0.03	<0.03	<0.02	<0.02	<0.03	0.15	<0.01	<0.1	<0.1	<0.1	<0.1	<0.03	<0.01
10374	Vits for Kids	Principle Healthcare	<0.03	<0.01	<0.02	<0.03	<0.01	<0.01	0.02	0.16	<0.01	<0.1	<0.1	<0.1	<0.1	<0.02	<0.01

Annex 2

Comments from Brand Owners

ASDA

We welcome the FSA surveillance and we are committed to working with the FSA on any future agreed limits for PAH's in dietary supplements.

We would request that it is highlighted when publishing results of the survey that there are no current legal regulated limits for PAH's and the results reported on the ASDA Korean Ginseng do not present any risk to the consumer

One Korean Ginseng tablet would provide 3.67% of the Estimated Average Adult Daily Exposure ng/kg bodyweight per day for benz (a)anthracene [BaA].

To reach the 48ng/day limit from these tablets alone, a person weighing the EU average of 9 stone 4lb would have to consume 27 tablets daily – almost a full pack and one month's supply of Korean Ginseng tablets.

BHM

BHM Health Group are taking a pro-active approach, working with suppliers to ensure that contaminants such as PAHs are absent or at acceptably low levels. As a responsible manufacturer we are concerned about any risk to the customer from our products.

There needs to be consultation with the supplements industry, the HFMA etc. and the FSA to ensure a more constructive approach to this problem than will be achieved by this publication.

Assuming that everyone is working in the best interests of the customer only, control will be achieved by monitoring of PAHs in ingredients and their reduction if necessary rather than publication of a report which will disadvantage a small number of companies who were unfortunate to be "selected" for testing.

The results as presented place too great an emphasis on content i.e. µg/kg and insufficient regard for the low daily intake of a supplement (typically 1gm) compared to perhaps 100gm of daily foodstuffs.

Publication of results against a limit which does not apply in law is both Draconian and premature. Furthermore the Netherlands who have arguably been the most rigorous Member State on PAHs allow up to 10ppb (10µg/kg) for herbals. Far more data needs to be acquired.

ESI Optima

Optima Health & Nutrition diligently work with raw material suppliers to ensure that any potentially harmful contaminants such as PAH's are absent or below acceptable levels.

As a responsible manufacturer consumer safety is paramount.

There needs to be consultation with the supplements industry, the HFMA etc. and the FSA to ensure a more constructive approach to this problem than will be achieved by this publication.

Control must be achieved by monitoring of PAHs in ingredients and their reduction if necessary rather than publication of a report which will disadvantage a small number of companies who were unfortunate enough to be "selected" for testing.

Currently the 'limit' is not law, publication of such results is Draconian. It should also be noted that the Netherlands who have arguably been the most rigorous Member State allow up to 10 ppb (10 µg/kg) for herbals.

For more additional data is required to ensure consumer safety without limiting the consumers choice, industry bodies such as the HMFA and CHC must be consulted on these issues.

Holland & Barrett

Although the regulatory limit for BaP recently introduced in a range of foodstuffs is 2 mcg/kg, we believe that any PAH limit for dietary supplements should take into account that they are generally consumed in far lower quantities. Our comments are therefore based upon the assumption that each of the relevant products is consumed in accordance with the recommended dose.

We can give no explanation for the results of the Spirulina sample tested in the survey. However, approved tests have subsequently been carried out on four of our other Spirulina batches currently on sale and these reveal significantly lower levels of all PAH's. With the exception of BaA, these levels are below the estimated average dietary exposure per day published in the FSA's 2002 study.

Further approved testing has also been carried out in respect of the four other reported products and the results are similar to those in the survey. However, by adjusting those results according to the recommended doses, all PAH levels are well below the estimated daily average adult dietary exposure.

We have undertaken a comprehensive review of our purchasing and manufacturing specifications. Where necessary, we have introduced additional measures to monitor and control PAH levels.

Healthspan

Thank you for bringing to our attention that one of our nutritional supplements contains pollutant levels of possible concern.

We are concerned that the limits set for supplements are based on limits in food, without taking into account that supplements are consumed in very low quantities compared to food. This means that a single ginseng tablet would account for between 3% and 9%¹ of the average pollutant exposure limit for a 60kg adult.

Compare this to a typical daily intake of vegetable oil², which would account for 108%, or a 100g portion of smoked fish which would account for a massive 520% of the exposure limit. This would represent taking 169 of our tablets! On that basis we would all give up our kippers!

We believe that consideration should be taken of the actual contribution that supplements make to total daily pollutants exposure, rather than assigning limits based on food, which is consumed in much higher quantities.

We always work with our suppliers to reduce any pollutant levels in any affected ingredient. We assume that you have also tested other Healthspan products and found that they were not of concern, which is testament to the high quality of ingredients we use."

1. Food Survey of PAH's in the UK diet in the year 2000 published by FSA in December 2002

2. <http://www.bunge.com/industry-information/vegetable-oil.html>

Lamberts

Lamberts is very concerned about PAH contamination of this batch of our Ginkgo Biloba 6000mg Tablets and we are doing everything we can, including using specialist analytical laboratories, to prevent a recurrence of this problem.

Lamberts specifies the highest quality Ginkgo extract available, based on a German herbal monograph, to achieve <5ppb in this product of the unwanted naturally

occurring contaminant Ginkgolic Acid and so takes the occurrence of any other contaminants very seriously. The Company has a programme working with its suppliers to minimise the levels of contaminants in all its raw materials.

However, to put the level of PAH intake from this product into context, one could consume over 130 Lamberts Ginkgo Biloba 6000mg Tablets from this batch and receive a BaP intake less than eating a normal 100 gram portion of smoked fish or smoked meat containing a legally acceptable level of BaP (at <5 mcg/kg = <5 ppb).

Lifeplan

Samples tested by the FSA were manufactured in February 2003. Since May 2003, we have been independently testing for PAHs in our Ginkgo Biloba capsules at a limit of 1.8 ppb and since then any products that have been placed on the market are within these limits.

Lifeplan takes product quality very seriously and currently tests many products for PAH contamination. When considering daily intake of this product the actual exposure to PAHs is extremely small.

Nature's Aid

Nature's Aid is committed to taking all reasonably practical measures to ensure its products fully comply with existing legislation. At present Commission Regulation 208/2005 is not applicable to food supplements, although the 2µg/Kg level set for other foods is being used as a guideline. We have been in contact with our supplier of the raw material for the product tested and have been advised that, in the absence of any maximum levels of PAH's being set by the EU for food supplements, the supplier will apply the specification set by the Dutch food supplement organisation (NPN) of 10µg/Kg benzo(a)pyrene in food supplements of plant origin.

It is also the experience of our supplier that the results obtained for this complex analysis can vary from laboratory to laboratory.

Nevertheless, we will be contacting all our suppliers with a view to requesting their position on this matter. We will also request that they supply material containing not more than 2µg/Kg PAH in future.

Premier Healthcare

Following the survey by the Food Standards Agency of batch 0081909 exp 19/9/05 and results gotten on Polycyclic Aromatic Hydrocarbons we have contacted our raw material suppliers who are investigating which ingredient may be responsible for the high levels of PAH.

Thank you for bringing this matter to our attention. Although in absolute terms the levels are much higher than the limit addressed, one must also consider that the product is not taken in large quantities compared to other PAH containing foods. E.g. a 100 g portion of smoked fish, at the legal limit of 5 ppb, would give over 500 % of the estimated average exposure of BaP compared to only 50% for our product. Never the less it is of concern to us and we are working with our suppliers to identify the ingredients that have contributed to these levels of PAH's so that they can be reduced to as low a level as possible.

Solgar

Solgar Vitamins shares the Food Standard Agency's view that it is currently premature to impose a limit for PAHs in Food Supplements. Sufficient data are currently unavailable and it will be of value to review the information arising from recent surveys. Relevant factors including the varied ingredient mix in food supplements and the much smaller quantities of supplements consumed compared with other foods.

Solgar Vitamins is concerned to discover that three of its products in the FSA survey show relatively high figures for PAHs. Whilst the FSA and other bodies, and industry, are considering what the appropriate levels for PAHs should be, Solgar will be working strenuously towards reducing the levels in our products. We are confident that when it is seen fit to set maximum levels, we will be able to achieve them.

Vega

Kelp & Greens contains a blend of natural sea-weeds that is powderised and encapsulated in a vegetable cellulose capsule. The raw materials are in their natural forms and are not further processed.

The EEC legislation (EC 208/2005) has only set limits for the following:

1. Oils and Fats for human consumption*
2. Baby/Infant foods
3. Smoked meats/meat products
4. Muscle meat of smoked fish/other fish
5. Crustaceans/ bivalve molluscs etc.

*- (our fish oil food supplement products are analyzed to comply with regulatory limits)

Presently as levels of PAH have not been specified or set for dietary supplements or seaweed products, we have not undertaken tests and have not requested contract manufacturers to ensure that this information forms part of standard requirements for quality control.

However as you have provided a guideline limit of <2µg/kg, we will ensure that in the future all seaweed and algae used in Vega products are tested to ensure that PAH - in particular benzo(a)pyrene, are under the suggested limits.

I would like to assure you that Vega Nutritionals are committed to provide consumers high quality products that are safe for use, we continually assess our quality control procedures to ensure that they meet regulatory requirements.

Wassen

We are surprised to find out about your findings in relation to the content of polycyclic aromatic hydrocarbons (PAH) in our products Garlic and Selenium-ACE. All our materials are food grade and certified for use in food supplements for human consumption.

Our investigations show that the batches that were analysed by yourselves are both from formulas that have been superseded. We have asked our current MHRA licensed contract manufacturer to forward samples of our latest production direct to Central Science Laboratory in York for an independent analysis for PAH including benzo(a)pyrene, benz(a)anthracene and dibenz(a,h)anthracene. In line with this they are also reviewing the current ingredients that could possibly be causing this problem and once identified will either be modified or replaced so they conform with the proposed guidelines. We would also like to inform you that the ingredients are now sourced from different raw material suppliers.

We anticipate that this gives us a more current view of compliance to the proposed guidelines in relation to polycyclic aromatic hydrocarbons. We will inform you of the outcome.

Wilkinson

We are aware that the limits referred to in this report are only suggested at this stage

and the final agreed limits, if introduced, could be different. However, we recognised the concerns that arose from the presence of these substances in such quantities and therefore we commenced our own investigation into the findings of the report. We would want anyone reading the report to be aware that coincidentally we had changed supplier since this sample was taken. We took the issue up with our new supplier and the results of tests carried out to determine the levels of polycyclic aromatic hydrocarbons in our current product have shown that the levels are within the recommended guidelines.

Comments from Trade Associations

Council for Responsible Nutrition (CRN)

The Council for Responsible Nutrition (CRN) supports the Food Standards Agency (FSA) initiative to carry out surveys on chemical contaminants in food but advises caution in the publicising of the information in a way that could lead to a media-driven food scare.

The CRN welcomes the FSA initiative to collect data on chemical contaminants in food through product surveillance. This complements work already being carried out by the supplements industry.

There is a concern, however, that the focus on food supplements for the surveillance on polycyclic aromatic hydrocarbons (PAHs) may unnecessarily bias official and public perception regarding these contaminants.

For example, this surveillance needs to be placed in the context of other regularly consumed food products containing vegetable oils, dried vegetables, herbs and spices.

Health Food Manufacturers' Association (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 very few levels of PAHs in food supplements give cause for concern.
- Recognises the relative small levels of PAHs ingested from food supplements - mostly at levels between 7% and 40% of the average daily exposure of BaP - as compared with certain commonly-consumed foodstuffs.
- Points out the success already achieved via industry action to reduce PAH levels in natural Vitamin E.
- Commits to continued work by member companies and their suppliers to further reduce the occurrence of these contaminants in the industry's supply chain.
- 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 the supplying high quality and safe products.
- Thanks the FSA for the opportunity to respond to the survey results.

Annex 3: 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	Lifeplan	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 Musseltone	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,

Sample Code	Product as described	Brand	Category	Name of retail outlet	Outlet type	Outlet address
						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,
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,

Sample Code	Product as described	Brand	Category	Name of retail outlet	Outlet type	Outlet address
						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-Mins	Minerals	Hampstead Health	Health food retailer	57 High Street, Hampstead, London, NW3 1QH
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

Sample Code	Product as described	Brand	Category	Name of retail outlet	Outlet type	Outlet address
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,
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,

Sample Code	Product as described	Brand	Category	Name of retail outlet	Outlet type	Outlet address
10344	Children's Multinutrient	Lifepan	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	Gingko / 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	Gingko / 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	Gingko / Echinacea	Waitrose	Supermarket	Eaton Centre, Church Lane, Eaton, Norwich, NR4 6NU
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

Sample Code	Product as described	Brand	Category	Name of retail outlet	Outlet type	Outlet address
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	Ginkgo / 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,
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,

Sample Code	Product as described	Brand	Category	Name of retail outlet	Outlet type	Outlet address
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	Puritan's Pride	Internet	105 Orville Drive, Bohemia, NY 11716-2599,

Sample Code	Product as described	Brand	Category	Name of retail outlet	Outlet type	Outlet address
			Products	www.puritan.com		
10424	Chelated Copper	Puritan's Pride	Minerals	Puritan's Pride www.puritan.com	Internet	105 Orville Drive, Bohemia, NY 11716-2599,
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
11915	Everyday Joint Care, Pure Cod liver	Superdrug	Fish oil	Superdrug	Supermarket	15-17 Market Street, York Y01 8SL

Sample Code	Product as described	Brand	Category	Name of retail outlet	Outlet type	Outlet address
	oil					
11916	Omega 3 Liquid strawberry flavour	Power Health	Fish oil	www.worldwideshopping mall.co.uk	Internet	Chancery Lane, Malton, North Yorkshire YO17 7HW
11917	Salmon Oil 1 x 120 Capsules	Power Health	Fish oil	Supplementsshop@clfdistr ibution.com	Internet	
11918	Halibut Liver Oil, 1 x 200 capsules	Holland & Barrett	Fish oil	Holland & Barrett	Health food retailer	Unit 6228-30 Coney Street, York YO1 9ND
11919	High strength pure cod liver oil, 1 x 60 capsules	Seven Seas	Fish oil	Superdrug	Supermarket	15-17 Market Street, York YO1 8SL
11920	Health product Junior Fish Oil Omega 3 rich, 1 x 120 capsules	Natures Aid	Fish oil	The Nut Centre	Health food retailer	21 Market Street, York YO1 8SL
11921	Shark Liver Oil, 1 x 40 capsules	Nulife	Fish oil	www.nulifeuk.co.uk	Internet	P O Box 54 Accrington, Lancashire BB5 1GD
11922	Health Tuna cap, 1 x 100 capsules	Wellbeing Gold	Fish oil	Pisceshealth	Health food retailer	P O Box 49108 London SW19 2WD
11923	Cod liver oil with vitamins A,D and E	Sainsbury's	Fish oil	Sainsbury's	Supermarket	Jockey Lane, Huntington, York YO32 9LG
12018	Pure fish oil (salmon oil)	Natures Aid	Fish oil	www.health-store.co.uk	Internet	Castletown Health Store, 21 Malew Street, Castletown, Isle of Man