



South Korean Health Functional Food Ingredient List

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South Korean Health Functional Food Ingredients

----- Noticed Functional Ingredients and Forbidden Materials

General Introduction

In South Korea, “dietary supplement” is referred to as “Health Functional Food (HFF).” As stated in [Health Functional Foods Act](#) ^[1], the HFF means foods manufactured with **functional raw materials or ingredients** beneficial to human health. The ingredient is on the front burner for manufacturing the HFF products.

The ingredients applicable to HFF include “noticed ingredients” and “individually recognized ingredients.” The “**noticed ingredients**” are the proper raw materials or ingredients published by the Minister of Food and Drug Safety (MFDS). If the ingredients are noticed by MFDS, the enterprises can manufacture HFF products directly. Otherwise, a pre-evaluation would be requested. Up to now, MFDS has released **twenty-eight** nutritional ingredients and **sixty-eight** functional raw materials. This guideline will help enterprise to check the ingredients prior to manufacturing. A list of prohibited materials is added as well.

List 1 Nutritional Ingredients

No.	English name	Korean name
1.	Vitamin A	비타민 A
2.	Beta-Carotene	베타카로틴
3.	Vitamin D	비타민 D
4.	Vitamin E	비타민 E
5.	Vitamin K	비타민 K
6.	Vitamin B1	비타민 B1
7.	Vitamin B2	비타민 B2
8.	Niacin	나이아신
9.	Pantothenic Acid	판토텐산
10.	Vitamin B6	비타민 B6
11.	Folic Acid	엽산
12.	Vitamin B12	비타민 B12
13.	Biotin	비오틴
14.	Vitamin C	비타민 C
15.	Calcium	칼슘
16.	Magnesium	마그네슘
17.	Ferrum	철
18.	Zinc	아연
19.	copper	구리
20.	selenium	셀레늄(또는 셀렌)
21.	iodine	요오드
22.	manganese	망간
23.	molybdenum	몰리브덴
24.	potassium	칼륨
25.	chrome	크롬
26.	dietary fiber	식이섬유
27.	protein	단백질
28.	essential fatty acids)	필수지방산

List 2. Functional Raw Materials

No.	English name	Korean name	Content of Active Ingredient
1.	Ginseng	인삼	Ginsenoside (total contents of