



Technical Guideline for Testing and Evaluation of Health Food Functions (2023)

保健食品功能检验与评价技术指导原则
(2023 年版)

State Administration for Market Regulation

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Translated by ChemLinked

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I. Subject Matter and Scope

- 1 The Guideline clarifies the basic principles for the evaluation of health food functions.
- 2 The Guideline is applicable to the testing and evaluation of health food functions, including the zoological evaluation of health food functions and the human consumption evaluation.

II. Basic Requirements for Evaluation of Health Food Functions

1. Requirements for Test Sample

- 1.1 The name, traits, specifications, batch number, production date, shelf life, storage conditions, application unit name, production enterprise name, formula, production process, quality standards, health functions, recommended intake and other information of the test sample shall be provided.
- 1.2 The test sample shall be a normalized and finalized product that meets the established formula, production process, and quality standard requirements.
- 1.3 The documents related to the toxicological safety evaluation of the test sample and the hygienic examination reports shall be provided. The test sample must be the food that has been confirmed to be safe through food toxicological safety evaluation. The sample for functional evaluation shall be taken from the same batch as that drawn for toxicological safety evaluation, hygienic examination, and prohibited ingredient testing. If the same batch of samples cannot be used due to the test cycle, it shall be ensured that the sample for prohibited ingredient testing is taken from the same batch as that drawn for human consumption trial, and relevant explanations for different batches and proof of product quality consistency between different batches shall be provided.
- 1.4 An analysis report shall be provided on the main ingredients, functional/nominal ingredients, and possible hazard ingredients of the test sample.



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