



Good food, Good life

Nestlé Policy on Micronutrient Fortification of Foods & Beverages



Nestlé

Po

Policy
Mandatory

General Use

Issuing department

Nestlé Research

Target audience

R&D, Application Groups, Marketing, Communication,
NHW Managers, Nutritionists, Public Affairs,
Regulatory Affairs, Legal Affairs, Quality Management

Approver

Executive Board Nestlé S.A.

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Repository

All Nestlé Principles and Policies, Standards and Guidelines
can be found in NestleDocs, on the Nest

This document is also available as Po-27.001-01 at
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Nestlé Policy on Micronutrient Fortification

The adequate and appropriate dietary intake of essential vitamins, minerals and trace elements (collectively referred to as micronutrients) is necessary for maintaining health at all life stages. It is estimated that more than 2 billion people (30% of the global population) have some degree of micronutrient deficiency, among which deficiencies of iron, vitamin A, iodine and zinc are the most prevalent. In addition to the most obvious clinical manifestations of deficiency, micronutrient malnutrition is responsible for a wide range of non-specific physiological impairments.

Ideally, nutrients that are essential for health should be obtained from a balanced and varied diet. For a number of reasons this is not always possible. The food and beverage industry, therefore, has a unique opportunity to contribute to tackling this major global health problem. The addition of relevant micronutrients to food and beverages can help by improving the nutritional status of people at risk. Nestlé has acquired considerable experience in enhancing the micronutrient profile of its foods and beverages through fortification. A Nestlé corporate Policy on micronutrient fortification of foods and beverages was first established in 2000 and revised in 2010, 2015 and 2020.

The aim of this Policy is to promote the micronutrient fortification of foods and beverages at levels that help to improve and maintain health, but in amounts that do not increase the risk of developing adverse consequences from excessive consumption.

Policy Targets

Nestlé uses the latest micronutrient deficiency data from international or national health authorities in order to target the fortification of its foods and beverages accordingly.

- Nestlé complies with applicable local regulations. Where local regulations do not exist, *CODEX Guidelines on Nutrition Labeling* (CAC/GL2, 1985; amended in 1993, 2003, 2006), *CODEX General Principles For The Addition Of Essential Nutrients To Foods* (CAC/GL 09-1987) and *CODEX Guidelines for Use of Nutrition and Health Claims* (CAC/GL 23-1997, revised in 2004 and amended in 2001, 2008, 2009) apply.
- Among the options recommended by CODEX, Nestlé chooses to set the fortification target at 15% of the NRV (Nutrient Reference Value) of the relevant micronutrient(s) per individual serving.
- In addition, Nestlé places an upper limit on fortification levels at 20% of the age-specific Tolerable Upper Intake Level (UL) per serving.

A comprehensive internal standard for the implementation of this Policy guarantees its application throughout the Company.

Scope

This Policy applies only to those foods and beverages that meet the following requirements:

- contribute to meet the requirements of a large part of the population at risk of developing a specific deficiency and
- are consumed widely and regularly, should contribute to a generally healthy diet, should be affordable and likely to be purchased by the population at risk.

The Policy applies to foods and beverages for human consumption that are sold under brands owned by Nestlé*.

Food supplements, products for infants and toddlers, for special medical purposes or with a strong scientific rationale – e.g. maternal nutrition products – are not covered by this Policy.

This Policy forms a central part of Nestlé's ambition to enhance the quality of life and contribute to a healthier future by providing healthier and tastier food and beverage choices. We also continue to drive technological innovations that will enable further micronutrient optimisation in our product portfolio without compromising on safety, quality and taste.

* Subject to the terms of the relevant license agreements when brands are licensed to third parties.