

SALT IODISATION




What are the regulations in various countries?



Iodine is an essential micronutrient required for the production of thyroid hormones, which regulate metabolism and bone and brain development. To prevent widespread of iodine deficiency that iodine deficiency called goitre, or brain damage and intellectual disability in children, WHO recommended daily intake of iodine is best met by fortifying salt with iodine in countries where the problem of iodine deficiency is widespread. Today, salt iodisation is common in many countries as a strategy to increase iodine intake of the population.

This document summarises the regulations regarding salt iodisation across Asia. It should be noted that many countries in Asia require mandatory salt iodisation, while others adopt a voluntary approach. Some countries, however, still do not adopt salt iodisation.

ASIA AT A GLANCE

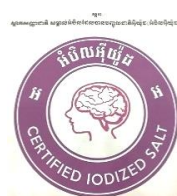
| Requirement | Countries |
|--------------|--|
| Mandatory |  |
| Voluntary |  |
| No Provision |  |

BRUNEI

- “Iodised salt shall be salt that contains potassium or sodium iodide or iodate in a proportion equivalent to not less than 25 parts of iodide and not more than 40 parts of iodide in every million parts of salt”¹
- Fortificant: potassium or sodium iodide or iodate
- Level: 25 - 40 ppm of iodide

CAMBODIA

- All salts available in the country must be iodised and labelled with the logo as shown in the diagram below²



- Non-iodised salt should be labelled as “not qualified for human and animal consumption”
- Labelling of iodised salt product must include the name of the product, name and address of the manufacturers, iodine content, manufacturing and expiry date, lot no., weight
- Fortificant: potassium iodate, sodium iodate, potassium iodide
- Level: 50 – 60 mg/kg (producer level) of iodine; 30 – 60 mg/kg (retail level) of iodine

CHINA

- All edible salt including salt for food processing and animal consumption require iodisation³
- Circulation of non-iodized salt and inadequately iodised salt is prohibited
- Fortificant: potassium iodate, sodium iodite, potassium iodide, sodium iodide
- Level: median of 20 – 30 ppm iodine, but provinces can choose medians of 20, 25 or 30 ppm, giving rise to different iodisation ranges

¹ Public Health (Food) Act Regulation 281. Retrieved from: <http://www.agc.gov.bn/AGC%20Images/LOB/PDF/Cap182subRg1.pdf>

² Management of Iodized Salt Exploitation (2003). Royal Government of Cambodia. Retrieved from: <https://extranet.who.int/nutrition/gina/sites/default/files/KHM%202003%20Sub-decree%20on%20the%20management%20of%20iodized%20Salt.pdf>

³ National Standard for Iodized Salt GB 26878. (2011). Retrieved from: <http://www.shfda.gov.cn/spa/qbz/GB26878-2011%20%E9%A3%9F%E7%94%A8%E7%9B%90%E7%A2%98%E5%90%AB%E9%87%8F.pdf>

INDIA

- All salt that is for human consumption must be iodised⁴
- Fortificant: potassium iodate
- Level: 20 – 30 ppm iodine content (at production level); 15 – 30 ppm iodine content (at distribution channel including retail level)

INDONESIA

- All edible salt for human consumption, animal feed, salted fish preservation and food processing has to be iodised⁵
- Fortificant: potassium iodate
- Level: 40-50 mg/kg (at production level); 30-50 mg/kg (at distribution level)

LAOS

- All salt must be iodised⁶
- Fortificant: potassium or sodium iodate
- Level: ≥ 35 mg potassium or sodium iodate per 1 kg salt, and ≤ 100 mg potassium or sodium iodate per 1 kg salt; iodised salt should have iodine content of 40 – 60 ppm at production site and borders, and ≥ 20 ppm at point of sale places and household

MALAYSIA

- All salt must be iodised⁷
- Fortificant: potassium iodide, sodium iodide, potassium iodate, sodium iodate
- Level: 20 – 40 ppm iodide

⁴ Food Safety and Standards (Fortification of Foods) Regulations. (2018). Retrieved from: https://fssai.gov.in/dam/jcr:aaf95c16-2c39-4634-98c9-93a0ef1da0b1/Gazette_Notification_Food_Fortification_10_08_2018.pdf

⁵ Requirements of Iodised Salt. Retrieved from: <http://idih.pom.go.id/showpdf.php?u=bRJ73InF3DvgOWz671qZJZQWghubNhw5ULZ83551v%2BA%3D>

⁶ Iodized Salt Standard. (2004). Ministry of Health Laos. Retrieved from: <https://extranet.who.int/nutrition/gina/sites/default/files/LAO%202004%20Decision%20on%20Iodized%20Salt%20Standard.pdf>

⁷ Food Regulations 1985. (2018). Retrieved from: <http://fsq.moh.gov.my/v6/xs/dl.php?filename=928d6f952fc1fab9c4f6ae143b121e38.pdf>

MYANMAR

- Salt iodisation is voluntary⁸
- Level: 40 – 60 ppm (at production level); ≥ 15 ppm (at retail level); 15 ppm (at household level)

PHILIPPINES

- All salt must be iodised⁹
- Level: 30 – 70 ppm (at all distribution channels)¹⁰

SINGAPORE

- Salt iodisation is voluntary¹¹
- Fortificant: potassium iodide, sodium iodide, potassium iodate, sodium iodate
- Level: 25 – 40 ppm iodide

TAIWAN

- All salt must be iodised¹²
- Fortificant: potassium iodide, potassium iodate
- Level: 20 – 33 mg/kg of iodine

⁸ Notification No. 40/98. Retrieved from:

<https://www.myanmartradeportal.gov.mm/uploads/legals/2019/3/2.The%20Salt%20Regulation.pdf>

⁹ An Act Promoting Salt Iodization Nationwide and For Related Purposes. (1995). Retrieved from: https://www.doh.gov.ph/sites/default/files/policies_and_laws/RA08172.pdf

¹⁰ FDA Circular 2013-007. (2013). Retrieved from: <https://www2.fda.gov.ph/attachments/article/17208/FC2013-007.pdf>

¹¹ Food Regulations. (2019). Retrieved from: <https://www.sfa.gov.sg/docs/default-source/default-document-library/food-regulations1.pdf>

¹² Standards for Scope, Application and Limitation of Food Additives. (2018) Retrieved from: <https://www.fda.gov.tw/ENG/lawContent.aspx?cid=16&id=308>

THAILAND

- All salt must be iodised¹³
- Fortificant: potassium iodide, sodium iodide, potassium iodate, sodium iodate
- Level: 20 – 40 mg/kg iodine content

VIETNAM

- All salt must be iodised¹⁴
- Fortificant: potassium iodate
- Level: 20 – 40 mg/kg iodine content

¹³ Notification Re: Edible Salt. (2011) Retrieved from:
http://food.fda.moph.go.th/law/data/announ_moph/V.English/No.%20333%20Edible%20Salt.pdf

¹⁴ Decree No. 19/1999/ND-CP Retrieved from:
<https://extranet.who.int/nutrition/gina/sites/default/files/VNM%201999%20Decree%20No.%2019.1999.ND-CP%20on%20the%20production%20and%20supply%20of%20iodised%20salt%20for%20human%20use..pdf>