Dietary Supplement Roadmap

1906

Pure Food and Drug Act (FDCA) Set standards to prohibit adulteration of foods causing injury to human health

1938

Federal food Drug and Cosmetic Act (FDCA) Established regulations of misbranding of products. Established maximum levels allowed to avoid harm. Allows FDA to regulate product claims/labeling and inspect manufacturing facilities

1958

Food Additives Amendment: Premarket approval through FDA

1976

Proxmire Amendment: Prohibits FDA to classify supplements as drugs, based on potency and ingredient combinations

1990

Nutrition Labeling and Education Act (NLEA): Requires food labels to contain nutrient content. FDA regulates health claims relating to disease

1994

Dietary Supplement Health and Education Act (DSHEA). Defines the term Dietary Supplement

Dietary Supplement
"A product intended to supplement the diet with vitamins, minerals, herbs/botanicals, amino acids"

2004

Anabolic Steroid Control Act: Prohibits steroid in dietary supplements

Requires top eight allergen to be listed on food and supplements labels

2011

Food Safety Modernization Act (FSMA) Gives FDA authority to issue recalls on any food product or dietary supplement

References:
https://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/DietarySupplements/default.htm
Photo credit: www.pexel.com/photo/yellow-health-medicine-wellness-33355