



## Glossary

• SITELF •

# Food Supplement

**Definizione** Food supplements are food products intended to supplement the normal diet and which constitute a concentrated source of nutrients or other substances with a nutritional or physiological effect. Food supplements may have various dosage forms such as capsules, tablets, pills and the like, sachet powders, liquids in ampoules, dropper bottles and other similar forms, and are intended to be taken in small unit quantities.

Food supplements include plant-based products and derivatives with a health purpose.

The term 'nutraceutical', having no official definition in Italian and European legislation, is used to generically indicate foods or parts of foods that can offer health and wellness benefits.

**Synonyms** Food Complement

**References** Guideline 2002/46/CE e ss.mm.ii.  
[Read more](#)