ANNEXURE G

Allowable Levels and Claims: Proteins and Amino Acids

Note: Any claims provided may be used with any of the stipulated dosage ranges.
Minimum: Minimum Daily Levels Required for use of Health Supplement Claim
Maximum: Maximum Daily Levels Permitted as Health Supplement

SSF: Single substance formulation
MSF: Multiple substance formulation

Unless otherwise stated the dosage form is oral.

1. PROTEINS

With respect to **sources of proteins**, should no indication or claim be made or inferred by the product then the product may be supplied with claims that are in compliance with legislation pertaining to Foodstuffs.

General Statements:

Action:
Proteins are constituents of living cells essential for growth and repair of tissues.

Warning:
All products:

Sufficient protein is provided in normal well-balanced daily meals.

Do not exceed daily dosage level without consulting a registered healthcare practitioner.

For products containing over 30 g per day total protein and/or amino acids (including β-alanine):

If you have liver or kidney disease, consult a health care provider prior to use.

Products related to Group 2 indications (including any indication associated herewith):

Not suitable for children under the age of 18.

All other products:

Use in children under the guidance of a registered healthcare provider.

Use or purpose:
Products for repairing body tissues/muscles and restoring plasma glutamine levels (optional):

Consume no later than 90 minutes after exercising.

Duration of Use:
If more than one duration of use statement is indicated for a particular product formulation, only the shortest applicable duration of use statement is required on the labelling.

Protein	Source Material	Health Supplement Claim (Single and Multiple Substance Products)	Children		Adults	
			Minimum	Maximum	Minimum	Maximum
Acid casein	Extract - *Bos taurus* - milk	**Group 1:** Source of: - protein for the maintenance of good health. - protein which helps build and repair body tissues. - amino acids involved in muscle protein synthesis. Protein contributes to the maintenance of muscle mass. **Group 2:** Assists in the building of lean muscle [tissue/mass] when combined with regular [weight/resistance] training and a healthy balanced diet. Workout supplement. Athletic support.	Combined dose for all ingredients from proteins in the product.			
Alfalfa protein concentrate	Extract - *Medicago sativa* – herb top		-	30 g	2,6 g	90 g
Calcium caseinate	Isolate – *Bos taurus* - milk					
Calcium sodium caseinate	*Bos taurus* - milk					
Hydrolyzed casein	*Bos taurus* - milk					
Defatted wheat germ protein	*Triticum aestivum* – seed germ					
Flaxseed protein	*Linum usitatissimum* - seed					
Hemp protein concentrate	Cannabis sativa seed extract where it consists of a processed product made from cannabis seeds containing not more than: a. 10 mg/kg (0,001 percent) of tetrahydrocannabinol and does not contain whole cannabis seeds; and b. 50 mg/kg of total cannabinoids.					
Hemp protein isolate						
Hemp seed protein						
Casein Micelles	Extract - *Bos taurus* - milk					
Milk protein concentrate	Extract - *Bos taurus* - milk					
Milk protein isolate	Extract - *Bos taurus* - milk					
Pea protein	*Pisum sativum* seed isolate					
Potato protein	*Solanum tuberosum* – tuber -					

Protein	Source Material	Health Supplement Claim (Single and Multiple Substance Products)	Children		Adults	
			Minimum	Maximum	Minimum	Maximum
	Extract dry, Extract dry standardised					
Rice protein	Rice protein concentrate isolate					
Rice protein concentrate	*Oryza sativa* - seed					
Sodium caseinate	Isolate – *Bos taurus* - milk					
Soy protein						
Wheat protein isolate	Extract - *Triticum aestivum* - seed germ					
Whey protein isolate	*Bos taurus* - milk or Capra hircus - milk					
Whey protein concentrate	*Bos taurus* - milk or Capra hircus - milk					
Whey protein hydrolysate	*Bos taurus* - milk or Capra hircus - milk					
Egg/albumin (from hens) Insect protein Sesame seed protein Avocado protein Collagen protein	*SSF: See 3.2.1 of Guideline 7.04. Annexure B submission required.* *MSF: See 3.2.2 of Guideline 7.04.*					

2. AMINO ACIDS

NOTE: When combining individual amino acids with protein ingredients, applicants must consider the contribution of the protein ingredient(s) to the total dose of each amino acid, in order to respect the maximum doses indicated below.

With respect to the use of branched-chain amino acids (leucine, isoleucine and valine) the combination thereof may not exceed the highest daily maximum of any of the three. The percentage of each BCAA in relation to the total protein content of the product must be stipulated.

General Statements:

Action:

Essential amino acids:

Amino-acids are the building blocks of life and constituents of living cells essential for growth and repair of tissues. Essential amino acids cannot be made by the body. As a result, they must come from an external nutrient source.

Non-essential amino acids:

Non-essential amino acids are those that can be synthesised by the body. These nonessential amino acids serve many functions to create optimal health.

Warnings and special precautions:

Products containing over 30 g per day total protein and/or amino acids (including β-alanine):

If you have liver or kidney disease, consult a health care practitioner prior to use.

All products:

The indicated daily dose should not be exceeded.

Not suitable for children unless under the direct supervision of a healthcare provider for any claims by direct indication or implication related to athletic performance, workout supplementation, muscle / protein synthesis.

Sufficient protein is provided in normal well-balanced daily meals.

Products for increasing exercise performance (including any indication associated herewith):

Not suitable for children under the age of 18.

All other products:

Use in children under the guidance of a registered healthcare provider.

Permitted indications as Workout Supplements (adults only):

Essential Amino Acids:

Assists in the building of lean muscle [tissue/mass] when combined with regular [weight/resistance] training and a healthy balanced diet.

Non-Essential Amino Acids:

Source of (an) amino acid(s) involved in muscle protein synthesis.

Use or Purpose:

Standardised Indication:

Supplementation of the dietary supply of amino acids used for the synthesis of body protein and other nitrogen-containing compounds.

Amino Acid	Health Supplement Claim	SPECIFIED WARNING(S)	Adults	
			Minimum	Maximum
1. ESSENTIAL AMINO ACIDS				
L- Isoleucine ***Sources:*** *Calcium Sodium Caseinate* *Ethyl L-isoleucinate* *Hydrolyzed collagen* *L-Isoleucine hydrochloride* *N-Acetyl-L-isoleucine* *Pea Protein*	Source of (an) essential amino acid(s) for the maintenance of good health Source of (an) (essential) amino acid(s) involved in muscle protein synthesis Assists in the building of lean muscle [tissue/mass] when combined with regular [weight/resistance] training and a healthy balanced diet. **Products containing all three of L-leucine, L-isoleucine and L-valine, at or above the respective minimum doses indicated in the Dose section:** Source of branched chain amino acids, which are involved in protein synthesis Workout supplement Athletic support	Must not be consumed by pregnant women, children, or for extended lengths of time without medical advice.	66,5 mg	1 065 mg
L- Leucine ***Sources*** *Calcium Sodium Caseinate* *Hydrolyzed collagen* *Leucine hydrochloride* *L-Leucine ethyl ester* *L-Leucine ethyl ester hydrochloride* *L-Leucine methyl ester hydrochloride* *N-Acetylleucine* *N-Glycyl-L-leucine* *Pea Protein*			147 mg	1 824 mg
L-Valine ***Sources:*** *Calcium Sodium Caseinate* *DL-Valine* *Hydrolyzed collagen* *L-Valine ethyl ester* *L-Valine ethyl ester hydrochloride* *L-valine hydrochloride* *N-Acetyl-L-valine* *Pea Protein*			84 mg	1 194 mg

Amino Acid	Health Supplement Claim	SPECIFIED WARNING(S)	Adults	
			Minimum	Maximum
1. ESSENTIAL AMINO ACIDS				
L- Histidine ***Sources:*** *Calcium Sodium Caseinate* *Hydrolyzed collagen* *L-Histidine hydrochloride* *Whey protein concentrate* *Whey protein isolate*	Source of (an) essential amino acid(s) for the maintenance of good health Source of (an) (essential) amino acid(s) involved in muscle protein synthesis Assists in the building of lean muscle [tissue/mass] when combined with regular [weight/resistance] training and a healthy balanced diet. **Must contain at least one ingredient at or above the minimum dose:** Workout supplement Athletic support		49 mg	220 mg
L-Threonine *Sources:* *Calcium Sodium Caseinate* *dl-Threonine* *Hydrolyzed collagen* *Whey protein concentrate* *Whey protein isolate*			70 mg	301 mg
L-Phenylalanine ***Sources:*** *Calcium Sodium Caseinate* *DL-Phenylalanine* *Hydrolyzed collagen* *L-Phenylalanine methyl ester* *N-Acetyl-L-phenylalanine* *Whey protein concentrate* *Whey protein isolate*	Source of (an) essential amino acid(s) for the maintenance of good health Source of (an) (essential) amino acid(s) involved in muscle protein synthesis Assists in the building of lean muscle [tissue/mass] when combined with regular [weight/resistance] training and a healthy balanced diet.	Products for oral use: • Phenylketonurics: Contains phenylalanine. • Oral products containing more than 5 mg per MDD: ○ Do not use if pregnant or intending to become pregnant. ○ Do not use if breastfeeding.	115,5 mg	339 mg
L-Lysine ***Sources:*** *Brown Rice Protein* *Calcium Sodium Caseinate* *Hydrolyzed collagen*	Source of (an) essential amino acid(s) for the maintenance of good health Source of (an) (essential) amino acid(s) involved in muscle protein		133 mg	3 000 mg

Amino Acid	Health Supplement Claim	SPECIFIED WARNING(S)	Adults	
			Minimum	Maximum
1. ESSENTIAL AMINO ACIDS				
L-Lysine-L-aspartate *L-Lysine monohydrochloride* *L-Lysine hydrochloride* *Lysine acetate* *Lysine dihydrochloride* *Milk protein isolate* *Whey protein concentrate* *Whey protein isolate*	synthesis Assists in the building of lean muscle [tissue/mass] when combined with regular [weight/resistance] training and a healthy balanced diet Helps in collagen formation			
L-Methionine ***Sources:*** *Calcium Sodium Caseinate* *DL-Methionine* *Hydrolyzed collagen* *N-Acetyl-L-methionine* *Whey protein concentrate* *Whey protein isolate*	Source of (an) essential amino acid(s) for the maintenance of good health Source of (an) (essential) amino acid(s) involved in muscle protein synthesis Assists in the building of lean muscle [tissue/mass] when combined with regular [weight/resistance] training and a healthy balanced diet Helps to support liver function	Consult a registered healthcare practitioner before use if you have acidosis, atherosclerosis, or methylenetetrahydrofolate reductase deficiency.	66,5 mg	210 mg
L-Tryptophan ***Sources:*** *Calcium Sodium Caseinate* *Whey protein concentrate* *Whey protein isolate*	Source of (an) essential amino acid(s) for the maintenance of good health Source of (an) (essential) amino acid(s) involved in muscle protein synthesis Assists in the building of lean muscle [tissue/mass] when combined with regular [weight/resistance] training and a healthy balanced diet	Consult a healthcare provider before use if you have eosinophilia myalgia syndrome or liver disease or have depression.	17,5 mg	220 mg

Amino Acid	Health Supplement Claim	SPECIFIED WARNING(S)	Adults	
			Minimum	Maximum
2. NON-ESSENTIAL AMINO ACIDS				
L- Alanine ***Sources:*** *Calcium Sodium Caseinate* *DL-Alanine* *Hydrolyzed collagen* *L-Alanine ethyl ester hydrochloride* *Whey protein concentrate* *Whey protein isolate*	Source of (an) amino acid(s) involved in muscle protein synthesis.		> 0 mg	363 mg
beta-Alanine ***Sources:*** *Elymus repens subsp. repens* *Humulus lupulus* *Malus domestica* *Prunus cerasus* *Ribes nigrum* *Solanum lycopersicum*	*SSF: See 3.2.1 of Guideline 7.04.* *Annexure B submission required.* *MSF: See 3.2.2 of Guideline 7.04.*	May cause a flushing, tingling and/or prickling sensation of the skin, in which case, reduce the dose.	*See claim.*	1 g
L- Arginine ***Sources:*** *Acetyl-L-carnitine arginate dihydrochloride* *Arginine bicarbonate* *Arginine PCA* *Arginine silicate inositol* *Brown Rice Protein* *Calcium Sodium Caseinate* *DL-Arginine* *Hydrolyzed collagen* *L-Arginine alpha-ketoglutarate* *L-Arginine DL-Malate* *L-Arginine ketoisocaproic acid* *L-Arginine L-aspartate* *L-Arginine monohydrochloride* *L-Arginine taurinate* *Whey protein concentrate* *Whey protein isolate* *Excluding:* *L-Arginine hydrochloride*	Source of (an) amino acid(s) involved in muscle protein synthesis. May help support a modest improvement in exercise capacity in individuals with stable cardiovascular diseases.	Consult a health care practitioner prior to use if you are pregnant or breastfeeding For products providing 0,42 to 9 g per day: Consult a health care practitioner : • if your cardiovascular condition worsens. • prior to use if you have a renal/kidney disease or if you are following a low protein diet • to use if you suffer from a cardiovascular disease and are attempting an increase in physical activity • prior to use if you are taking medication for cardiovascular diseases, erectile dysfunction, and/or blood thinners	> 0 mg	9 000 mg

Amino Acid	Health Supplement Claim	SPECIFIED WARNING(S)	Adults	
			Minimum	Maximum
2. NON-ESSENTIAL AMINO ACIDS				
		Contraindication(s): <u>For products providing 0,42 to 9 g per day:</u> • Do not use if you have had a heart attack/myocardial infarction **Known Adverse Reaction(s):** <u>For products providing 0,42 to 9 g per day:</u> • Some people may experience gastrointestinal discomfort (such as diarrhoea)		
L- Asparagine ***Sources:*** *L-Asparagine* *L-Asparagine monohydrate*	Source of (an) amino acid(s) involved in muscle protein synthesis.		> 0 mg	93,5 mg
L- Aspartic Acid ***Sources:*** *Calcium Sodium Caseinate* *Hydrolyzed collagen* *Potassium aspartate* *Potassium magnesium aspartate* *Whey protein concentrate* *Whey protein isolate*	Source of (an) amino acid(s) involved in muscle protein synthesis.		> 0 mg	650 mg
L- Carnitine *(L-3-Carboxy-2-hydroxypropyl) trimethylammonium hydroxide, inner salt* *Carnitine* *Also for:* *L-Carnitine Fumarate* *L-Carnitine Hydrochloride* *L-Carnitine Magnesium Citrate* ***Sources:***	Antioxidant Workout support/supplement **L-Carnitine from L-Carnitine tartrate** Aids in the muscle recovery process by reducing muscle tissue damage associated with a resistance training regimen	Consult a registered healthcare practitioner prior to use: If you are pregnant or breastfeeding, If you have a liver disease, a kidney disease, or a seizure disorder,	*Annexure B submission required.*	4 000 mg (not more than 2 g per single dose)

Amino Acid	Health Supplement Claim	SPECIFIED WARNING(S)	Adults	
			Minimum	Maximum
2. NON-ESSENTIAL AMINO ACIDS				
L-Carnitine tartrate *L-Carnitine fumarate*	Helps: - support muscle tissue repair in individuals involved in resistance training - improve physical performance when used in conjunction with a training regimen - delay fatigue during physical activity - support fat metabolism - support fat oxidation			
L-Citrulline *(S)-N5-Carbamoylornithine* *N5-(aminocarbonyl)-L-Ornithine*	*SSF: See 3.2.1 of Guideline 7.04.* *Annexure B submission required.* *MSF: See 3.2.2 of Guideline 7.04.*		*See claim.*	2 000 mg
l-Cystine *(R-(R*,R*))-3,3'-Dithiobis (2-aminopropanoic acid),* *L-Cystine*	*SSF: See 3.2.1 of Guideline 7.04.* *Annexure B submission required.* *MSF: See 3.2.2 of Guideline 7.04.*		*See claim.*	*See claim.*
L- Cysteine ***Sources:*** *Cysteine hydrochloride* *Cysteine hydrochloride monohydrate* *D-Ribose-L-cysteine* *N-Acetyl-L-cysteine*	Source of (an) amino acid(s) involved in muscle protein synthesis.		> 0 mg	1 000 mg
L- Glutamic Acid ***Sources:*** *Calcium Sodium Caseinate* *Glutamic acid hydrochloride* *Hydrolyzed collagen* *Monosodium glutamate* *Whey protein concentrate* *Whey protein isolate*	Source of (an) amino acid(s) involved in muscle protein synthesis.		> 0 mg	1 500 mg
L- Glutamine ***Sources:*** *Alanylglutamine* *Glutamic acid*	Source of (an) amino acid(s) involved in muscle protein synthesis.	Consult a health care practitioner prior to use: - if you are following a low protein diet	> 0 mg	9 000 mg

Amino Acid	Health Supplement Claim	SPECIFIED WARNING(S)	Adults	
			Minimum	Maximum
2. NON-ESSENTIAL AMINO ACIDS				
L-Glutamine ethyl ester *L-Glutamine methyl ester* *Magnesium glycyl glutamine chelate* *N-Acetyl-L-glutamine* *Pea Protein*	Helps : - restore plasma glutamine levels depleted after periods of physical stress (e.g. prolonged exhaustive exercise) - support immune system health after periods of physical stress - support digestive system health after periods of physical stress - to assist in muscle cell repair after exercise **Products containing L-glutamine:** Helps : - restore plasma glutamine levels depleted after periods of physical stress (e.g. prolonged exhaustive exercise). - to assist in muscle cell repair after exercise. Workout supplement. Athletic support.	- if you are pregnant or breastfeeding.		
Glycine *Aminoacetic Acid* *2-aminoacetic acid* *E640* ***Sources:*** *Calcium Sodium Caseinate* *Glycine hydrochloride* *Hydrolyzed collagen* *N-Glycyl-L-leucine*	Source of (an) amino acid(s) involved in muscle protein synthesis.		> 0 mg	320 mg

Amino Acid	Health Supplement Claim	SPECIFIED WARNING(S)	Adults	
			Minimum	Maximum
2. NON-ESSENTIAL AMINO ACIDS				
Whey protein concentrate *Whey protein isolate.*				
L- Proline ***Sources:*** *Calcium Sodium Caseinate* *Glycine hydrochloride* *Hydrolyzed collagen* *N-Glycyl-L-leucine* *Whey protein concentrate* *Whey protein isolate*			> 0 mg	519 mg
L- Serine ***Sources:*** *Calcium Sodium Caseinate* *Hydrolyzed collagen* *Whey protein concentrate* *Whey protein isolate*			> 0 mg	351 mg
L- Tyrosine ***Sources:*** *Brown Rice Protein* *Calcium Sodium Caseinate* *Casein* *Hydrolyzed collagen* *L-Tyrosine ethyl ester* *N-Acetyl tyrosine* *Whey protein concentrate* *Whey protein isolate*	Source of (an) amino acid(s) involved in muscle protein synthesis. Helps to decrease cognitive fatigue due to physically stressful situations (e.g. extended wakefulness, exposure to cold, excessive noise)	Consult a health care practitioner prior to use: - if you are following a low protein diet - if you are pregnant or breastfeeding	> 0 mg	3 600 mg

Amino Acid	Health Supplement Claim	SPECIFIED WARNING(S)	Adults	
			Minimum	Maximum
3. OTHER AMINO ACIDS				
Acetyl L-Carnitine *Acetyllevocarnitine hydrochloride* *1-Propanaminium, 2-(acetyloxy)-3-carboxy-N,N,N-trimethyl-, chloride, (R)-* *Acetylcarnitine hydrochloride, L-form* *Acetyl-L-carnitine hydrochloride* *N-Acetyl L-carnitine hydrochloride*	Acetyl-l-carnitine helps to support and maintain healthy brain function.		*Annexure B submission required.*	3 g
Acetylcysteine *Cysteine, N-acetyl-, L-* *L-alpha-Acetamido-beta-mercaptopropionic acid* *NAC* *N-Acetylcysteine* *N-Acetyl-L-cysteine*	Helps: - replenish liver glutathione antioxidant levels. - protect liver function.		*Annexure B submission required.*	600 mg
N-Acetyl-L-Methionine	*See L-methionine.*			
(s)-s-adenosyl methionine ***Including:*** *Ademetionine disulfate ditosylate dihydrate* *Ademetionine disulfate tosylate* *Ademetionine disulfate tritosylate dihydrate* *Ademetionine hexasulfate dihydrate* *Ademetionine hexatosylate dihydrate* *Ademetionine pentasulfate dihydrate* *Ademetionine pentatosylate dihydrate* *Ademetionine tetrasulfate dihydrate* *Ademetionine tetratosylate dihydrate* *Ademetionine trisulfate ditosylate dihydrate*	Maintenance of emotional well-being Joint health, mobility and joint comfort	Do not use: - if you are taking prescription antidepressants, except under the supervision of a registered healthcare practitioner. - if you have bipolar depression, except under the supervision of a registered healthcare practitioner.	*See claim.*	400 mg

Amino Acid	Health Supplement Claim	SPECIFIED WARNING(S)	Adults	
			Minimum	Maximum
3. OTHER AMINO ACIDS				
Creatine *(a-Methylguanido)acetic acid* *Glycine, N-(aminoiminomethyl)-N-methyl-* *Kre-Alkalyn* *N-Amidinosarcosine*	*SSF: See 3.2.1 of Guideline 7.04.* *Annexure B submission required.* *MSF: See 3.2.2 of Guideline 7.04.*	Consult a registered healthcare practitioner before long-term use.	*See claim.*	*See claim.*
Creatine hydrochloride *Creatine HCl* *Glycine, N-(aminoiminomethyl)-N-methyl-, monohydrochloride* *N-(aminoiminomethyl)-N-methyl-Glycine monohydrochloride*	*SSF: See 3.2.1 of Guideline 7.04.* *Annexure B submission required.* *MSF: See 3.2.2 of Guideline 7.04.*	Consult a registered healthcare practitioner before long-term use.	*See claim.*	3 g
Creatine Monohydrate *Creatine hydrate* *Glycine, N-(aminoiminomethyl)-N-methyl-, monohydrate*	Increases [body/muscle/lean] [mass/size] when used in conjunction with a resistance training regimen Improves [strength/power/performance] in repetitive bouts of brief, highly-intense physical activity (e.g. sprints, jumping, resistance training) (by increasing [muscle/intramuscular] [creatine/phosphocreatine/energy] levels)	Consult a registered healthcare practitioner: - before long-term use. - prior to use if you have a kidney disorder - prior to use if you are pregnant or breastfeeding. May result in weight gain.	*Annexure B submission required.*	20 g not to exceed 5 g per dose
Creatine Phosphate *Glycine, N-(imino(phosphonoamino)methyl)-N-methyl-* *N-(Phosphonoamidino)sarcosine* *Phosphocreatine*	*SSF: See 3.2.1 of Guideline 7.04.* *Annexure B submission required.* *MSF: See 3.2.2 of Guideline 7.04.*	Consult a registered healthcare practitioner before long-term use.	*Annexure B submission required.*	20 g
l-Cysteine Hydrochloride *Cysteine hydrochloride*	*SSF: See 3.2.1 of Guideline 7.04.* *Annexure B submission required.*		800 mg	1 g

Amino Acid	Health Supplement Claim	SPECIFIED WARNING(S)	Adults	
			Minimum	Maximum
3. OTHER AMINO ACIDS				
monohydrate *E920* *L-2-amino-3-mercaptopropanoic acid hydrochloride monohydrate* *L-Cysteine HCl* *L-Cysteine hydrochloride* *L-Cysteine monohydrate monochloride* *L-Cysteine monohydrochloride*	*MSF: See 3.2.2 of Guideline 7.04.*			
Glucose Glutamate	*SSF: See 3.2.1 of Guideline 7.04.* *Annexure B submission required.* *MSF: See 3.2.2 of Guideline 7.04.*	Permitted only in products for external use. Approved for topical use only. Glucose is a mandatory component of this ingredient.	*See claim.*	6,8 g
l-Glutamic Acid Hydrochloride *(S)-2-Aminopentanedioic acid, hydrochloride* *2-aminopentanedioic acid hydrochloride* *L-glutamic acid hydrochloride*	*SSF: See 3.2.1 of Guideline 7.04.* *Annexure B submission required.* *MSF: See 3.2.2 of Guideline 7.04.*	Permitted only in products for external use.	*See claim.*	20 g
Glutathione *Glycine, L-gamma-glutamyl-L-cysteinyl-* *L-glutathione* *N-(N-L-gamma-Glutamyl-L-cysteinyl)glycine*	*SSF: See 3.2.1 of Guideline 7.04.* *Annexure B submission required.* *MSF: See 3.2.2 of Guideline 7.04.*	Permitted only in products for external use. Approved for topical use only.	*See claim.*	4,5 g
Histidine Hydrochloride *(S)-alpha-amino-1H-imidazole-4-propanoic acid, monohydrochloride* *Histidine monohydrochloride*	*SSF: See 3.2.1 of Guideline 7.04.* *Annexure B submission required.* *MSF: See 3.2.2 of Guideline 7.04.*		3,6 g	2,5 g

Amino Acid	Health Supplement Claim	SPECIFIED WARNING(S)	Adults	
			Minimum	Maximum
3. OTHER AMINO ACIDS				
Hydroxylysine *5-Hydroxylysine* *delta-Hydroxylysine* *erythro-5-Hydroxy-L-lysine*	*SSF: See 3.2.1 of Guideline 7.04.* *Annexure B submission required.* *MSF: See 3.2.2 of Guideline 7.04.*		2 g	5,6 g
l-Hydroxyproline *4-Hydroxy-2-pyrrolidinecarboxylic acid* *4-Hydroxy-L-proline* *L-4-Hydroxyproline*	*SSF: See 3.2.1 of Guideline 7.04.* *Annexure B submission required.* *MSF: See 3.2.2 of Guideline 7.04.*		*See claim.*	10 g if used alone or 16 g of the combination with other branch chain amino acids i.e. leucine or valine
L-Lysine Hydrochloride *Lysine hydrochloride* *(S)-2,6-Diaminohexanoic monohydrochloride*	*SSF: See 3.2.1 of Guideline 7.04.* *Annexure B submission required.* *MSF: See 3.2.2 of Guideline 7.04.*		*See claim.*	1,4 g
L-Ornithine *Ornithine* *(S)-2,5-Diaminopentanoic acid* *2,5-diaminopentanoic acid*	Ornithine helps to support liver function.		4,8 g	6 g
L-Ornithine Aspartate *Ornithine aspartate* *Aspartic acid, L-, compd. with L-ornithine (1:1)* *Ornithine anhydrous* *Ornithine L-form aspartate* *Ornithylaspartate*	*SSF: See 3.2.1 of Guideline 7.04.* *Annexure B submission required.* *MSF: See 3.2.2 of Guideline 7.04.*		*See claim.*	*See claim.*
Ornicetil *L-Ornithine alpha-ketoglutarate* *(L)-Ornithine 2-oxoglutarate* *L(+)-Ornithine alpha-ketoglutarate*	*SSF: See 3.2.1 of Guideline 7.04.* *Annexure B submission required.* *MSF: See 3.2.2 of Guideline 7.04.*		*See claim.*	6 g

Amino Acid	Health Supplement Claim	SPECIFIED WARNING(S)	Adults	
			Minimum	Maximum
3. OTHER AMINO ACIDS				
L-Ornithine, mixt. with 2-oxopentanedioic acid *OKG* *Ornithine alpha-ketoglutarate*				
Ornithine Monohydrochloride *2,5-Diaminopentanoic acid hydrochloride* *L-(+)-2,5-Diaminopentanoic acid* *L-Ornithine hydrochloride* *L-Ornithine monohydrochloride* *Ornithine L- monohydrochloride*	*SSF: See 3.2.1 of Guideline 7.04.* *Annexure B submission required.* *MSF: See 3.2.2 of Guideline 7.04.*		*See claim.*	2 g
l-Selenomethionine *Butanoic acid, 2-amino-4-(methylseleno)-, (S)-* *L-Selenomethionine* *Selenium-L-methionine*	*SSF: See 3.2.1 of Guideline 7.04.* *Annexure B submission required.* *MSF: See 3.2.2 of Guideline 7.04.*	Selenium is toxic in high doses. Do not exceed the maximum daily dose of 60 micrograms as stated for Selenium.	As stipulated for Selenium.	
Taurine *2-Aminoethane sulfonic acid* *2-Aminoethylsulfonic acid* *beta-Aminoethylsulfonic acid* *L-taurine*	Amino acid that plays a role in the support of the immune system. Antioxidant. Taurine is important for energy metabolism / the transformation of food into energy.		*Annexure B submission required.*	5 g
L-Theanine *(2S)-2-amino-5-(ethylamino)-5-oxopentanoic acid* *N-Ethyl-L-glutamine* *suntheanine* *theanin*	Helps to temporarily promote relaxation Helps to support the relaxation Supports maintenance of healthy sleep Caffeine antagonist		*Annexure B submission required.*	250 mg