

Taiwan FDA to limit use of botanical ingredients like ashwagandha

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The Taiwan FDA is seeking public feedback until September 26th on regulations for botanical ingredients found in dietary supplements. One proposed rule limits the daily consumption of ashwagandha (*Withania somnifera*) dried leaves and root extract to 250mg. Product labels must include a warning statement indicating ashwagandha is unsuitable for infants, toddlers, pregnant women, the elderly, and those with weak gastric functions. The active compounds must be extracted using water and dried before consumption.

Ashwagandha, also known as Indian ginseng, is used for stress relief and mental well-being. The Taiwan FDA regulates devil's claw, coat buttons, noni, *Crassula argentea*, husk from the *Plantago* species, *Cistanche tubulosa*, and sugarcane. The proposals state that dried devil's claw leaves can only be consumed as tea and coatbuttons and noni can also be consumed in tea form. Devil's claw is used in nutraceuticals to support the immune system and liver health, while coat buttons and noni have been used to treat diarrhoea and boost the immune system.

Products containing devil's claw tea must include specific warnings cautioning pregnant women and individuals with gastric or gallstone issues. Potential side effects, such as stimulating stomach acid secretion, should also be highlighted. Coatbuttons and noni tea are unsuitable for pregnant women and young children, with daily consumption limited to three grams and one gram, respectively.

The recommended daily consumption of psyllium husk, a common dietary fibre and prebiotic, is limited to 10.2g. This limit also applies to the husk of *Plantago asiatica*, *Plantago depressa*, and *Plantago psyllium*. It is advised to take these products with an adequate amount of water. *Cistanche tubulosa*, commonly used in traditional Chinese medicine for its neuroprotective, immunomodulation, antioxidant, and liver protection effects, should not exceed 450mg per day. Infants, pregnant women, breastfeeding women, and those taking anticoagulant medicines should avoid taking this product.

Sugarcane wax extract should not be consumed by children under 12 years old or pregnant women due to the policosanol content. The daily consumption of *Crassula argentea* should not exceed 120mg and is unsuitable for infants and individuals with low blood glucose, anaemia, or allergies to the plant.