

Sports Foods - Banned Items

Ingredient	Legislation
Genetically modified ingredients (GM)	Regulation (EC) No 1829/2003
ammonium chloride	Regulation (EC) No 1333/2003
azodicarbonamide	Regulation (EC) No 1333/2004
benzoyl peroxide	Regulation (EC) No 1333/2005
bleached flour	Regulation (EC) No 1333/2006
bromated flour	Regulation (EC) No 1333/2007
brominated vegetable oil (BVO)	Regulation (EC) No 1333/2008
calcium bromate	Regulation (EC) No 1333/2009
calcium peroxide	Regulation (EC) No 1333/2010
caprocaprylobehenin	Regulation (EC) No 1333/2011
dioctyl sodium sulfosuccinate (DSS)	Regulation (EC) No 1333/2012
ethylene oxide	Regulation (EC) No 1333/2013
ethoxyquin	Regulation (EC) No 1333/2014
lead soldered cans	Regulation (EC) No 1333/2015
potassium bromate	Regulation (EC) No 1333/2016
propylparaben	Regulation (EC) No 1333/2017
sucrose polyester	Regulation (EC) No 1333/2018
tetrasodium EDTA	Regulation (EC) No 1333/2019
Kava kava	Banned since 2003
Agaric acid	Substances which shall not be added as such to food Regulation (EC) No 1334/2008 on flavourings and certain food ingredients for use in foods
Aloin	Substances which shall not be added as such to food Regulation (EC) No 1334/2008 on flavourings and certain food ingredients for use in foods
Capsaicin	Substances which shall not be added as such to food Regulation (EC) No 1334/2008 on flavourings and certain food ingredients for use in foods
1,2-Benzopyrone, coumarin	Substances which shall not be added as such to food Regulation (EC) No 1334/2008 on flavourings and certain food ingredients for use in foods
Hypericine	Substances which shall not be added as such to food Regulation (EC) No 1334/2008 on flavourings and certain food ingredients for use in foods
Beta-asarone	Substances which shall not be added as such to food Regulation (EC) No 1334/2008 on flavourings and certain food ingredients for use in foods
1-Allyl-4-methoxybenzene, estragole	Substances which shall not be added as such to food Regulation (EC) No 1334/2008 on flavourings and certain food ingredients for use in foods
Hydrocyanic acid	Substances which shall not be added as such to food Regulation (EC) No 1334/2008 on flavourings and certain food ingredients for use in foods
Menthofuran	Substances which shall not be added as such to food Regulation (EC) No 1334/2008 on flavourings and certain food ingredients for use in foods
4-Allyl-1,2-dimethoxybenzene, methyleugenol	Substances which shall not be added as such to food Regulation (EC) No 1334/2008 on flavourings and certain food ingredients for use in foods
Pulegone	Substances which shall not be added as such to food Regulation (EC) No 1334/2008 on flavourings and certain food ingredients for use in foods
Quassin	Substances which shall not be added as such to food Regulation (EC) No 1334/2008 on flavourings and certain food ingredients for use in foods
1-Allyl-3,4-methylene dioxy benzene, safrole	Substances which shall not be added as such to food Regulation (EC) No 1334/2008 on flavourings and certain food ingredients for use in foods
Teucrin A	Substances which shall not be added as such to food Regulation (EC) No 1334/2008 on flavourings and certain food ingredients for use in foods
Thujone (alpha and beta)	Substances which shall not be added as such to food Regulation (EC) No 1334/2008 on flavourings and certain food ingredients for use in foods

Sports Foods - Restricted Items

Ingredient	Reason for Restriction
Non-RSPO certified palm oil	H&B Internal Policy
Hydrogenated fat	H&B Internal Policy
Acacia rigidula / Blackbrush Acacia	Novel Food Regulation 258/97
Aconitum (all species) / Aconite	MHRA Banned and Restricted Herbal Ingredients
Adonis vernalis	MHRA Banned and Restricted Herbal Ingredients
African Green Mango / Irvingia gabonensis	Novel Food Regulation 258/97
Agnus Castus / Vitex agnus castus	Directive 2004/24, Directive 2001/83 Traditional Herbal Medicines
Akebia quinata, Akebia trifoliata / Mutong	MHRA Banned and Restricted Herbal Ingredients
Apocynum, cannabinium / Canadian Hemp	MHRA Banned and Restricted Herbal Ingredients
Areca catechu / Areca	MHRA Banned and Restricted Herbal Ingredients
Aristolochia (all species) / Mutong / Fangii/ Birthwort	MHRA Banned and Restricted Herbal Ingredients
Artemisia cina / Santonica	MHRA Banned and Restricted Herbal Ingredients
Aspidosperma quebrachoblanco / Quebracho	MHRA Banned and Restricted Herbal Ingredients
Aspirin / Salicylic acid	MHRA Banned and Restricted Herbal Ingredients
Atropa belladonna / Atropa acuminata	MHRA Banned and Restricted Herbal Ingredients
Black Cohosh / Cimicifuga racemosa	Directive 2004/24, Directive 2001/83 Traditional Herbal Medicines
Brayera anthelmintica / Koussou	MHRA Banned and Restricted Herbal Ingredients
Burdock / Arctium lappa	Directive 2004/24, Directive 2001/83 Traditional Herbal Medicines
Cannabidiol (CBD)	MHRA Banned and Restricted Herbal Ingredients
Catha edulis	MHRA Banned and Restricted Herbal Ingredients
Celery Seed / Apium graveolens	Directive 2004/24, Directive 2001/83 Traditional Herbal Medicines
Chelidonium majus / Celandine	MHRA Banned and Restricted Herbal Ingredients
Chenopodium ambrosiosides var anthelminticum	MHRA Banned and Restricted Herbal Ingredients
Cinchona (all species) / Cinchona bark	MHRA Banned and Restricted Herbal Ingredients
Claviceps purpurea / Ergot / Ergot of Rye / Smut of Rye / Spurred Rye	MHRA Banned and Restricted Herbal Ingredients
Clematis armandii / Clematis montana / Mu tong	MHRA Banned and Restricted Herbal Ingredients
Cocculus indicus	MHRA Banned and Restricted Herbal Ingredients
Cocculus laurifolius / Cocculus orbiculatus / Cocculus trilobus / Fangii	MHRA Banned and Restricted Herbal Ingredients
Colchicum autumnale / Colchicum corm	MHRA Banned and Restricted Herbal Ingredients
Comfrey / Symphytum officinale	MHRA Banned and Restricted Herbal Ingredients
Conium maculatum / Conium leaf and fruits	MHRA Banned and Restricted Herbal Ingredients
Convallaria majalis	MHRA Banned and Restricted Herbal Ingredients
Crotalaria berberoana / Crotalaria fulva	MHRA Banned and Restricted Herbal Ingredients
Crotalaria spectabilis / Crotalaria spect	MHRA Banned and Restricted Herbal Ingredients
Curcubita maxima	MHRA Banned and Restricted Herbal Ingredients
Dandelion root / Taraxacum officinale	Directive 2004/24, Directive 2001/83 Traditional Herbal Medicines
Datura stramonium / Datura innoxia	MHRA Banned and Restricted Herbal Ingredients
Dehydroepiandrosterone / DHEA	MHRA Banned and Restricted Herbal Ingredients
Delphinium staphisgria / Stavesacre seeds	MHRA Banned and Restricted Herbal Ingredients
Devil's Claw / Harpagophytum procumbens	Directive 2004/24, Directive 2001/83 Traditional Herbal Medicines
Digitalis leaf or prepared / Foxglove	MHRA Banned and Restricted Herbal Ingredients
DMAA / 1,3-Dimethylamylamine or Methylhexamine / Methylhexanamine / Dimethylamylamine / 4-methyl-2-hexanamine, 4-methyl-2-hexylamine, 2-amino-4-methylhexane, 1,3-dimethylpentylamine, Geranium oil / Cranesbill	MHRA Banned and Restricted Herbal Ingredients
Dryopteris fillix-mas / Male fern	MHRA Banned and Restricted Herbal Ingredients
Duboisia myoporoides /Duboisia leichardtii	MHRA Banned and Restricted Herbal Ingredients
Ecballium elaterium	MHRA Banned and Restricted Herbal Ingredients
Echinacea / Echinacea purpurea	Directive 2004/24, Directive 2001/83 Traditional Herbal Medicines
Embelia ribes / Embelia robusta	MHRA Banned and Restricted Herbal Ingredients
Ephedra sinica / Ephedra equisetina / Ephedra distachya / Ephedra intermedia / Ephedra gerardiana / Ephedrine	Regulation 2015/403 amending Annex III to Regulation 1925/2006
Erysimum canescens	MHRA Banned and Restricted Herbal Ingredients

Euphrasia / Eyebright	Directive 2004/24, Directive 2001/83 Traditional Herbal Medicines
Gamma-amino butyric acid (GABA)	MHRA Banned and Restricted Herbal Ingredients
Gelsemium sempervirens	MHRA Banned and Restricted Herbal Ingredients
Holarrhena antidysenterica	MHRA Banned and Restricted Herbal Ingredients
Horse Chestnut / Aesculus hippocastanum	Directive 2004/24, Directive 2001/83 Traditional Herbal Medicines
Horsetail aerial parts / Equisetum arvense	Directive 2004/24, Directive 2001/83 Traditional Herbal Medicines
Human Growth Hormone	MHRA Banned and Restricted Herbal Ingredients
Hydroxy Citric Acid (HCA)	MHRA Banned and Restricted Herbal Ingredients
Hydroxy Methyl Butyrate	MHRA Banned and Restricted Herbal Ingredients
Hyoscyamus niger / Hyoscyamus albus / Hyoscyamus muticus	MHRA Banned and Restricted Herbal Ingredients
Juniperus sabina / Savin	MHRA Banned and Restricted Herbal Ingredients
Lemon Balm / Melissa officinalis	Directive 2004/24, Directive 2001/83 Traditional Herbal Medicines
Lobelia inflata	MHRA Banned and Restricted Herbal Ingredients
Mallotus philippinensis / Kamala	MHRA Banned and Restricted Herbal Ingredients
Mandragora autumnalis / Mandrake	MHRA Banned and Restricted Herbal Ingredients
Melatonin	
Milk Thistle / Silybum marianum	Directive 2004/24, Directive 2001/83 Traditional Herbal Medicines
Nettle Leaf / Urtica dioica	Directive 2004/24, Directive 2001/83 Traditional Herbal Medicines
Papaver somniferum / Poppy	MHRA Banned and Restricted Herbal Ingredients
Pausinystalia yohimbe / Yohimbe bark	Regulation 2015/403 amending Annex III to Regulation 1925/2006
Pilocarpus jaborandi / Pilocarpus microphyllum	MHRA Banned and Restricted Herbal Ingredients
Piper methysticum / Kava kava	MHRA Banned and Restricted Herbal Ingredients
Podophyllum / May apple / Devil's apple / Wild Lemon / Indian podophyllum	MHRA Banned and Restricted Herbal Ingredients
Punica granatum / Pomegranate bark	MHRA Banned and Restricted Herbal Ingredients
Raspberry Leaf / Rubus idaeus	Directive 2004/24, Directive 2001/83 Traditional Herbal Medicines
Rauwolfia serpentina / Serpentwood / Indian snakeroot	MHRA Banned and Restricted Herbal Ingredients
Rauwolfia vomitoria / African serpentwood	MHRA Banned and Restricted Herbal Ingredients
Rhodiola Rosea	Directive 2004/24, Directive 2001/83 Traditional Herbal Medicines
Rhus radicans / Poison Ivy	MHRA Banned and Restricted Herbal Ingredients
Rhus toxicodendron / Poison Oak	MHRA Banned and Restricted Herbal Ingredients
Schoenocaulon officinale / Sabadilla / Cevadilla	MHRA Banned and Restricted Herbal Ingredients
Scopolia carniolica / Scopolia japonica	MHRA Banned and Restricted Herbal Ingredients
Senecio / Ragwort / Groundsel	MHRA Banned and Restricted Herbal Ingredients
Senna / Cassia angustifolia	MHRA Banned and Restricted Herbal Ingredients
Stevia	EU Regulation 1131/2011
St John's Wort / Hypericum perforatum	Directive 2004/24, Directive 2001/83 Traditional Herbal Medicines
Stephania tetrandra / Fangii	MHRA Banned and Restricted Herbal Ingredients
Strophanthus (all species)	MHRA Banned and Restricted Herbal Ingredients
Strychnos ignatii / S. cuspidata / Ignatius bean	MHRA Banned and Restricted Herbal Ingredients
Strychnos nux vomica seed / Nux vomica seed / Poison Nut	MHRA Banned and Restricted Herbal Ingredients
Synephrine	MHRA Banned and Restricted Herbal Ingredients
Tryptophan / L-tryptophan	The Tryptophan in Foods Regulation 2005
Ulmus fulva / Ulmus rubra / Slippery Elm Bark (whole or unpowdered)	MHRA Banned and Restricted Herbal Ingredients
Valerian / Valeriana officinalis	Directive 2004/24, Directive 2001/83 Traditional Herbal Medicines
Veratrum album / White Hellebore	MHRA Banned and Restricted Herbal Ingredients
Veratrum viride / Hellebore American / Green Hellebore / American Veratrum / Indian Poke	MHRA Banned and Restricted Herbal Ingredients
Viscum album / Mistletoe berry	MHRA Banned and Restricted Herbal Ingredients
3, 3'-Diindolylmethane (DIM)	Novel Food
4-hydroxy isoleucine	Novel Food
Acacia rigidula	Novel Food
Actinidia deliciosa	Novel Food
Agaricus blazei (dehydrated mycelium powder)	Novel Food
Agathosma betulina	Novel Food
Agmatine (4-aminobutyl) guanidine sulfate	Novel Food

Ajuga reptans	Novel Food
Albatrellus ovinus	Novel Food
Albizia julibrissin	Novel Food
Alpha-Ketoglutarate Calcium	Novel Food
Alpinia speciosa	Novel Food
Althaea officinalis	Novel Food
Ambrosia artemisiifolia	Novel Food
Andrographis paniculata	Novel Food
Angelica dahurica	Novel Food
Angelica pubescens	Novel Food
Angelica sinensis	Novel Food
Aniba canelilla	Novel Food
Annona muricata	Novel Food
Apis mellifera	Novel Food
Arabinogalactan	Novel Food
Arctium lappa	Novel Food
Areca catechu	Novel Food
Aristolelia chilensis	Novel Food
Artemisia annua	Novel Food
Asparagus racemosus	Novel Food
Astragalus membranaceus	Novel Food
Bacopa monnieri	Novel Food
Bactris major	Novel Food
Bambusa sp.	Novel Food
Betula alleghaniensis	Novel Food
Betula alnoides	Novel Food
Betula pendula	Novel Food
Betula pubescens	Novel Food
Borojoa patinoi	Novel Food
Borojoa sorbilis	Novel Food
Boswellia serrata	Novel Food
Bulbine natalensis	Novel Food
Calluna vulgaris	Novel Food
Camellia furfuracea	Novel Food
Canarium ovatum	Novel Food
Capsicum frutescens	Novel Food
Carica papaya	Novel Food
Carissa carandus	Novel Food
Carnosine	Novel Food
Castanea mollissima Blume	Novel Food
Celastrus orbiculatus	Novel Food
Centrophorus squamosus	Novel Food
Chenopodium pallidicaule	Novel Food
Chlamydomonas reinhardtii	Novel Food
Chrysanthellum americanum	Novel Food
Chrysanthemum morifolium	Novel Food
Chrysanthemum parthenium	Novel Food
Cinnamomum zeylanicum	Novel Food
Cistanche deserticola	Novel Food
Cistus incanus	Novel Food
Clinoptilolite	Novel Food
Cnicus benedictus	Novel Food
Cnidium monnieri	Novel Food
Codonopsis pilosula	Novel Food
Coix lacryma-jobi	Novel Food
Coleus forskohlii	Novel Food
Combretum micranthum	Novel Food
Coprinus comatus	Novel Food
Cordyceps sinensis	Novel Food
Coriolus versicolor	Novel Food
Chrysanthellum americanum	Novel Food
Chrysanthemum morifolium	Novel Food
Chrysanthemum parthenium	Novel Food
Cinnamomum zeylanicum	Novel Food
Cistanche deserticola	Novel Food
Cistus incanus	Novel Food
Clinoptilolite	Novel Food
Cnicus benedictus	Novel Food
Cnidium monnieri	Novel Food
Codonopsis pilosula	Novel Food

Coix lacryma-jobi	Novel Food
Creatine Citrate	Novel Food
Creatine Pyruvate	Novel Food
Crepidula fornicata	Novel Food
Dendrobium nobile	Novel Food
Desmodium gangeticum	Novel Food
Dioscorea opposita	Novel Food
Distictis lactiflora	Novel Food
Echinacea purpureae	Novel Food
Eleutherococcus senticosus	Novel Food
Emblica officinalis	Novel Food
Epimedium brevicornum Maxim	Novel Food
Epimedium grandiflorum	Novel Food
Epimedium sagittatum	Novel Food
Equisetum arvense	Novel Food
Euphausia superba	Novel Food
Eurycoma longifolia	Novel Food
Evodia lepta	Novel Food
Ferula hermonis	Novel Food
Festuca arundinacea	Novel Food
Ganoderma lucidum (dehydrated mycelium powder)	Novel Food
Gentianella alborosea	Novel Food
Grifola frondosa (dehydrated mycelium powder)	Novel Food
Gypsophila struthium	Novel Food
Hamamelis virginiana	Novel Food
Harpagophytum procumbens	Novel Food
Hericium erinaceus (dehydrated mycelium powder)	Novel Food
Hesperidin	Novel Food
Hieracium pilosella	Novel Food
Hoodia gordonii	Novel Food
Hovenia dulcis	Novel Food
Humic acid	Novel Food
Hydroxy Citric Acid	Novel Food
Hypoxis rooperi	Novel Food
Ilex asprella	Novel Food
Ilex guayusa	Novel Food
Ilex kudingcha	Novel Food
Inonotus obliquus	Novel Food
Ipomoea hederacea	Novel Food
Jessenia bataua	Novel Food
L-fucose	Novel Food
Lentinula edodes (dehydrated mycelium powder)	Novel Food
Mangifera indica	Novel Food
Myrothamnus flabellifolia	Novel Food
methylliberine	Novel Food
N-Methyl-D-Aspartate	Novel Food
Origanum minutiflorum	Novel Food
Penicillium oxalicum var. armeniaca	Novel Food
Phellodendron chinensis	Novel Food
Pinus koraiensis	Novel Food
Pleurotus eryngii (dehydrated mycelium powder)	Novel Food
Pleurotus ostreatus (beta glucan from the mushroom)	Novel Food
Pleurotus ostreatus (dehydrated mycelium powder)	Novel Food
Polyporus umbellatus (dehydrated mycelium powder)	Novel Food
Prunus persica	Novel Food
Pueraria mirifica	Novel Food
Punica granatum	Novel Food
Rauwolfia vomitoria	Novel Food
Rubus glaucus	Novel Food
Salvia hispanica	Novel Food
Salvia miltiorrhiza	Novel Food
Serratiopeptidase	Novel Food
Siraitia grosvenorii	Novel Food
Sphaerotrichia divaricata	Novel Food
Splenopentin	Novel Food
Stachyose	Novel Food
Synsepalum dulcificum	Novel Food
Theobroma cacao	Novel Food
Thymopentin	Novel Food
Trametes versicolor	Novel Food

Vaccinium myrtillus	Novel Food
Vigna subterranea	Novel Food
Xanthoparmelia scabrosa	Novel Food
Zeolite	Novel Food
Sunset yellow (E110)	Warning statement required'May have an adverse effect on activity and attention in children'
Quinoline yellow (E104)	Warning statement required'May have an adverse effect on activity and attention in children'
Carmosine (E122)	Warning statement required'May have an adverse effect on activity and attention in children'
Allura red (E129)	Warning statement required'May have an adverse effect on activity and attention in children'
Tartrazine (E102)	Warning statement required'May have an adverse effect on activity and attention in children'
Ponceau 4R (E124)	Warning statement required'May have an adverse effect on activity and attention in children'
Croscarmellose sodium / Cross-linked Sodium Carboxymethylcellulose	Additive limits for food
Potassium Sorbate (E202)	Additive limits for food
Rosemary Extract (E392)	Additive limits for food
Carnauba Wax (E903)	Additive limits for food
Sucralose (E955)	Additive limits for food
Polyvinyl alcohol (PVA) (E1203)	Additive limits for food
Polyethylene Glycol (E1521)	Additive limits for food