

Additional Guideline for Active Ingredients - Borderline Products Regulatory Division/NMRA - 2025

No	Active Ingredient	Age group	TUL	Maximum Level	Minimum Level	Remarks
1	Probiotics	-	Not defined	10 ¹⁰ CFU/g or CFU/ml	10 ⁶ CFU/g or CFU/ml	CFU - Colony Forming Units
2	Chondroitin	Adults	1200mg/d	1000mg/d	500mg/d	-
3	D-Mannose	Adults	10g/d	10g/d	5g/d	-
4	Alpha Lipoic Acid (ALA)	Adults	1800mg/d	1200mg/d	300mg/d	-
5	Citicoline	Adults	1000mg/d	500mg/d	250mg/d	-
6	Glucosamine	Adults	2000mg/d	1500mg/d	500mg/d	-
7	Co-enzyme Q10	Adults	1000 mg/d	200mg/d	100mg/d	Synonyms: Ubiquinone
8	Inositol	Adults	12g/d	2g/d	1g/d	-
9	Omega 3 (EPA +DHA)	Adults	EPA+DHA 3g/d	EPA+DHA 2g/d	EPA+DHA 0.5g/d	-
10	Omega 6 (Gamma Linoleic Acid)	Adults	12g/d	6g/d	4g/d	-

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11	Taurine	Adults	3g/d	2g/d	1g/d	-
12	Methyl Sulphonyl Methane (MSM)	Adult	4 g/d	2.5g/d	1.25g/d	-
13	Vitamin K2	Adult	60µg	50µg	25µg	-
14	Phosphatidylcholine (Lecithin)	Adult	3.5g/d	3.5g/d	1200mg/d	-
15	Carnitine	Adult	3g/d	-	-	-
16	Boron	Adult	13mg/d	6.5mg/d	1mg/d	-
17	Glutathione	Adult	500mg/d	500mg/d	-	• For Oral Preparations, Upper limit is 500mg/d GSH = 500mg/d or GSSG= 500mg/d or GSH+GSSG = 500mg/d • For Topical Preparation, GSSG: 1-2 % w/w GSH: 0.1-0.5% w/w • IV preparations are not allowed for the registration GSSG - Oxidized form of Glutathione GSH - Reduced Glutathione