

# Background - Statement on the guidance levels for the fortificants in the Bread and Flour Regulations

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3. The BFR 1998 stipulates the levels of calcium as calcium carbonate, iron, thiamin (vitamin B1) and niacin that are required to be present in all wheat flour other than wholemeal (i.e., non-wholemeal wheat flour). Calcium is added in the

form of calcium carbonate. Natural calcium found in food would not be present in the form of calcium carbonate. Therefore, exposure to calcium from fortified food can be distinguished from natural or supplementary sources when analysed.

Niacin is added to flour in the form of either nicotinic acid or nicotinamide.

4. The existing BFR (1998) set a minimum fortification level for thiamin (vitamin B1) of 0.24 mg thiamin hydrochloride, which is equivalent to 0.21 mg of thiamin (supplied by 100 g of non-wholemeal wheat flour) or 19% of the NRV. The proposed minimum fortification levels of calcium, iron and niacin have been set at 15% of their respective NRVs, as stated in [Annex XIII of regulation EC No. 1169/2011](#) (in point 1 of Part A). In practice, foods are not currently fortified at these respective levels, but industry are looking to increase fortification to the set minimum levels. The daily NRVs for calcium, iron, niacin and thiamin (vitamin B1) are 800 (or 2,000 as calcium carbonate), 14, 16 and 1.1 mg, respectively.